



# 3 ON 3 CURRICULUM

## PRACTICE PLAN 6

Focus: Getting Open and “Deny” Defense

3-5 min	<b>Center Circle with Gym Administrators:</b> Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Getting Open and “Deny” Defense <ul style="list-style-type: none"> <li>• Explain “Deny” Defense</li> <li>• Demonstrate the body position and spacing between defensive and offensive player for “Deny”</li> <li>• Explain how the offense will move to get open (Take Top Foot, and Go Backdoor)</li> </ul>
5-10 min	<b>Passing #9 : (Take Top Foot/Go Back door)</b> <ul style="list-style-type: none"> <li>• Place a line of players on the baseline, and a coach or cone near the paint and above the block.</li> <li>• The first player will cut to get open but “Taking the Top Foot” of the coach or cone. To do this instruct the players to step over the foot of his/her defender that is closest to the ball.</li> <li>• Then that player will cut up to the wing and receive a pass from the coach. Make sure they catch and get into triple threat position before the drive and score.</li> <li>• Next, have the players cut to get open on the wing, but the defender overplays them. Then the player will “Go Backdoor” by cutting hard to the basket to receive a pass and score.</li> </ul>
5-10 min	<b>Game Play Drill (1 v 1 Get Open)</b> <ul style="list-style-type: none"> <li>• Place an offensive and defensive player in the paint, and a coach or other player with the ball at the top of the key</li> <li>• Have the offensive player “Take Top Foot” and try to get open or cut back door if they are denied</li> <li>• Pass the ball to the offense when they are open and they will play 1 v 1 against the defender</li> </ul>
5 min	<b>Shooting #3: (Dog Pound)</b> <ul style="list-style-type: none"> <li>• The coach determines the shooting spot on the floor and players make a line behind that spot</li> <li>• The shooter will shoot once from the spot, if they miss it they enter the dog pound (area behind the backboard)</li> <li>• If the shooter makes the shot. All players in the dog pound can return to the line.</li> <li>• If the dog pound fills up and there are no more players to shoot, the coach will determine something for all the dogs to do in order to get out of the dog pound ie. Push-ups, Jumping Jacks, sing a silly song</li> <li>• Variation: Shooter stays in as long as it is straight, if they miss to the side they must go to the dog pound</li> </ul>
30 min	<b>Team Play:</b> <ul style="list-style-type: none"> <li>• Reinforce players who...               <ul style="list-style-type: none"> <li>○ Take top foot to get open</li> <li>○ Go backdoor</li> <li>○ Play good denial defense</li> </ul> </li> </ul>