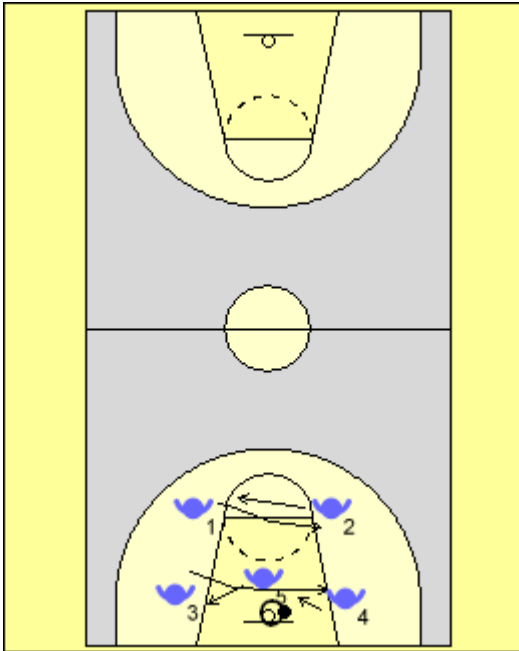


Progression

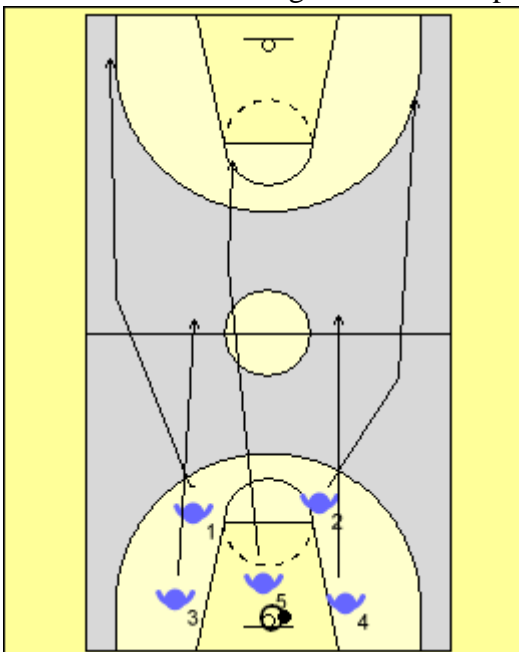


1) Full Court Movement - running the floor

Players start in a 2-3 zone. The top players go over under and the bottom players weave. This is just to create movement that allows the players to break in many different patterns.

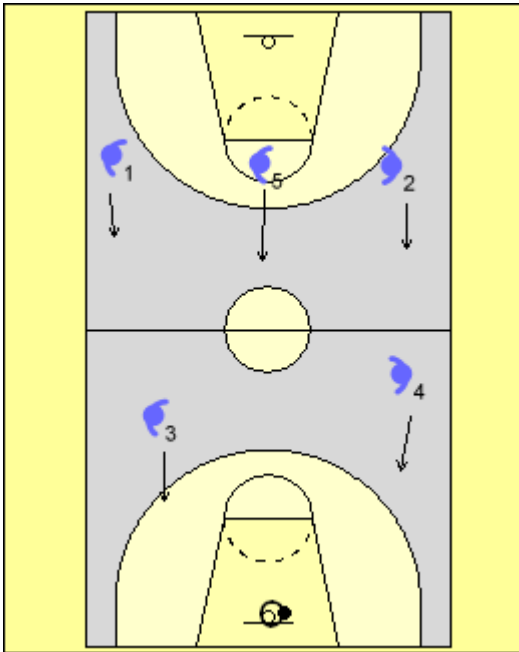
You could also start by running the circle. The problem here is that you may not create enough separation in the players.

Sometimes have the right side move up and back and have the left three weave.



2) Transition

When the coach rebounds the ball the players break in transition. Players must work to spread the floor and run the lanes.

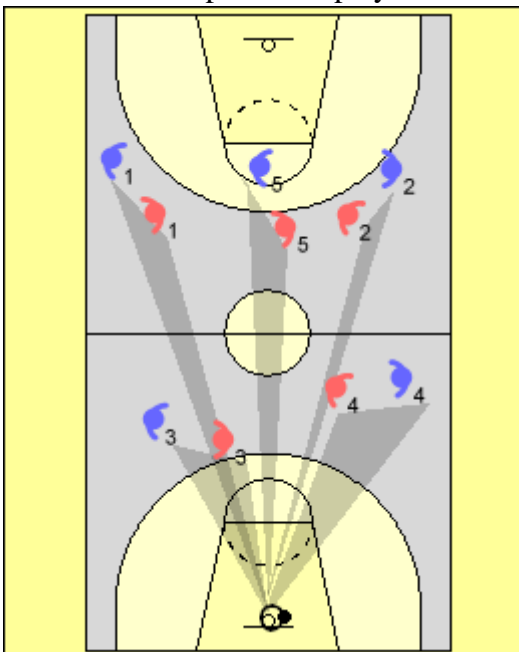


3) If the coach is in trouble the players must sprint back to the ball. If the coach dribbles the players go long again. It is important that the players run the floor seeing the coach.

Load

You can add circle cuts by the guard spots. If the ball is not passed the forward must fill the spot vacated by the guard.

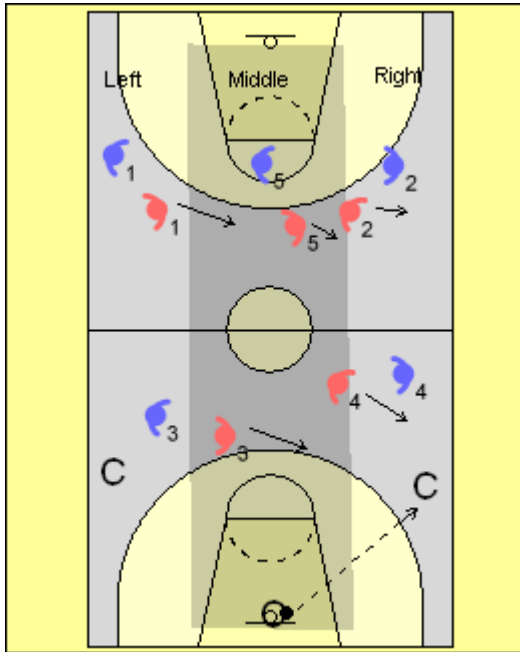
Coach makes a pass. The players now react to this and flow into offense.



4) Add the defense

The defenders are now added and build triangles with their body, the ball and their check forming the points of the triangle.

You can start again with the offense running motion or any pattern with the defense moving with the offense.



5) Defending the lanes

Ball location

left lane - guard only the left and middle right lane - guard only the right and middle

middle - guard all three lanes

The coach moves the ball around different positions on the floor.

Load

The coach can pass to a player. The coach calls the passes. This works on positioning.

Pass and play live