



**Notes from 3X3 Clinic
BA COE Women's Program
Session with Damian Cotter**

Areas of Focus

- Passing and footwork (preparation)
- Concepts after a rebound
- Use of "gets" as an offensive concept

3 v 0 series – Focus on Concepts After a Rebound

Drill 1 – 3 v 0 rebound, kick out and post

- Three lines on the baseline, wings sprint out to 3-point line
- The rebounder throws ball off the glass, secures rebound & kicks out to the perimeter
- Rebounder seals for post pass & finish
- 2 minutes, count makes (29 makes was the winning score)

Drill 2 – 3 v 0 rebound, kick out to shot

- **"You can't make shots with bad passes and bad feet"** – importance of the kick out pass being made to the advantage of the shooter and the shooter being "shot ready"
- Three lines on the baseline, wings sprint out to 3-point line
- The rebounder throws ball off the glass, secures rebound & kicks out to the perimeter for shot
- The opposite wing is the rebounder and gets a point if rebound on the full and put it in
- First group to 21 (3's worth 2 as per the 3X3 rules)

Drill 3 – 3 v 0 rebound, kick out to penetration'

- Three lines on the baseline, wings sprint out to 3-point line
- The rebounder throws ball off the glass, secures rebound & kicks out to the perimeter for penetration
- Receiver spots with driving player making a pass
- The opposite wing is the rebounder and gets a point if rebound on the full and put it in
- First group to 21

Drill 4 – 3 v 0 “Get” concepts

- The “Get” is a stationary hand-off where the cutter comes to the hand-off
- Effective used in the middle of the floor in the 3X3 game
- Concepts include “get” into penetration, “get” and re-screen for pick & roll or fake the “get” and drive
- Teaching point – on the pass in the pick and roll setting, no “strike zone” passes to the rolling player (passes in the between the waste and shoulders) – throw the bounce pass or lob
- **Bigs – “what pass do you like on the pick and roll and have you told the guards?”**
- Drill different aspects of the “get” setting and encourage creativity

5-minute running clock game

- Use of both ends
- Game rules, other than clock does not stop
- Encourage “next thing” mentality – key aspect of the 3X3 game is moving quickly from one thing to another
- Play “winners v losers”

3X3 Teaching Points

- On a defensive rebound, the team transitioning to defence work to force the “dribble exit” to the 3-point line (slows the next point of attack)
- The kick out from a defensive board is a difficult thing to defend – open 3’s or long close-outs
- **“The decision starts with the rebounder”** – is the kick out open, can the rebounder create a seal on the kick-out, does the rebounder space away on the kick-out?
- On the “dribble exit” after a defensive rebound, where possible stay in the middle of the floor, exiting to the sideline limits vision and angles
- **“The hardest mis-match to guard in the game is the rebounding one”** – importance of reading switches, getting to the glass and boxing out

Final Points

- Conditioning – the constant nature of the game means conditioning is a significant element in developing athletes
- Valuable for skill development – bigs get more touches, more space to make plays
- Strong correlation with the 5 v 5 game and developing concepts/principles of play
- Assists with player decision making, leadership and communication – no court-side coach, subs and in-game strategy driven by players

Acknowledgements

- Damian Cotter
- Kristen Veal (COE)
- Matt Paton (COE)