



# 3 ON 3 CURRICULUM

## PRACTICE PLAN 7

Focus: Making an Assist

3-5 min	<b>Center Circle with Gym Administrators:</b> Introductions: Review Rules: Work Hard, Be a Good Teammate, Have Fun Basketball Focus of the day: Giving an Assist <ul style="list-style-type: none"><li>• Explain an "Assist"</li><li>• Explain how 3 players are working together to get a great shot</li><li>• Remind players that if they're eyes are always down or on the rim they won't be ready to pass</li></ul>
5 min	<b>Defensive #3: Defensive Trio</b> <ul style="list-style-type: none"><li>• Put players in groups of three with 2 offensive players about 12 feet apart and 1 defender in the middle</li><li>• The offensive players must stay in place but may pivot and ball fake</li><li>• The defender must play defense on the ball, if a pass is made to the other offensive player the defense will follow and always play defense on the ball</li></ul>
5-10 min	<b>Game Play: (2 v 1)</b> <ul style="list-style-type: none"><li>• 2 Offensive Players begin above the elbows, 1 defender begins in the paint</li><li>• The 2 offensive players must try and score by using their dribble and passing to get an open shot.</li><li>• The defensive player tries to stop them</li></ul>
5-10 min	<b>Game Play: (2 v 2)</b> <ul style="list-style-type: none"><li>• Start 2 offensive players and defensive players at the elbow.</li><li>• Make a pass to one of the offensive players...defense must allow the pass from the coach.</li><li>• Play until the offense scores, the defense makes a steal, or the defense gets the rebound.</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>○ Give an assist</li><li>○ Make a good decision to score when open</li></ul></li></ul>