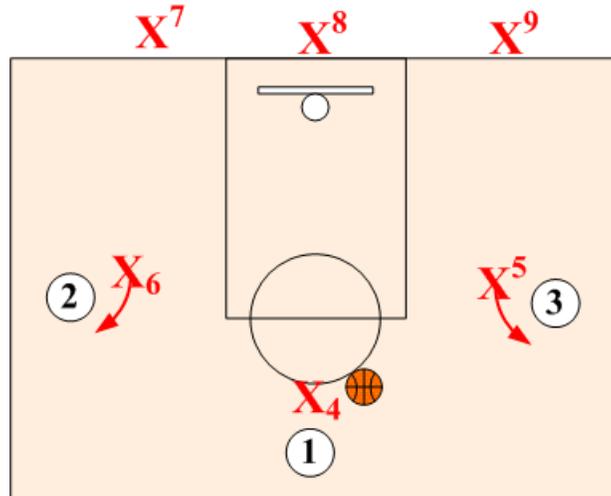


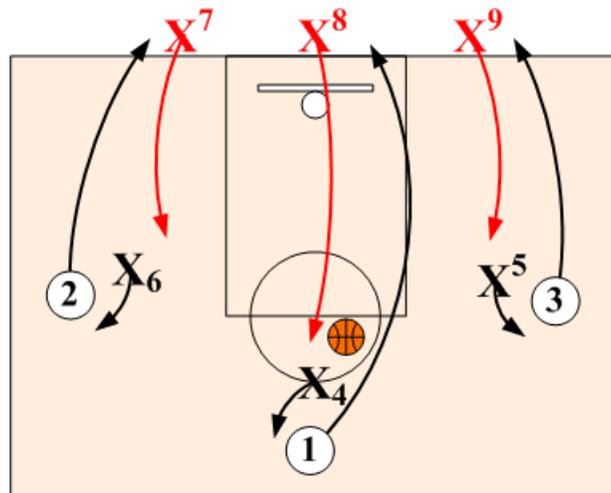
## “Cutthroat” – Half Court Scrimmaging

“Cutthroat” is a 3-on-3 half court scrimmage drill. As the name suggests it is a highly competitive drill. The objective is to get to and stay on offense. Players are aligned in teams of three’s.



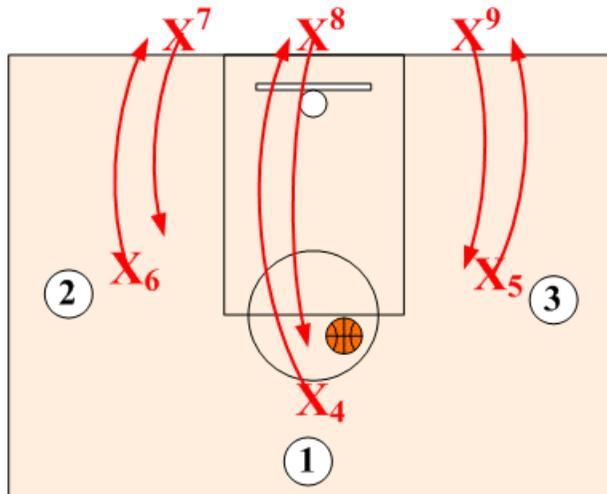
To start drill, have a player shoot (“Do or Die”) for ball possession. Once the drill begins, the offense will keep possession if it scores. Any time the offensive team scores, the defense steps off and a new defensive group steps on. The only way the defense can get to offense is by making a defensive stop.

### Defensive Stop: Defense to Offense Rotation



Defense switches to offense after making a defensive stop (obtains a defensive rebound, makes a steal, forces an offensive turnover or takes an offensive charge). The offense steps off and a new defense steps on. In requiring the defense to make a defensive stop to go to offense, it will not only motivate the defense into playing hard, but will also emphasize the importance of making defensive stops on defense.

## Offense Scores: New Defense



When the offensive team scores, they remain on offense with the defensive team stepping off and a new defensive team stepping on.

On a defensive foul, re-set and go again. However, in order to eliminate and discourage fouling, on a second defensive foul, the defense steps off and a new defense steps on.

### Variations:

1. Require the defense to make three consecutive stops to go to offense. This will increase the defensive intensity and motivation especially when they get to two consecutive stops. It will also point out your real competitors.
2. Cutthroat can be played 4-on-4 or even 5-on-5 (especially in camps where you have a lot of players).

### Coaching Tips:

**Check-In Rule:** *The defensive player must first check to see that all of their teammates are in proper defensive position and stance prior to putting the ball in play. Defense is a team effort and it is paramount that all defenders are in position ready to play. Putting the ball into play without first checking to see if teammates are ready results in automatic ten (10) pushups. Enforce!*

Since this drill incorporates both offense and defense, for best results, assistant coaches should be specifically assigned to either the offense or defense for observations and corrections.

Rotations should be rapid with the next defensive team determining their player match ups prior to stepping onto the court. This not only insures a fast rotation, but just as importantly, emphasizes the importance of observing and making correct player match ups in advanced.