



Mike Dunlap 3 on 3 Full Court "Truth Test" by Kevin

Furtado

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Coach Mike Dunlap 3 on 3 Full Court "Truth Test"

Coach Mike Dunlap was the head coach of the Charlotte Bobcats for the 2012-2013 season, becoming the first coach in NBA history to win three-times as many games as the year before. During that season, the Bobcats set franchise records for the most fast break points and the least number of turnovers per game. Before arriving in Charlotte, Coach spent six years as an assistant coach in the professional and college ranks. Prior to his work as an assistant, he spent nine seasons as the head coach at Metropolitan State College in Denver, leading his teams to a pair of Division II National Championships in 2000 and 2002 and earning NABC Division II Coach of the Year honors in both of those seasons. Coach Mike Dunlap, whose teams went to the NCAA Tournament in each of his nine seasons, posted an overall record of 248-50 (.832), winning five Rocky Mountain Athletic Conference titles.

The following is from an article that Mike Dunlap wrote about his "3 on 3 Full Court Truth Test". This is a drill that I have used with all of my high school teams and would like to share with you.

We use the 3 on 3 full court game to tell us who can play and who cannot. It gives us a truthful look into our future because this game exposes players in a meaningful way. Moreover, the coaching staff and players can see who is fit and knows how to win. The game also improves cardiovascular fitness quicker than any track specific work that I know. Why? Because we are doing anaerobic and aerobic work without the players really having to look at it as a "conditioning". In other words, we get to sing while we work, or should I say "play". The players

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like this game mostly because it emulates the game itself.

We use heart monitors during this game. This is an objective measurement. Our players heart rates are normally above 190 beats per minute. Ouch. We want to be as objective as possible when evaluating our players. This takes the guess work out of what you are doing. The more criteria/tests we can use the better. Yet, we do not want the players to think it is all an exam. If you asked me what one competition/game we use to assess our players, 3 on 3 full court is the game- the best of the best.

Smart coaches consider the advantages and disadvantages of any game/drill. The obvious pluses include: 1) the accurate measurement; 2) the easy evaluation of the who (i.e. which players and combinations know how to win by charting each win/loss; 3) the ability to see who can pass, cut, and score by eliminating the dribble completely; 4) the elimination of the dribble also creates "team" first as the 3 players must assist each other to get the ball up the floor; this immediate adversity pushes the players toward each other; 5) the coaches can see which players want to play defense, and actually know to move; 6) the games are played to 2 points (i.e. one point /basket) because this allows you to quickly observe who knows how to win and play under pressure/ either offensively or defensively.

I do not know any salient disadvantages to this game. While the players do not like 3 on 3 full court without the dribble initially, they eventually ask to play this game. You can add the dribble by saying that this will be a 1, 2 or 3 dribble day: you will be a hero- enjoy.

THE RULES BY MIKE DUNLAP

1. NO DRIBBLE

A. WHY?

1. FORCES PLAYERS TO PASS THE BALL
2. CUT AND REPLACE ACTION BY NECESSITY
3. FITNESS LEVEL IMPROVED
4. FOOTWORK IMPROVED BY NECESSITY
5. QUICK BALL MOVEMENT REQUIRED

B. HOW?

- TELL PLAYERS THERE WILL BE NO DRIBBLE UNTIL THEY LEARN THAT THIS IS A TEAM GAME.

2. GAME PLAYED TO 2 POINTS

- QUICK GAMES
- COACHING STAFF CAN EVALUATE WINS AND LOSSES
- WHO MAKES FREQUENT GAME WINNING PASSES/SHOTS UNDER REAL GAME PRESSURE
- WHO CAN GET STOPS AND/OR DEFENSIVE REBOUNDS.
- WHO IS MENTALLY/PHYSICALLY TOUGH

3. FOULING

- DEFENSE CALLS FOULS
- THE SECOND FOUL BY DEFENSIVE TEAM ON THE SAME POSSESSION RESULTS IN A LOSS BY THAT TEAM.
- KEEPS THE GAMES MOVING AND DOES NOT LET GAMES GET OUT OF HAND

4. TAKING A CHARGE

- IF DEFENSE TAKES A CHARGE THE GAME IS WON BY THAT TEAM
- PUTS EMPHASIS ON TAKING THE CHARGE

5. THE LONG OUTLET

- WHEN THE WINNER'S COURT HAS A TEAM THEY CALL OVER THE TEAM LEADING OR WHO HAS WON FROM THE LOSER'S COURT. IF THERE IS A TIE ON THAT COURT THEN NEXT POINT SCORED DETERMINES THE WINNER.
- THE WINNING TEAM MAY SET UP UNDER THE BASKET TO INBOUND THE BALL, WITH THE OTHER TWO PLAYERS AT HALF COURT READY TO GO AS THE WINNERS FROM THE LOSER'S COURT SPRINT OVER TO PLAY. THE WINNERS MAY OUTLET THE BALL TO HALF COURT BUT NO OVER THE HALF COURT LINE. THIS ALLOWS THE OTHER TEAM TIME TO GET SET. HOWEVER, THE WINNERS FROM THE LOSER'S COURT MUST SPRINT OVER AND ONCE THE FIRST PLAYER HAS ENTERED THE COURT THE BALL MAY BE THROWN TO HALF COURT, BUT NOT OVER. THIS REALLY KEEPS THE GAME MOVING.

6. NO CHERRY PICKING

- SERVES NO REAL PURPOSE
- ONCE BALL HAS CROSSED HALF COURT, EITHER WITH PASS OR DRIBBLE, ALL THREE PLAYERS ON THE OFFENSIVE TEAM MUST CROSS HALF COURT AS BALL IS SCORED- PERIOD.

7. BALL MUST BE PICKED UP THREE QUARTER COURT

- ALLOWS COACH TO SEE WHO CAN PLAY DEFENSE
- EXPOSES THE INDIVIDUAL AND THE TEAM
- EXPOSES PLAYERS ULTIMATELY ASSISTS PLAYERS TO IMPROVE THEIR FITNESS LEVEL

- IF THE DEFENSIVE TEAM DOES NOT PICK UP $\frac{3}{4}$ COURT THEY LOSE A POINT AND, IF IT HAPPENS A SECOND TIME, THEY LOSE THE GAME.

Structure

1. WINNERS COURT/LOSER'S COURT

- EMPHASIZES THE 'KING OF THE MOUNTAIN' CONCEPT. YOU WIN AND YOUR TEAM STAYS ON THE WINNER'S COURT. HENCE EVERY TEAM IS LOOKING TO BEAT YOU AS THE WINS ACCUMULATE.
- CALL IT WHAT IT IS... WINNER'S COURT/ LOSER'S COURT..
- ALL TEAMS WAITING TO PLAY COME FROM THE LOSER'S COURT. THERE IS NEVER ANY OVERFLOW AT WINNER'S COURT.
- IF THE WINNER'S FROM THE LOSER'S COURT FINISH BEFORE THE WINNER'S COURT HAS COMPLETED THEIR GAME THEY WILL WAIT UNTIL THE WINNER'S GAME IS DECIDED, AND THIS HAPPENS VERY RARELY.
- THE LOSERS FROM THE WINNER'S COURT GOES IMMEDIATELY TO THE LOSER'S COURT TO PLAY. THEY DO NOT GO TO THE END OF THE LINE AND WAIT TO PLAY.

2. RUNNING TIME

- PUT 20:00 MINUTES ON THE CLOCK FOR THE FIRST WEEK YOU PLAY THIS GAME.
- THE GAME WILL EXHAUST YOUR PLAYERS. YOU CAN AND ADD APPROXIMATELY 5:00 MINUTES A WEEK. YOU WILL SEE YOUR PLAYERS PHYSICALLY ADJUST- QUALITY VERSUS QUANTITY.

3. CHANGING RULES AND EMPHASIS

- YOU CAN ADD THE DRIBBLE AS TIME PASSES
- YOU CAN CHANGE CERTAIN RULES PER SESSION OR WEEKS. FOR EXAMPLE, THE BALL MUST GO INSIDE BEFORE IT IS SHOT OR WE WANT ONE SCREEN AND ROLL SITUATION BEFORE THE BALL IS SHOT.
- THIS ALLOWS THE COACH TO SEE THINGS AND FORCES PLAYERS TO INCORPORATE DIFFERENT SITUATIONS.

Coach Kevin Furtado Bio: I have coached girls varsity basketball for 22 years at both public and private schools. I have coached in Georgia, Virginia and Kentucky and have collected 369 wins in my career. I have collected basketball clinic notes from 1990 to 2013 that I will be sharing with you.

Follow Coach Kevin Furtado on Twitter!!!