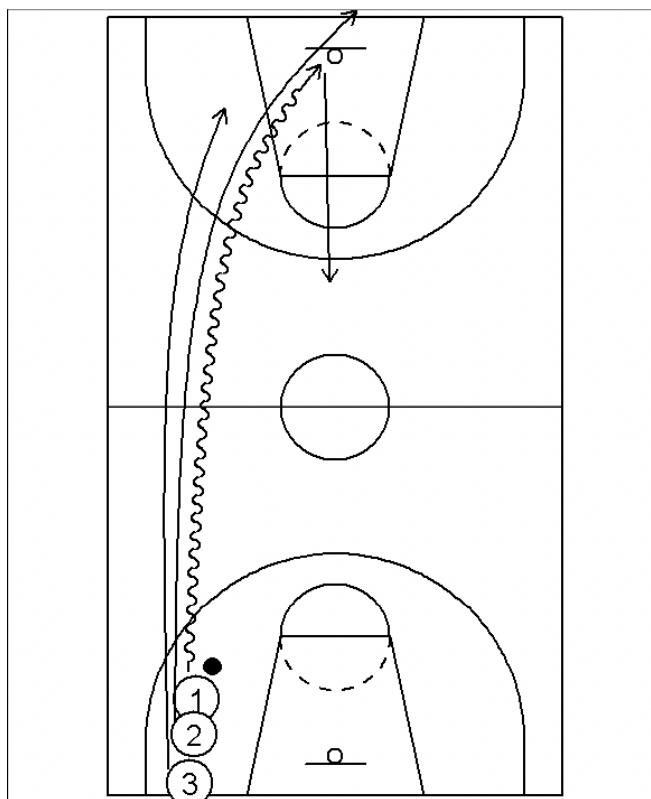


THE COACHES CORNER

3 Drill - Offence

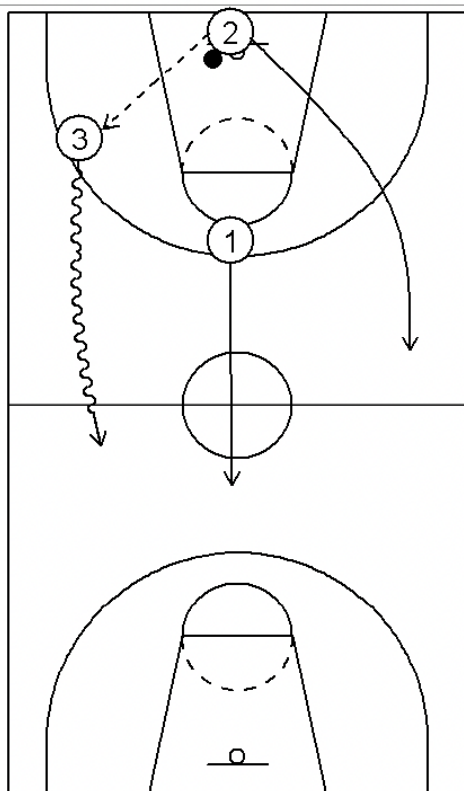


The first player in line has a driving lane. On the coach command "GO" that

player drives for a lay-up.

On the coach's second command "NOW" the 2nd and 3rd players take off

trying to disrupt or block the shot.



Player #2 inbounds or rebounds.

Player #3 must get down below the free throw line.

Players #3 and #2 return down court 2 on 1 using the driving or passing

lane. NOTE: no more than one pass should be needed for the score.

ALTERNATE PROCEDURE:

Have #1 and #3 trap #2 returning down court 1 on 2.

