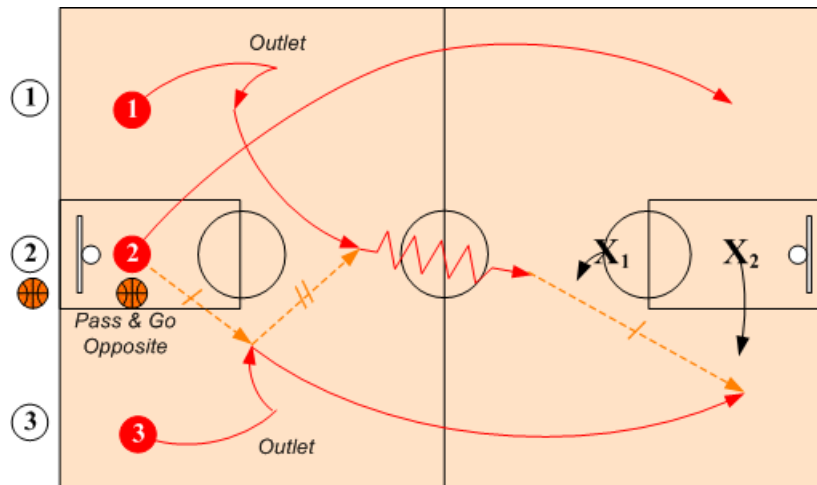


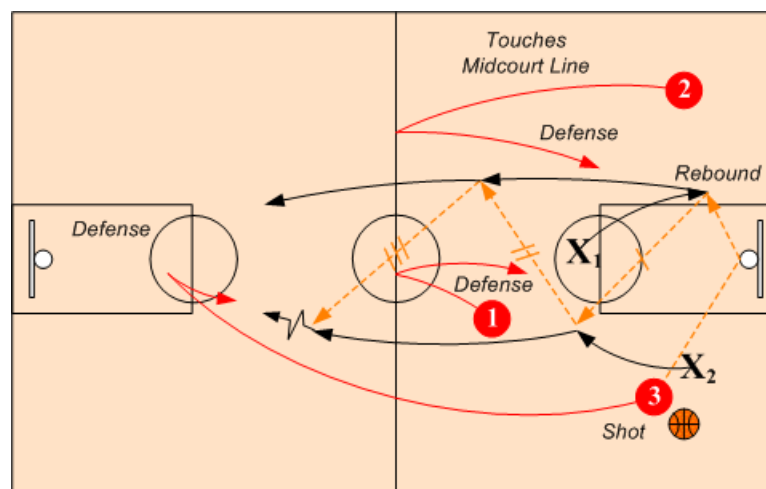
## “Three-on-Two/Two-on-One”

The 3-on-2/2-on-1 transition drill is a full court, multipurpose drill for teaching and refining both offensive and defensive out number situations skills and techniques. It is an excellent drill to incorporate into daily practices because it simulates real game like conditions.



### Phase 1: Three-on-Two Situation

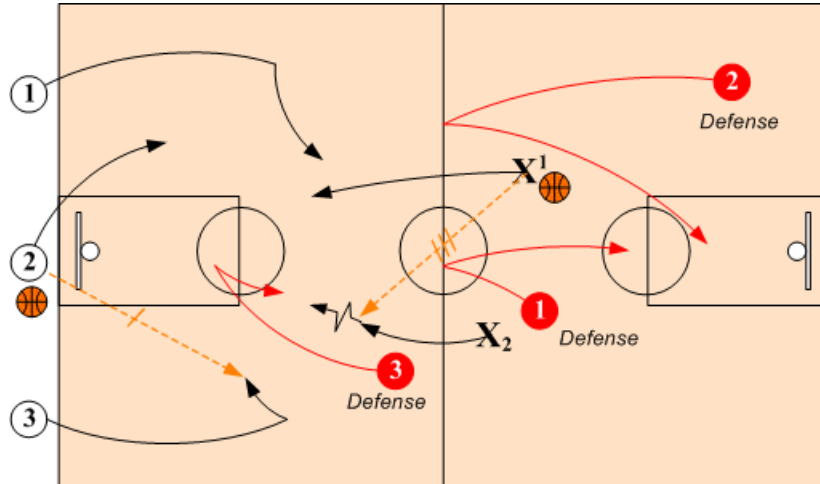
O2 starts drill by making an outlet pass to O3 and fills opposite wing lane. O3 passes to opposite wing O1 breaking into the middle lane and fills right wing lane. O1 advances the ball. X1 assumes an on "BALL" position against O1 and prevents dribble penetration. Defender X2 has first pass responsibility. If/when X2 guards the player with ball, X1 has basket responsibility and drops down. Three-on-two action continues until the defense gains possession with a defensive stop (turnover or rebound) or a shot is made. Principles and methods of attacking a 3-on-2 situation should be emphasized including taking full advantage of the 3-on-2 rebounding.



### Phase 2: Return Two-on-One Trip

If/when the defense gains ball possession or when a shot is made, X1 and X2 change to offense and push the ball up the court against O3. Shooter O3, the last offensive player to touch the ball, becomes the lone defender and must try not to give up a lay-up shot. Play continues until the defensive player gains ball possession or the offense scores. Principles and methods for attacking 2-on-1 situations should be emphasized.

**Switching from Offense to Defense Rules.** The last offensive player to touch ball (shot, pass or dribble) becomes lone defensive player on way back. The other two offensive players touch the midcourt line and become defense for the next group. By having the two new defensive players touch the midcourt line, it prevents the defense from being set and forces the defenders to communicate. Touching the midcourt line will also produce an occasional break away or 3-on-1 situation.



### Second Ball

Once the drill is learned, use two balls. Second ball starts as soon as first ball crosses midcourt line on way back .

#### Automatic Push-ups (optional)

Players must learn to finish. During the two-on-one phase, if the offensive players do not score, they do 10 pushups. Tolerating and allowing players to miss lay-ups during practice, only reinforces bad habits.