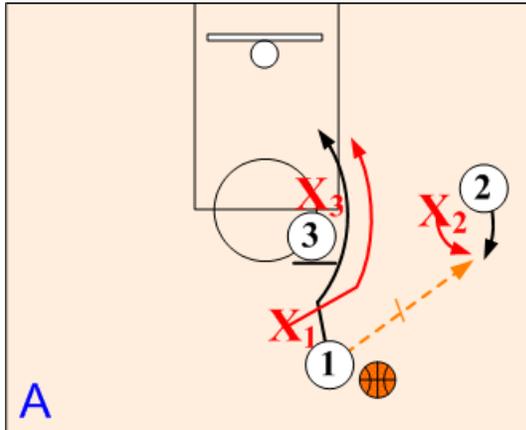


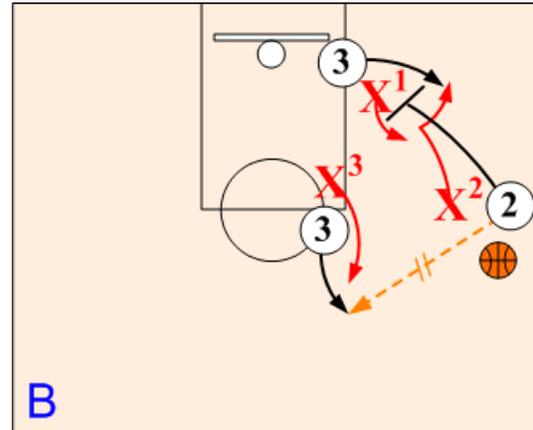
Setting & Using Screens – 3-on-3 Combo Drill

High Post Rub, Down Screen, Side Screen

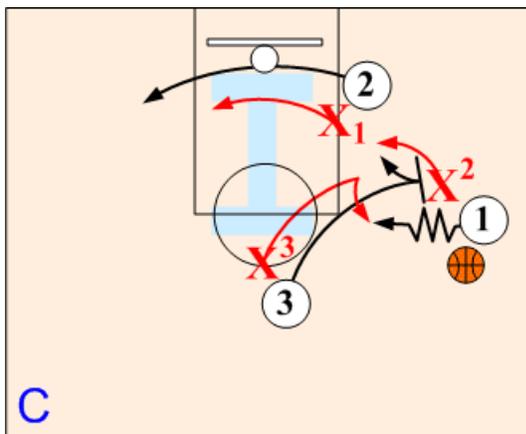
This is an excellent three-on-three drill for practicing and refining the various techniques use to successfully execute basket cuts, down screens and On Ball side screens. Demonstrate and explain drill. Walk players through the proper reads & counters. Be sure to use both right and left sides of the court.



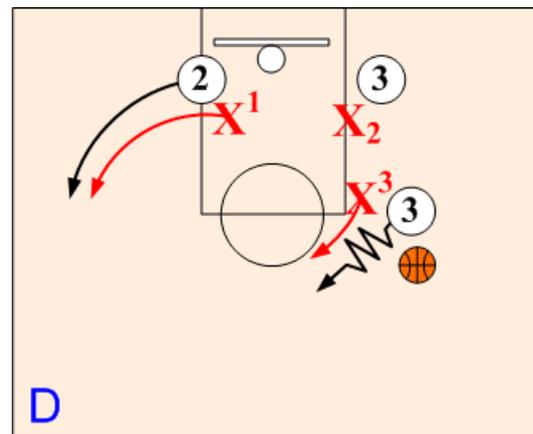
Phase 1: High Post Rub. O1 passes to O2 and makes a rub cut off high post O3.



Phase 2: Down Screen. O2 makes a reversal pass out to O3 stepping out and then sets a down screen for O1



Phase 3: Side Screen. O3 pass to O1 on wing and then sets an On Ball screen as O2 clears out to weakside .



Phase 4: One-on-One. After pressuring but allowing the first three passes, go live One-on-One with all basic on ball and off ball rules in effect.

Whole-Part-Whole Method

1. Introduce the various reads & counters of each screen by explaining and demonstrating all basic reads and their counters.

Caution: Introduce new things at the beginning of practice when players are fresh and alert.

Caution: Always introduce in one practice, work on execution in the next. Do not try to introduce and refine something in the same practice.

2. Next, have the players walk through all reads & counters. Be sure to use both sides of the court since it requires opposite footwork.

3. Employ the **Whole-Part-Whole Method** by break down the side screen into its components. Refine and reinforce only one or two of the basic reads per practice until all reads and counters have been covered.

Go live, motor skills must be learned at game speed. You want to practice against good defense. Don't wait until game time. Motivate the defense. For example, have the defense make 5-6 stops (combination of defensive rebounds, offensive turnovers, and steals) before they can go to offense. No dummy defense! The toughest defense you face all season should be in practice.

4. Review and refine specific reads and counters only as needed during the rest of the season.