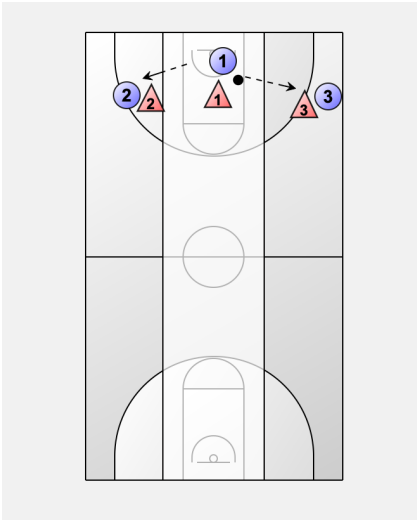
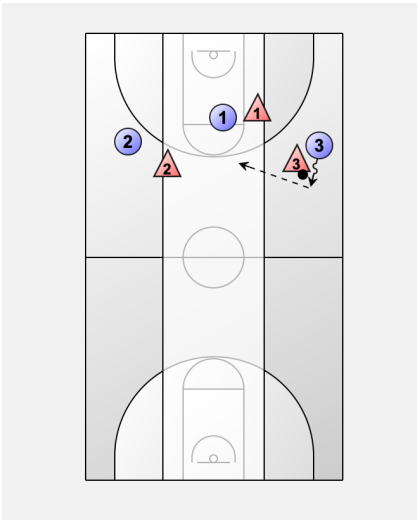


### 3 lane pressure passing



This is a full court 3 on 3 drill. You divide the floor into 3 lanes. One player has the ball in the middle of the floor. The other 2 take the outside lanes. Each player stays in the same lane the entire drill. You want to advance the basketball against pressure without turning it over. After each catch you're allowed one dribble. You can't use skip passes. You can't use lob passes. Both count as a turnover. If you score you receive 1 point. If you force a turnover you receive 1 point and possession of the basketball. You start over on the baseline. First team to a certain number of points wins. Losers run.



Purpose of the drill  
Passing  
Catching  
Pivoting  
Moving without the basketball  
Cuffing  
Conditioning  
Competitiveness  
Communicate  
Defensive footwork  
Defensive positioning

Teaching points  
Meet the basketball  
Effective use of the  
Crisp passes  
Pass away from the defender

Body balance  
Protect the basketball (circle tight)  
Talk; yell "ball" to receive it or say no when you think you're not open  
Talk on defense: "ball", "help" and "deny"  
Defensive stance  
Pressure the basketball  
("shorten the pass") dribble, gain space