

13. 3 Man Weave

Purpose:

Players practice passing while continuously moving down the court.

Setup:

Form 3 lines. One under the basket, one 5-10 feet away on the right baseline, one 5-10 feet away on the left baseline.

Execution:

- * The drill begins when the coach call's out 'GO' or blows the whistle.
- * The player with the basketball in the middle line passes the ball to his right and then runs behind that player.
- * The player with the ball passes it to the open player, then runs behind.
- * The player with the ball continues passing it to the open man, then running behind without dribbling.
- * The player who gets to the block first, shoots a layup.

Coaching Points:

- * Emphasize strong passes, watching the ball into your hands, and running BEHIND the player receiving the pass.
- * Younger players may need to walk through this drill at first. Speed can be increased throughout the season.