

## Mike MacKay - Manager of Coach Education and Development

This is the progression we used in the three player toss drill. We then expanded to 2 on 2.



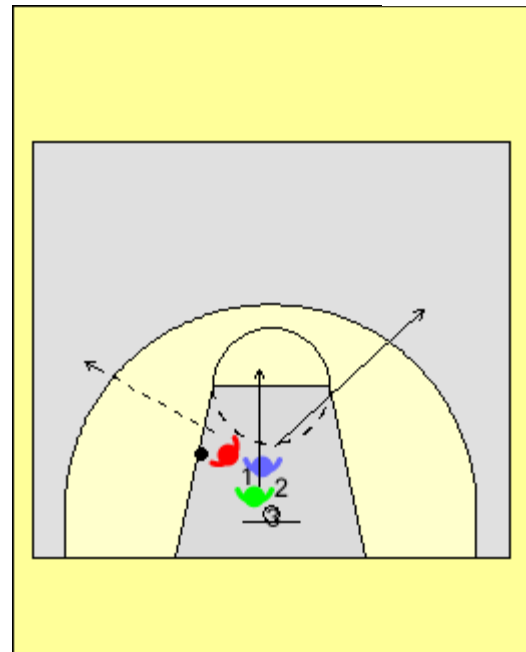
### Three player two on one

#1 self tosses the ball to any spot on the floor.  
#2, who is also on offense, runs to another offensive spot. #3, the defender of #2, must choose the appropriate defense positioning and stance.

What I like about this drill:

- ❑ #1 is working on various pivots, scanning the rim and offensive decisions
- ❑ #2 is working on finding space where he/she does not crowd #1, but is able to cut or be available if needed.
- ❑ #3 is working on being in the proper position, stance and close out to help or deny position.

These are important decisions that are so often lost when we start drills from static positions. When first doing this drill we freeze at this point to check everyone's **positioning, vision and stance**

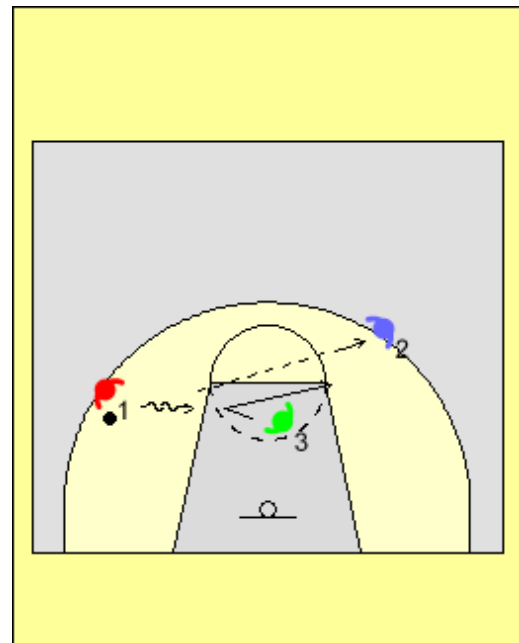


### Options

You can now work on a number of defensive concepts:

- ❑ #1 can shoot - #3 must box out #2
- ❑ #1 can drive - #3 must help and recover if a pass is made back to #2
- ❑ #2 can cut to the ball - #3 must work on denying the cut.
- ❑ #1 can go dead with the ball, #3 must deny #2 the catch.

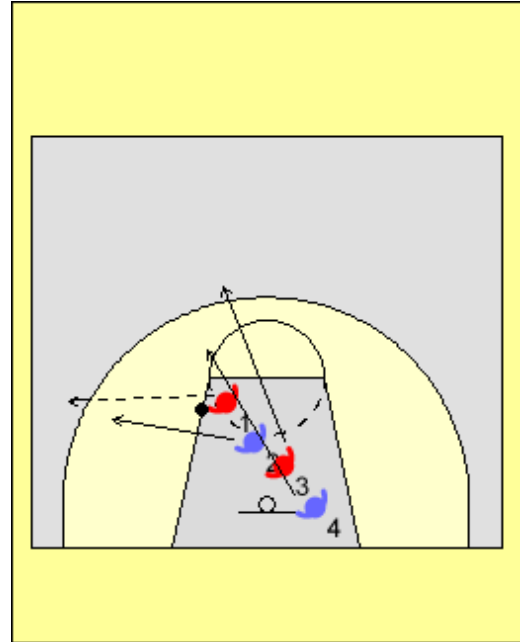
It is best to start with one concept at a time and build on it. Remember that players can move to any spot. Posting up is a good place to play from.



### Two on two off a toss

We now play two on two off the toss. #1 and #3 are on offense and #2 and #4 are the defenders. At first everyone freezes their positions after #1 squares to the basket with the ball. It is a good time to ask questions in the learning stages. Here is an example of the questions I ask. I would never ask these all at the same time.

- ❑ #1 - What pivot did you use and why? What was the first thing you saw? Where was your teammate? Where were the two defenders? Based on what you see what is your plan?
- ❑ #2 - What was your plan for playing #1? Where is your help? How might that influence your plan?
- ❑ #3 - What was the purpose of choosing this offensive space? Where does your team have an advantage? How are you and your teammate being defended?
- ❑ #4 - What is your defensive plan? What type of shot do you want to force them to take?



### Play two on two

You now allow the players to play. You can designate the concepts you want emphasized.

