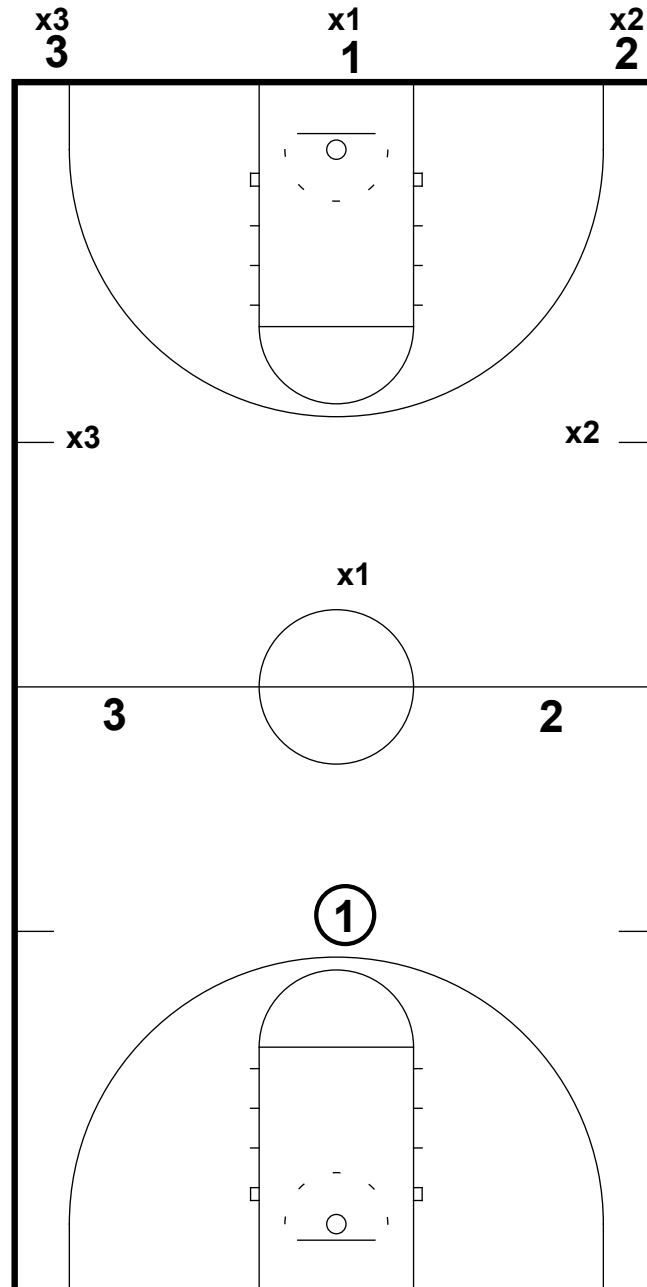


Osterman University

Suns 3 on 3 Drill

DRILL



- Split teams
- Full court 3 on 3
- Offense goes to defense, defense rotates off
- On the change - the defender who gets the rebound or grabs the ball out of the net > outlets the ball to the new team coming on offense (its a 4 on 3 for a moment, but the 4th man steps off, after throwing the outlet pass)
- Game is to 9 with normal scoring (2's & 3's)
- Can shorten the shot clock to :15