



Recognizing and Working with Teammates

Teaching the Concept

1. Create teams of three.
2. Place scrimmage vests of the same color on each team, different from the other teams' colors.
3. Require a minimum of one pass before a shot can be taken.

Key Words

- Go Get the Ball
- Bounce Pass to Teammate
- V-Cut

Mini-Basketball: Three-on-Three (w/o conversion)

1. Create equal ability teams of three athletes at each basket.
2. Attacking team, team A, faces the basket.
3. Defending team, team B, plays between the basket and offenders (use offensive players).
4. Coach stands at the division line, giving ball to offense.
5. Offense must make at least one pass before shooting.
6. Defenders protect basket but try to steal ball.
7. Ball going out of bounds counts as a possession and a turnover.
8. If offense shoots and gets rebound, play continues.
9. If defense gets the ball, play is over and ball is passed to coach.
10. Each team stays on offense or defense for three possessions.
11. Each team plays offense and defense two to three times.
12. Award two points for offensive score and one point for rebound; one point each for a defensive steal or rebound.

Mini-Basketball: Three-on-Three (w/ modified conversion)

Play three-on-three as above with the following exceptions.

1. When the defense gets the ball or when the offense scores, the ball is thrown to the coach.
2. The teams change offensive and defensive positions.
3. The coach passes to middle offender, and play continues.
4. Each team stays on offense or defense for three possessions.
5. Each team plays offense and defense two to three times.
6. Award two points for offensive score and one point for rebound; one point each a defensive steal or rebound.

Mini-Basketball: Three-on-Three (with conversion)

Play three-on-three with the following exceptions.

1. When the defense gets the ball or when the offense scores, the ball is dribbled back to a position beyond the foul line extended.
2. The teams change offensive and defensive positions.
3. Play continues as before.
4. One pass must be made before an offender can shoot.
5. Play continues for 2-3 minutes
6. Award two points for offensive score and one point for rebound; one point each for a defensive steal or rebound.