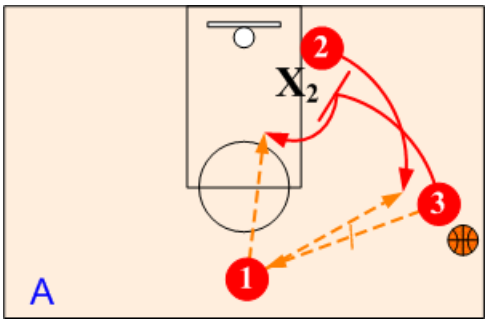
Motion – 3-on-3 Combo Drill

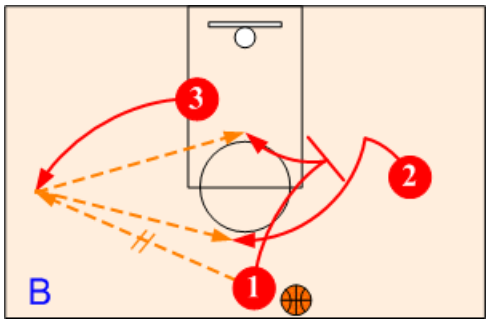
Down Screen, Post Up, Screen Away

This is an excellent three-on-three drill for practicing and refining the various techniques use to successfully execute down screens and post action as well as diagonal screens. Demonstrate and explain drill. Walk players first through the offensive options. Then add the defense and go live with against a specific defensive action as predetermined by the coach. Be sure to explain and walk through the various reads and their counters of each defensive scenario being used.

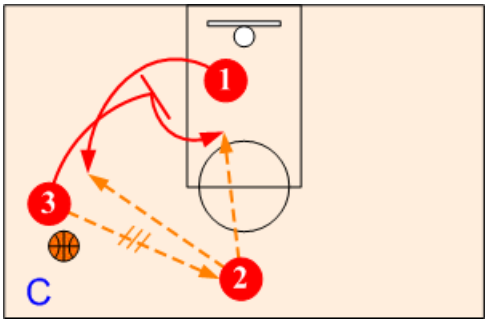
Like all breakdown drills, this 3-on-3 drill is beneficial for refining both offensive and defensive skills and techniques.



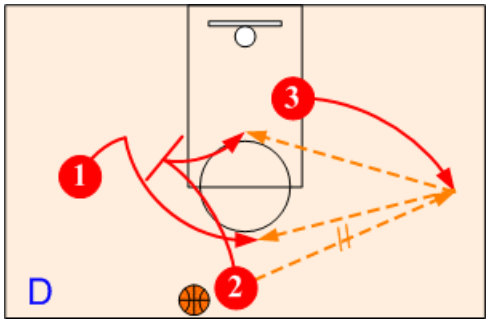
Down Screen. Drill begins with ball on a wing. Wing O3 passes out to O1 and down screens for O2. O1 looks to pass to O2 coming off the down screen or to O3 posting up strong.



Screen Away. O3 continues out to opposite wing if they dos not receive a feed. O1 makes a reversal pass to O3 and screens away for O2. O3 looks to pass to O2 or O1 rolling to the basket after setting the screen.



Down Screen. When O3 passes out to O2, they down screen for O1 continuing out to wing after rolling to the basket. O2 looks to pass to O1 coming off the down screen or to O3 rolling to the basket.



Screen Away. Motion action continues with O2 passing to O3 on the wing and screening away for O1.

Caution: Introduce new things at the beginning of practice when players are fresh and alert. Always introduce something in one practice, work on execution in the next. Do not try to introduce and refine something in the same practice.

NOTE: During a game, almost all opponents will deploy only one or two techniques to combat off ball screens. Therefore, scouting reports are very valuable in preparing a team for a game. If a scouting report is not possible, then it's up to the coaches to observe the opponent's defensive tactics during the game and make the necessary adjustments to combat them.

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