

Three-on-Three Energizer

Coach Kathy Bennett

Purpose

To emphasize seeing the floor and provide early help and recovery.

Organization

Six players (three offense, three defense) spaced in three lanes, one ball.

Procedure

1. The offense must stay in the lanes and attempt to progress the ball to the other end.
2. The defense tries to keep in front and see the ball at all times.
3. Have the offense try and get the ball past the defense.

Coaching Points

- Off ball, the player must be as low as her player or the ball.
- Show help early; work one-pass help and recovery. When the offensive player gets rid of the ball, move to get in position.
- Don't let the offense get behind the defense. Keep in front to see the ball.

Variation

- Add ball screens when the players cross opposite hash mark and play live three on three, no more lanes.

