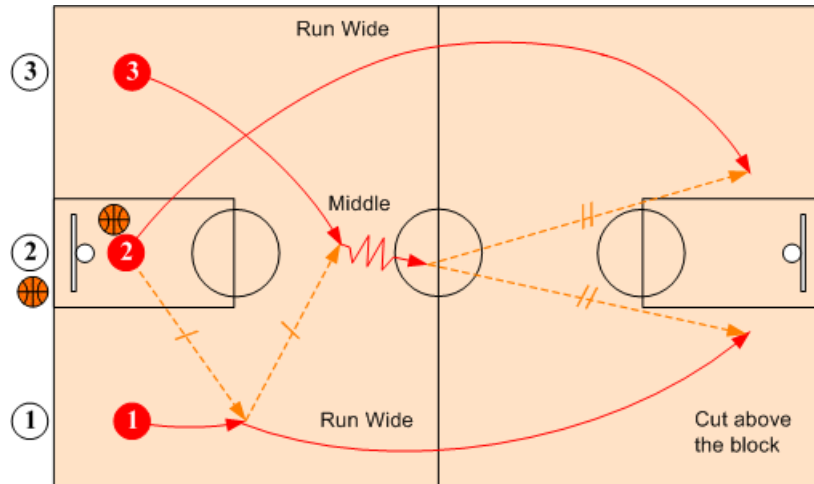


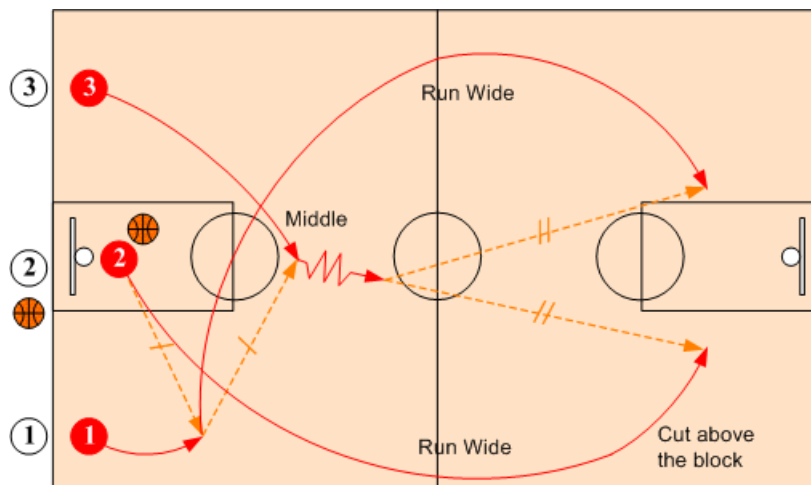
## “Three Player Break”

This three player full court series goes way back to John Wooden's early days at UCLA. It consists of a series of three player break variations: 1) Pass and go opposite, 2) Pass and go same, and 3) Pinch the rebounder. A fourth variation incorporating defensive sliding can also be added if desired. The three player break is an excellent drill for teaching players to quickly fill and run proper lanes. It is a good drill to include in early practice warm up since it gets players moving at game speed and playing together. Emphasis should be on proper spacing and precise ball handling.



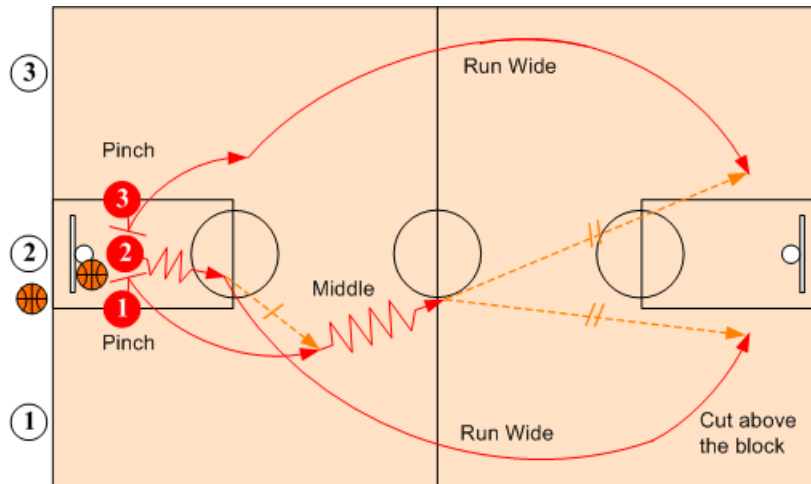
### Variation 1: Pass and Go Opposite

O2 makes an outlet pass to O1 or O3 and fills opposite wing lane. If O2 makes an outlet pass to O1, O1 passes to O3 breaking into the middle. O3 pushes ball up the floor making a feed to either O1 or O2 for layup.



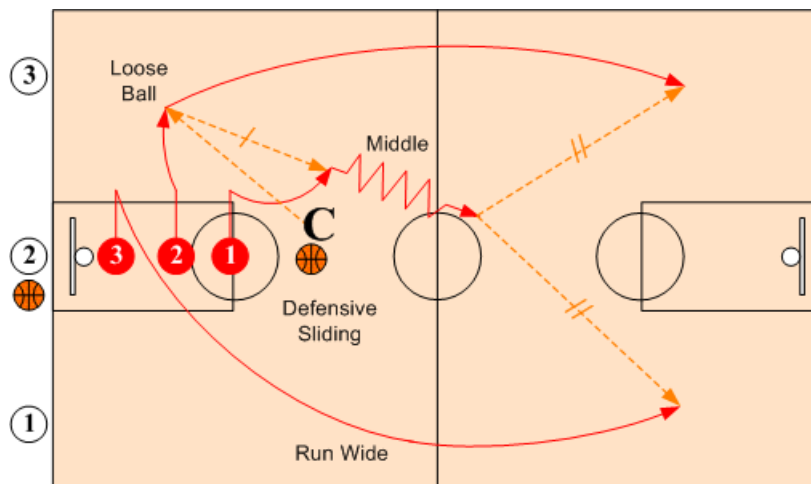
### Variation 2: Pass and Go Same Side

O2 makes an outlet pass to O1 and follows pass to same side wing lane. O1 passes to O3 who pushes ball up the floor as O1 follows the pass filling opposite lane. O3 pushes ball up the middle of the floor making a feed to either O1 or O2 for layup.



### Variation Three: Pinch Rebounder & Bust Out

Often times during the game, a rebound must dribble in order to make a safe outlet pass. O2 throws ball off backboard as O1 and O3 pinch and double team. O1 and O2 can push and foul as long as the contact is above O2's waist. O2 rebounds the ball and busts out of double team on a hard dribble before giving ball up and filling an outside lane. After pinching O2, wings O1 and O3 flair out for an outlet pass from O2.



### Variation Four(Optional): Defensive Sliding & Break

Players O1, O2 and O3 set up in a line in front of the basket. Coach, with a ball, leads the three player group in defensive sliding by pointing (left, right, up, and back). After approximately 30 seconds of sliding, coach rolls ball out and closest player retrieves it. In this case, O2 comes up with the loose ball and immediately makes an outlet pass to point O1. O1 takes the ball into the middle looking to feed either O2 or O3 running wide lanes. This is a good early season conditioner that teaches the players to stay low with the proper footwork as well as filling lanes. Since offense is incorporated into this drill, players seem to work harder on their defensive sliding and conditioning.

Optional: If desired, two defensive players can be added to drill.