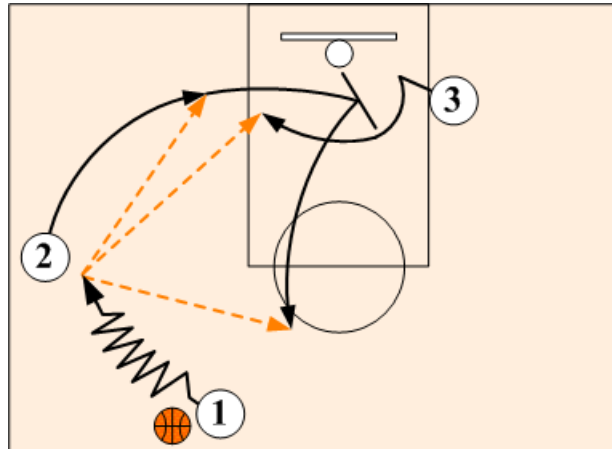


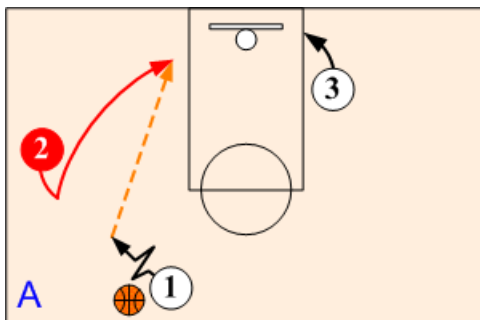
Base Cross – 3-on-3 Breakdown Drill



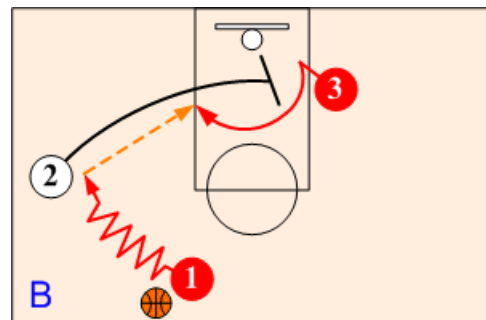
Entry, Base Screen, Post Action, Ball Reversals

This is an excellent three-on-three drill for practicing and refining the various techniques use to successfully execute base screens and post action. Demonstrate and explain drill. Walk players through the various defensive reads and counters. Go live with against defensive action as predetermined by the coach. Be sure to use both right and left sides of the court.

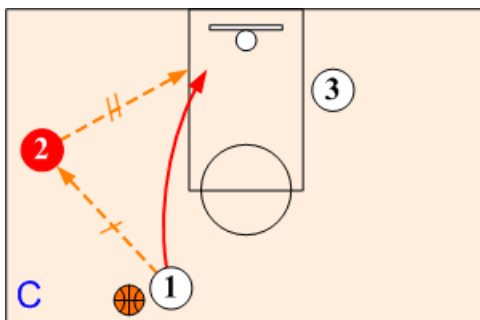
Entry Action



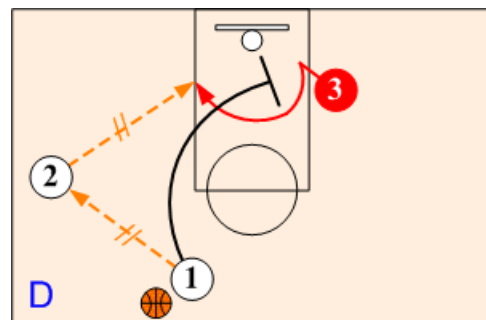
Dribble Clear Entry. Ballhandler O1 looks to feed wing O2 on back cut.



Base Screen/Post Isolation. Wing O2 sets a baseline screen for O3.

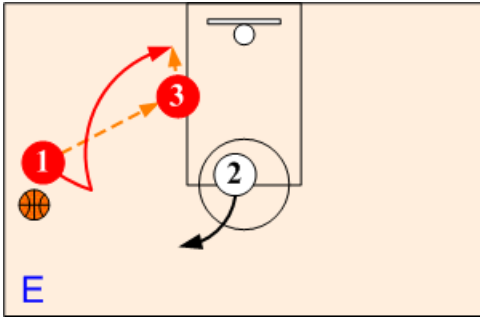


Pass Entry. Ballhandler O1 passes to wing O2 and makes a “Give & Go” cut to the basket.

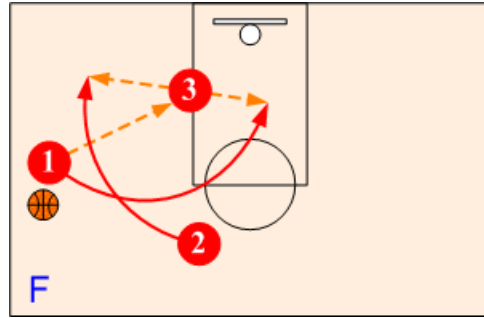


Base Screen/Post Isolation. Cutter O1 sets a baseline screen for O3 initiating base screen action..

Post Action

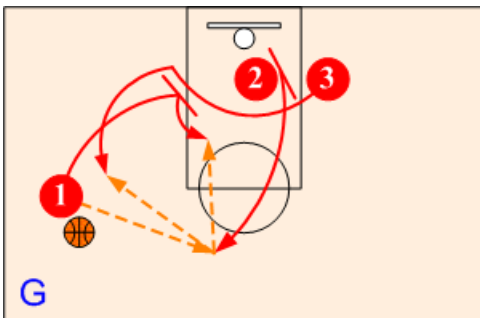


Post Solo Cut. On feed to O3, O1 has option of making a high or low solo cut.

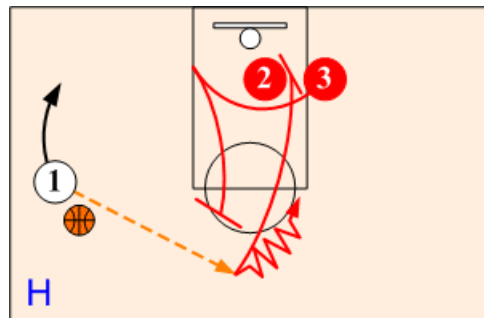


Post Split. O1 and O2 also have post split options.

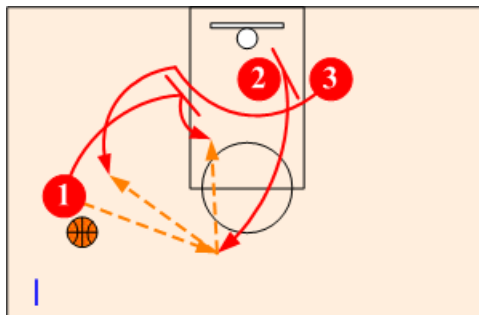
Reversal Pass Options



Screen & Pop. If the post feed is not available, O1 makes a reversal pass out to O2 popping out after making the base screen for shot or 1-on-1 isolation if a mismatch should occur.



Mid Screen. On the reversal pass out to O2, post O3 has option of stepping out and initiating Mid Screen action..



Down Screen. On the reversal pass out to O2, O1 also has option of setting a down screen for O3.