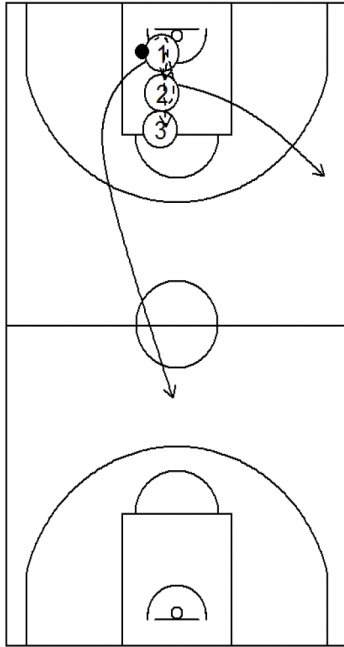


THE COACHES CORNER

Short Sided Games



2 on 1 full court

Procedure:

Player 1 tosses the ball off the back board and sprints below half court - this player is on defense.

Player 2 catches and tosses the ball off the backboard and sprint to sideline for an out let pass from Player 3.

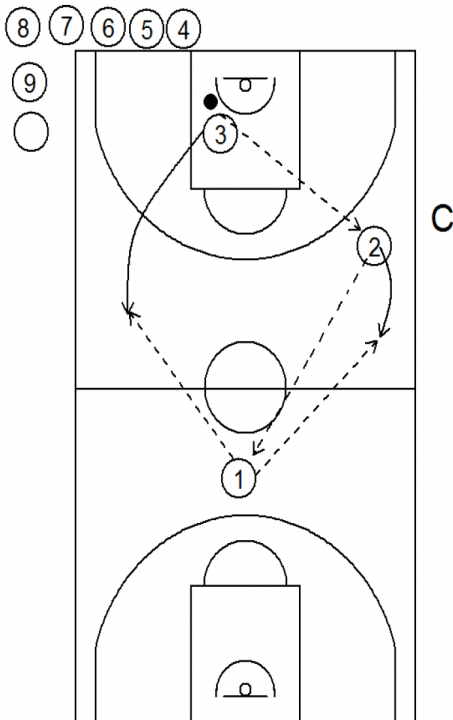
Player 2 passes ahead to Player 1 (to condition passing ahead in offensive transition).

Player 1 passes back to either Player 2 or Player 3 who are attacking Player 1, 2 on 1.

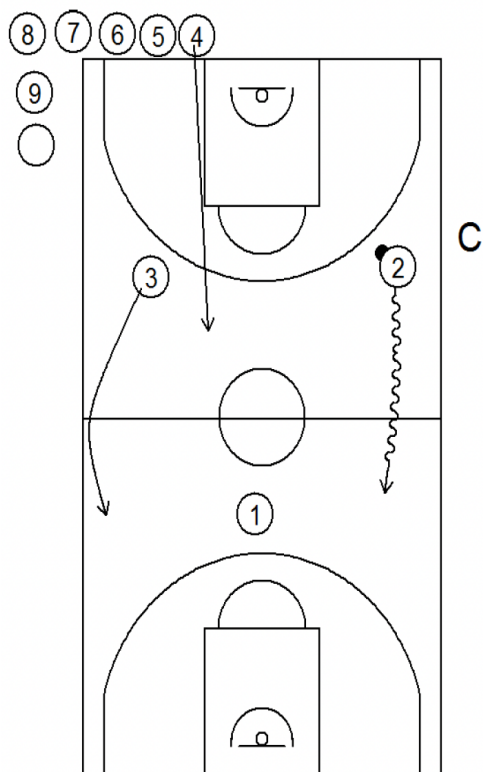
Progression

2 on 1 up to 3 on 1 back

Late second defender on Coach's "GO". Do not pass ahead to Player 1.



Back 3 on 1 - The offense who doesn't shoot runs back on defense for the 3 n 1.



1 Player Advantage Game

Procedure:

Put the squad into two teams.

The game starts with one player shooting a free-throw and two players on the same team lining up on the lane for the rebound/inbound and attack 2 on 1 (1st trip).

These three players then return down floor attacking two players from the opposite team 3 on 2 (2nd trip).

Two more players join the two defenders and return up court against the three players who were on offense back up the floor 4 on 3 (3rd trip).

This defensive team adds two players once they get the ball and return up the floor against the four offensive players 5 on 4 (4th trip).

The four defensive players add a fifth offensive player when they get the ball and return 5 on 5 (5th trip) and they return back up the court again 5 on 5 (6th trip). After the sixth trip the game continues with the other team shooting a free throw first.

The game is played to a designated time counting made baskets.

