



3 ON 3 CURRICULUM

PRACTICE PLAN 5

Focus: On Ball Defense

| | |
|----------|---|
| 3-5 min | Center Circle with Gym Administrators: Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: On Ball Defense <ul style="list-style-type: none"> • Explain when players are "On Ball" Defense • Demonstrate the body position and spacing between defensive and offensive player |
| 5 min | Defense #1: (Belly ball) <ul style="list-style-type: none"> • Put partners together with a ball on the sideline • The offensive player will place the ball under his shirt or hold it in front of them like a big belly. • The defensive player will position themselves in front of the offensive at a distance that would allow them to touch the ball with an extended arm in a good defensive position. • On the signal the offensive player will walk across the floor. The defensive player will attempt to stay in front of the offensive player at the proper distance and force them to change directions. |
| 5-10 min | Game Play: (1 v 1) <ul style="list-style-type: none"> • Make one line at the top of the key • Have the first player step out as the "ON BALL" Defender • The next player in line is the offensive player • The offensive player is trying to drive and jump stop in the paint, or continue all the way to the goal • The defensive player is trying to guard the offense and prevent them from getting to the paint. • The offensive player must start in Triple Threat and can ball fake but make not change directions. |
| 5-10 min | Shooting #7: (Make it Take it) <ul style="list-style-type: none"> • Spread out cones randomly at spots on the floor. Put players in partners on the sideline and top of the key. • On the signal, on partner at a time will go to a spot and shoot. If they make the shot they will get his/her rebound, pick up the cone he/she made it from and take it back to his/her starting area. If they miss, they will get the rebound and return the ball to his/her partner's turn. • Continue to let partners take turns shooting from the spots until they are all gone or for a time limit. • At the end of the game the team with the most cones wins. • Variation: Have certain cones worth more points than others. |
| 30 min | Team Play: <ul style="list-style-type: none"> • Reinforce players who play great on ball defense and force the offense to pick up their dribble or keep them from getting to the paint. • Be sure to assign a player in each rotation to take the ball out of bounds |