

Basketball Offensives - 3-on-3 Play

When I was originally laying out the ground work for this Rookie League I was strongly considering teams playing 4 on 4 rather than 5 on 5. The more I've thought about it the more I like the idea of 3 on 3 rather than 4 on 4 and keeping the offenses to disciplined drills like Pick and Roll, Give and Go and Screen Away. If you think about it, 3 on 3 basketball makes a lot of sense for this age group. It will improve a youth player's long-term development for a number of reasons.

1. Players touch the ball more often. In the 5 on 5 game, players can go almost the whole game without touching the ball. In 3 on 3, you could touch the ball EVERY possession. When the player gets more experience handling the ball during game situations, the player is going to improve much more than the players who hardly touch the ball in 5 on 5. It doesn't matter if you are the point guard or the star post player, you're still going to get more touches in 3 on 3.

2. More room to operate. A lot of younger players, especially under the age of 12 don't have the skill, strength, or experience to utilize their basketball skills with 10 players on the court. 3 on 3 gives them more room to operate and practice their skills.

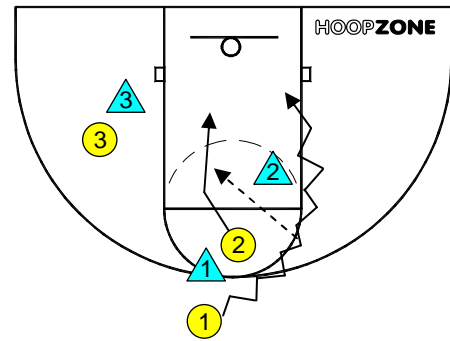
3. Players learn the game! When there are only six (3 on 3) players on the court, players are more inclined to run the pick-and-roll, screen away, and screen the ball without a coach even telling them to do so, because there are fewer options out there. After awhile, they will start to figure things out for themselves which is FANTASTIC and exactly what you want the players to do. With ten (5 on 5) players on the court, a lot of those options aren't there, because they lack the skill, strength, and experience. Now, with fewer players on the court, it gives them a split second longer to recognize a situation.

4. Less confusion. I think when there are ten (5 on 5) players on the court it is overwhelming for kids this age from passing to teammates to knowing just who they are defending.

Here are three simple, but very effective plays that can be used in this league. These plays are all part of any motion offense that your local school teams uses. Each team is to name their plays whatever they wish.

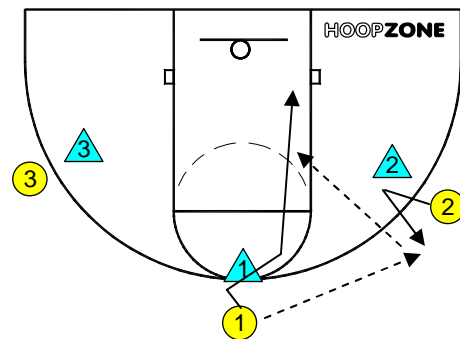
Pick and Roll

O2 sets an "on-ball" screen for O1. The pick 'n roll works if O2 seals the X1 defender correctly and opens to receiving the ball from O1. If no pass to O2, O1 drives to basket for shot.



Give and Go

The give and go involves a V-cut by O2 to receive the pass. O1 makes a fake step left and then a quick lane cut for the pass and lay-up.



Screen Away

O2 makes a V-cut to receive the pass from O1. O1 passes to O2, and "screens away" for O3 on the opposite wing. O3 rubs off the screen and cuts to the hoop looking for pass from O2. (Diagram A)

Make sure that O3 waits for the screen to arrive, and that O1 sets the correct angle on the screen.

Also, make sure that O1 seals the X3 defender, and then rolls to the hoop after O3 cuts around the screen (Diagram B). O2 can pass to either cutter.

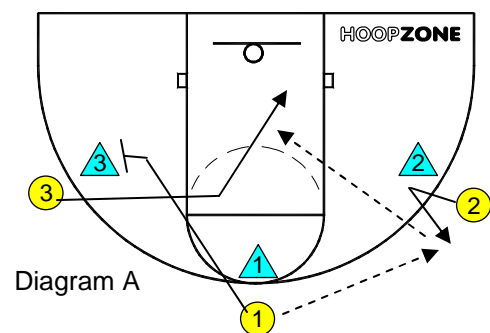


Diagram A

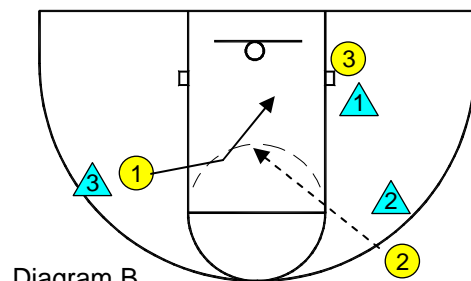


Diagram B