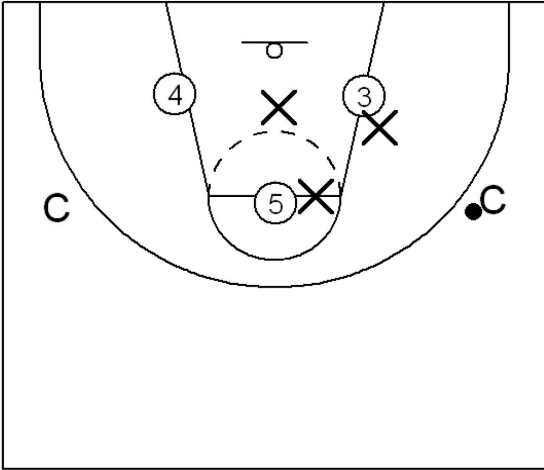


THE REVERSE PIVOT

THREE ON THREE inside the paint

Offence



PROCEDURE: 3 players on offense, 3 players on defense. waiting teams of 3 on the baseline.

The offense can do anything e.g. up screen, down screen, cross screen.

They can pass to one another for a shot. They can pass back to a coach and cut or screen.

They are limited to one dribble on each catch to improve passing angles and get their shot off.

The coaches positioned at Miami can skip pass to one another or to an offensive player.

The offense cannot shoot on a catch from the coach in the high post.

They can shoot from the high post on a pass from their team mate.

If the offense scores, they remain on offense and a new defense steps in.

If the defense stops, they immediately outlet to a coach and go on offense while the team that was on offense becomes defense. PLAY UNTIL A SCORE.

Play to designated time or score.

TEACHING EMPHASIS:

- Creating and maintaining low post position.
- Setting and cutting off interior screens.
- Interior passing.
- Passing out of the low post to cut and seal or screening.