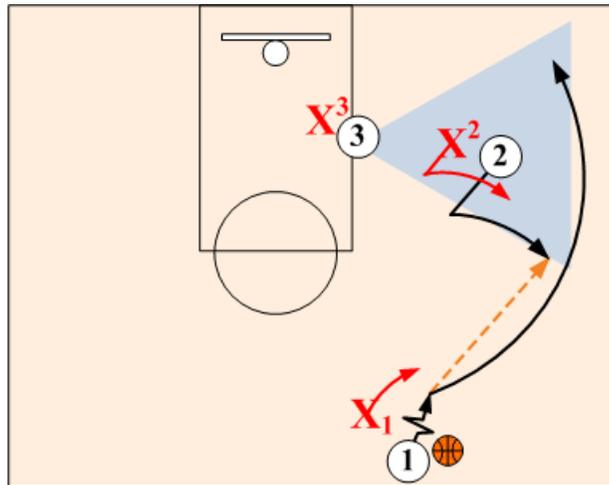


“Sideline Triangle” – Offensive Breakdown Drill

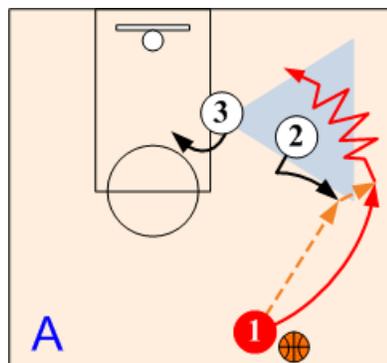


This 3-on-3 Sideline Triangle drill refines and reinforces the formation and execution of the sideline Triangle. It combines all the entry options with the sideline triangle options. Players are paired up 3-on-3 with the player with the ball starting at midcourt. The player with the ball initiates the drill with the dribble triggering the entry action. Since the Triangle Post Offense requires players to know all position, players switch roles as well as sides (right & left) of the court. They also switch from offense to defense.

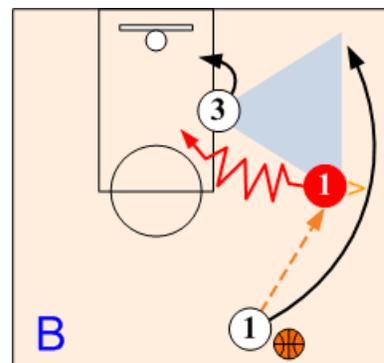
Post Isolation:

Post Isolation is an integral part of the Sideline Triangle. The Triple Post Offense’s spacing isolates the post by taking away any backside defensive help. As a result, post isolation can be devastating to any defender and team not well prepared to defend the low post area. To post up effectively, physical size and strength is not enough, players posting up must be well schooled in the basic post moves. In addition, both the passer and post player must be cognizant of the location of defensive player. On this 3-on-3 drill, the post has the “Green” light to attack their defender One-on-One at any time: upon receiving a feed or during or after cuts or splits.

Outside Cut Entry Options:

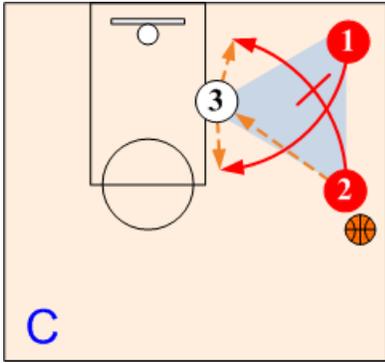


Handoff

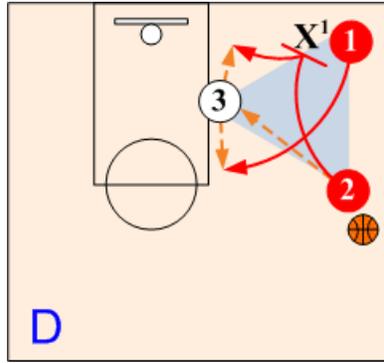


Fake Handoff

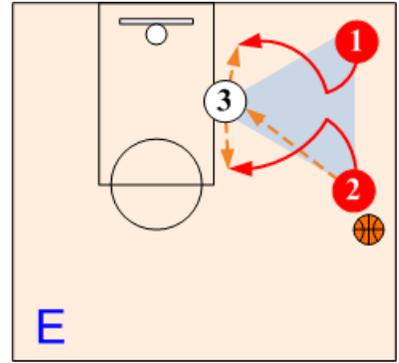
Post Feed Rule: Whoever passes to the post cuts first



Split

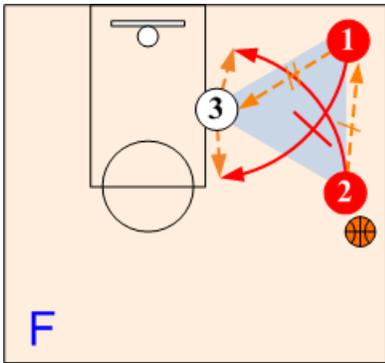


Screen & Roll

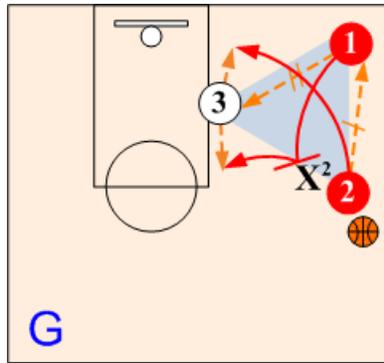


Fake Split

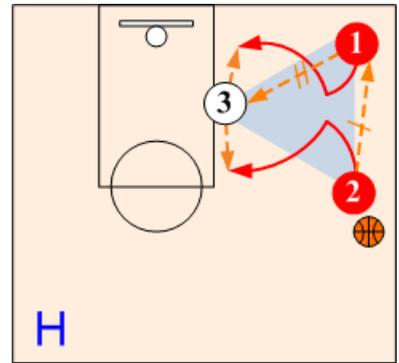
Corner Pass Split Options:



Corner Pass Split

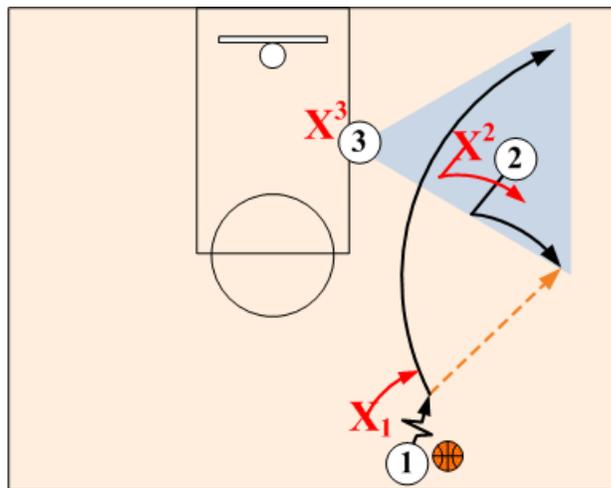


Corner Pass Screen

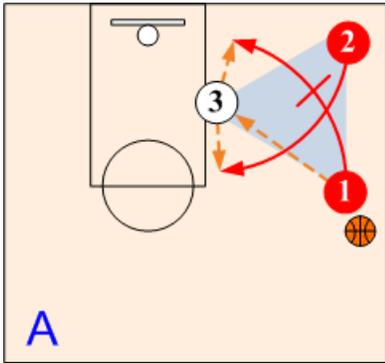


Fake Split

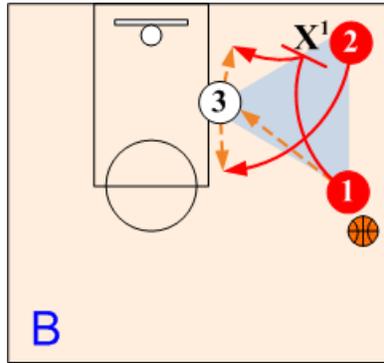
Inside Cut Entry:



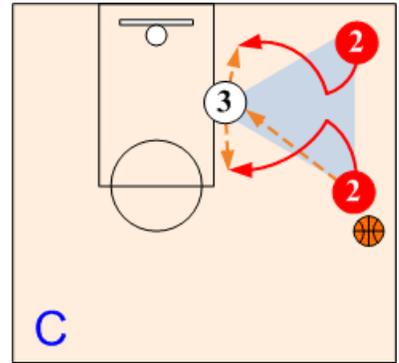
On an inside cut entry the guard has the option of making a basket cut for a shot or cutting directly to the corner.



Split

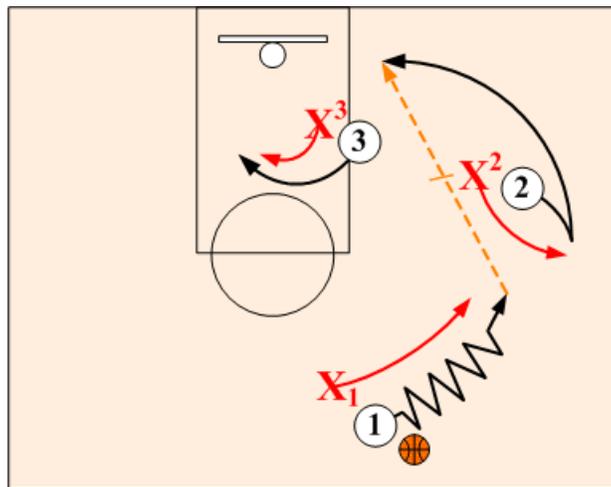


Screen & Roll

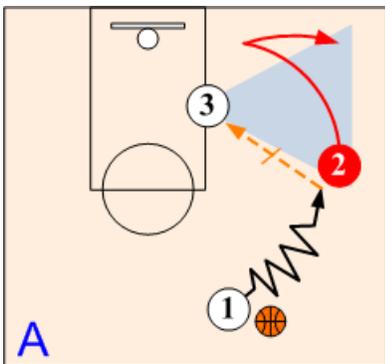


Fake Split

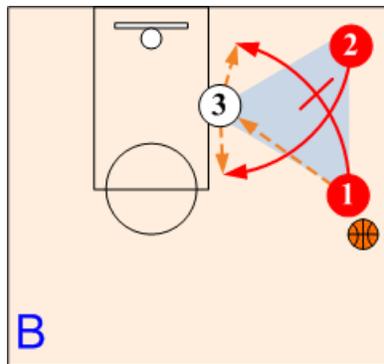
Dribble Clear Entry:



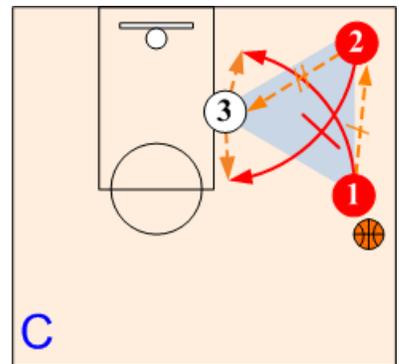
On a dribble clear entry the wing has the options of back cutting to the basket for shot or dropping directly to the corner to form the sideline triangle.



Back Cut to Sideline Triangle

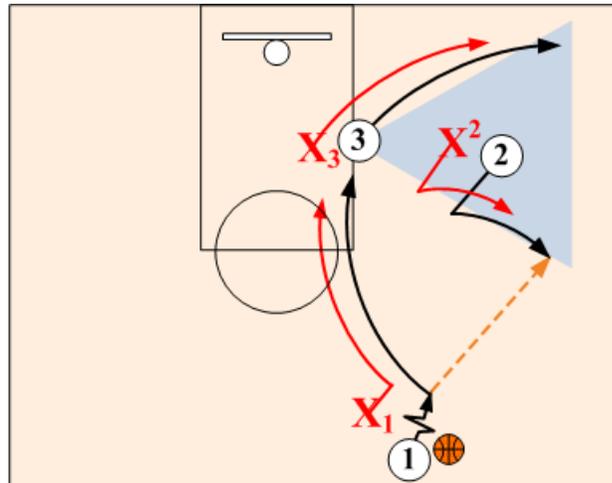


Wing Post Feed & Split



Corner Post Feed & Split

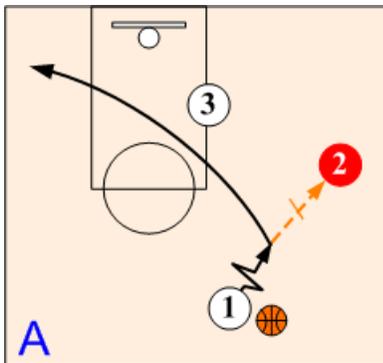
Post Exchange Entry:



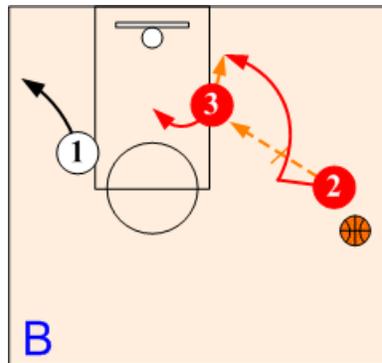
A post exchange can also be incorporated into this 3-on-3 Sideline Triangle drill. Having a guard assume the post position becomes a viable option whenever mismatched against a smaller or weaker defender.

Post Solo Cuts Action :

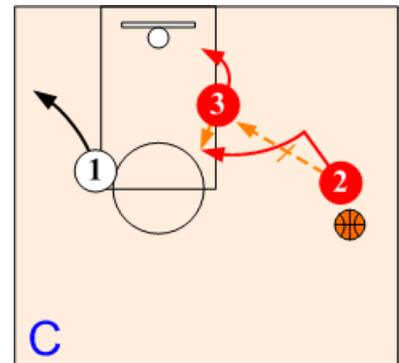
Post Solo Cut or 2 on 2 post action can be quickly initiated by the point guard clearing out to the weakside.



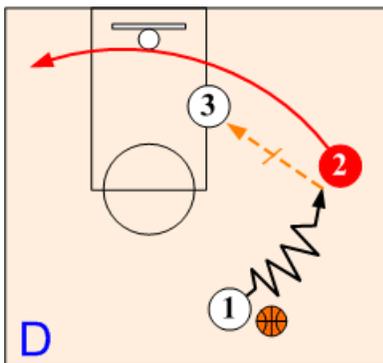
Solo Post Cut Action



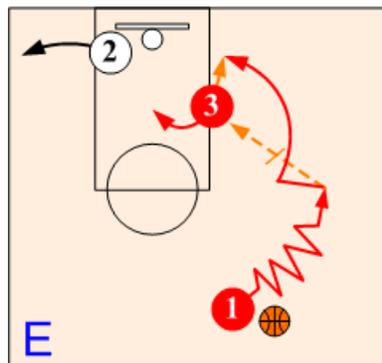
Baseline Cut



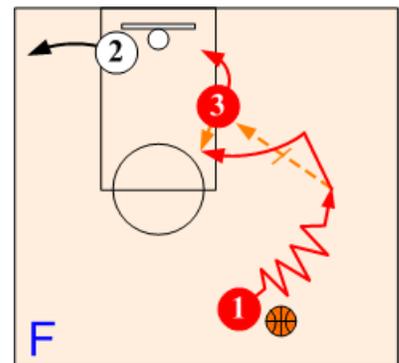
Top Cut



Dribble Clear



Baseline Cut



Top Cut