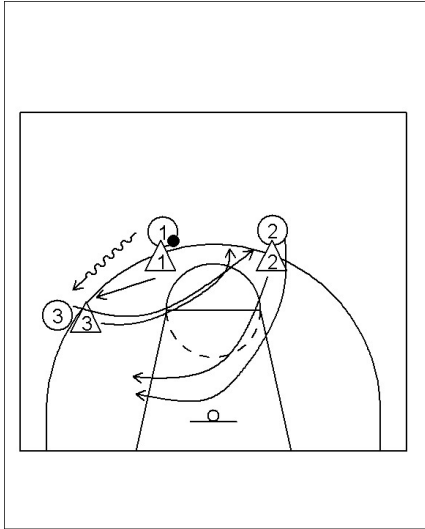


Mario desisti

3 on 3 defense

1

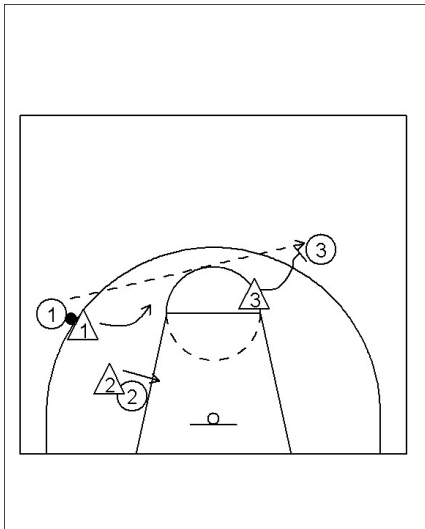


3 on 3 help to the baseline

On the dribble to the wing 3 shallow cuts to the opposite guard spot. 2 cuts to the ball side post.

Front the cut, front the post.

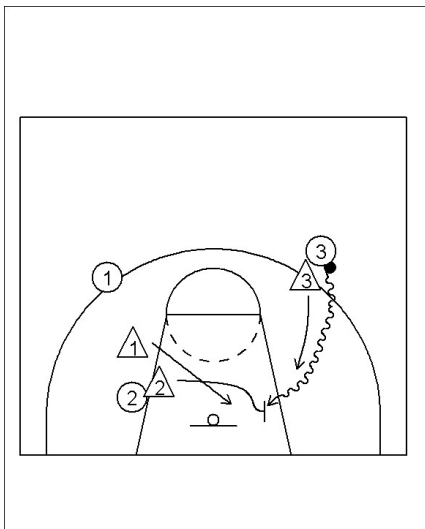
2



The ball is skipped to 3 (allow this pass). Recover, no 3 pt shots.

X1 and X2 must move to new helpside positions

3



3 drives the ball hard baseline

X2 must help

X1 must help the helper.

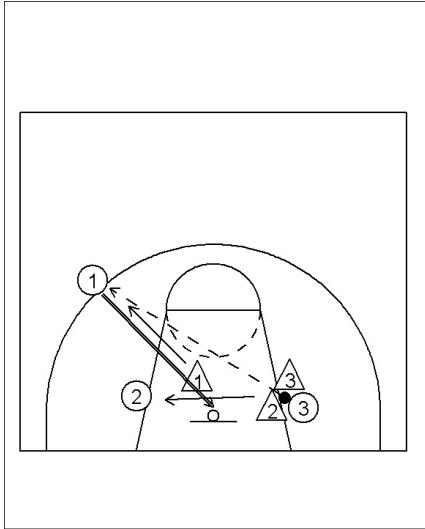
Always go in the direction of the ball, not in the direction of the basket.

This prevents offensive players from sealing.

Mario desisti

3 on 3 defense

4



Pass out to 1 who shoots the ball
Everyone must box out.

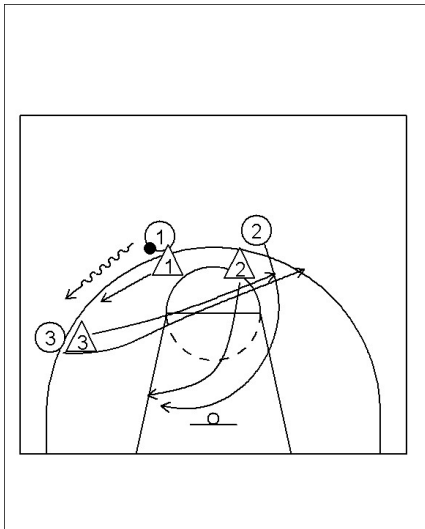
Remember
Offense crosses your face - front pivot to box
Offense crosses your back - back pivot to box.

Sprint to recover, no 3's.

All drills can be transition.
Outlet to a coach then transition

Allow players to play on defense for more than one rep. Helps them to learn.
Make a mistake you stay.

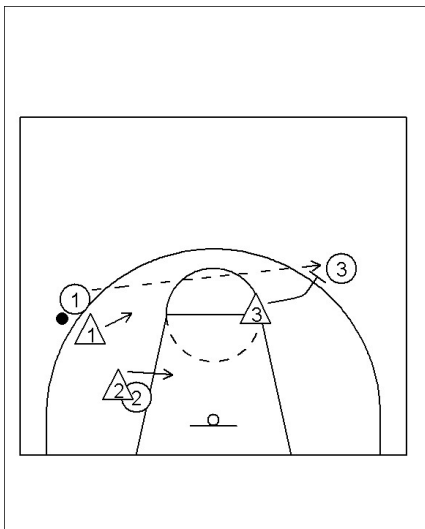
5



3 on 3 help to the inside

The drill starts the same way.

6

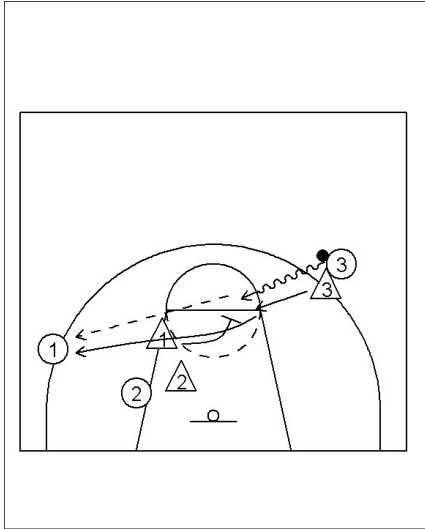


The ball is skipped (allow this pass).

Mario desisti

3 on 3 defense

7



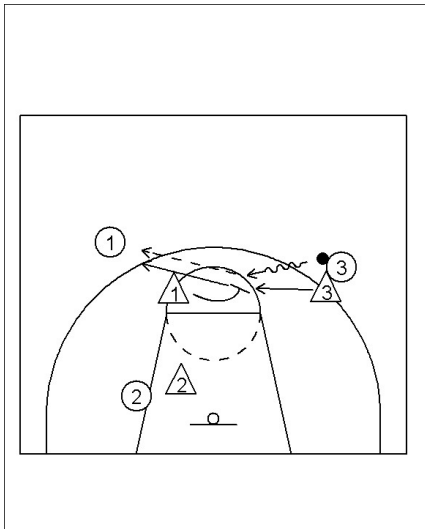
Option 1 outside help switch recover

On the help

Since the pass went to an outside below the foul line this is a switch recover. X3 guards 1.

On the shot box out.

8

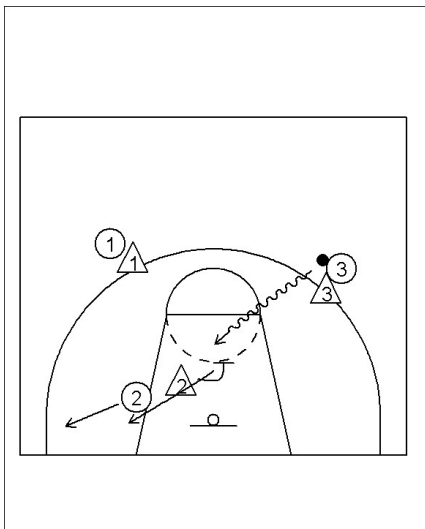


Option 2

Outside help recover to own check

Since the outside player was above the foul line extended recover to your own check.

9



Option 3 (when 1 is the superstar 3 pt shooter)

Post help. Recover to own man

Keys

Never give your back to your offense check

Protect the rim - help over not up.

Sprint to recover.