

Three Players Help and Recover

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Purpose

To teach ball pressure and help-side recovery.

Organization

Three lines, three offensive players, three defensive players, one ball.

Procedure

1. Start at one end of the floor with the ball in the middle line.
2. The player with the ball can dribble twice, then must pass to either wing.
3. The wing player dribbles twice and passes to the middle or skips to the wing.
4. The first time through, defense allows the passes.
5. The second time through, defense tries to deny passes.
6. When the three offensive players get to the three-point line at the opposite end, they are allowed to attack the basket. It is all-out three on three at that point.

Coaching Points

- Emphasize help and recover to the ball, putting pressure on each pass and dribble.
- Emphasize seeing your player and the ball.
- Don't allow the wing offensive players to get ahead of the ball.

