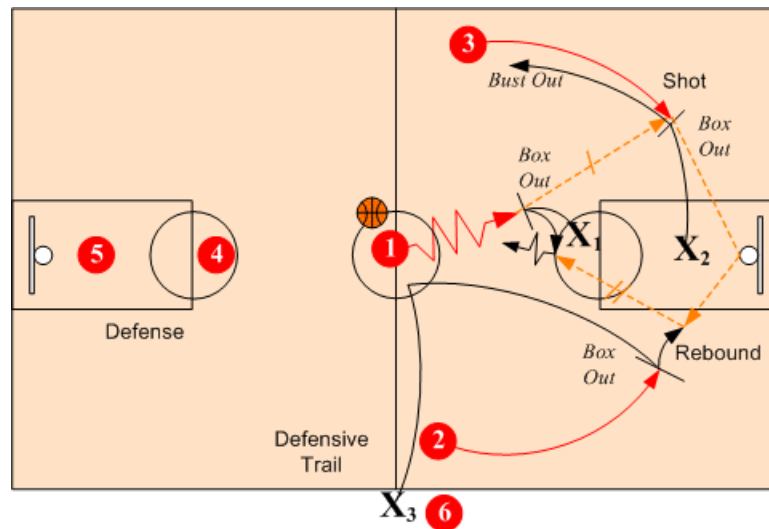


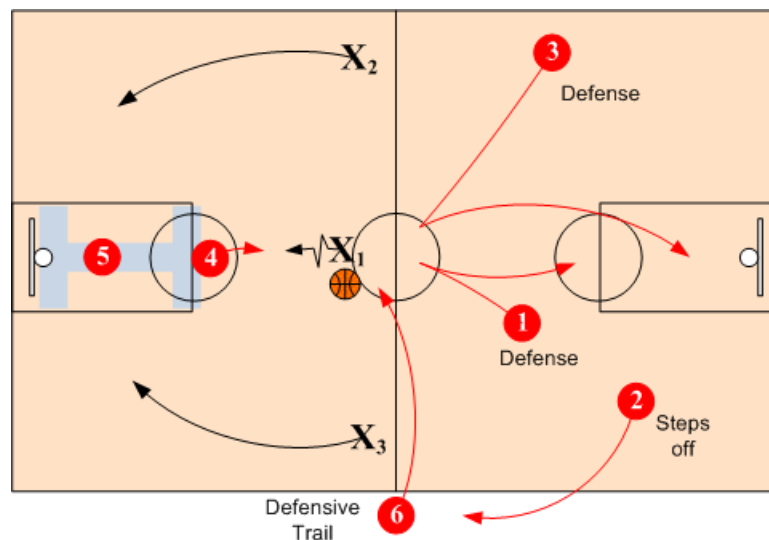
## “Three-on-Two with Defensive Trail”

The “Three-on-Two with Defensive Trail” is a continuous full court drill that stresses both offensive and defensive play. On offense, players have to push the ball up front court quickly and attack the outnumbered situation before the defensive trail player enters the action. It is an excellent drill to incorporate into early season practices because it simulates real game like situations as well as being a good physical conditioner.



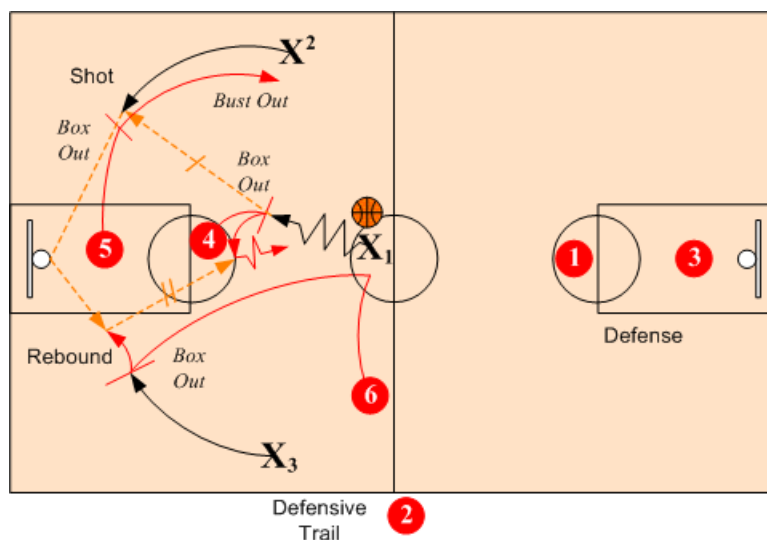
### Phase 1: Three-on-Two with Trail

The drill starts with three offensive players bringing the ball up against two defenders, X1 and X2. The third defender, X3, enters the drill as a defensive trailer once the ball crosses the mid court line. Defender X3 must first touch the center circle and then find and match up against the unguarded player. Play continues until the defensive gets the ball or a shot is made. Basic methods and techniques in attacking and defending outnumbered situations apply.



### Phase 2: Switching from Defense to Offense

Once the defense gains ball possession or when a shot is made, X1, X2, and X3 change to offense and push the ball up the court in the opposite direction against defenders O4 and O5. O6 is the defensive trailer and enters the drill once the ball crosses half court. O2 steps off the court into the defensive trailer line. O1 and O3 switch to defense and touch the center circle. Touching the circle prevents the defensive players from being set and forces them to communicate. It will also produce an occasional break away or three on one situation.



### Phase Three: Repeat in Opposite Direction

Again once the defense gains ball possession or when a shot is made, O4, O5, and O6 switch to offense and push the ball up the court against defenders O1 and O3. Defender O2 enters the drill as the defensive trailer once the ball crosses half court. X1 and X2 switch to defense touching the center circle while X3 steps off the court into the defensive trailer line.