

Drill: 3:33 Drill

Coach: Randi Peterson, Head Coach

School: Coe College

Description: This next drill is similar to the last, except we've eliminated the jumpshot portion of the drill completely, focusing completely on passing and finishing in transition.

Your players will form three lines at one end of the court, with the player at the front of the middle line starting with a basketball. On the coach's whistle, both wings will immediately begin sprinting up the court. The player in the middle will pass to one of the two sides and also begin sprinting, straight up the middle of the court. As soon as the catch is made, the player who received the pass will fire it right back to the player in the middle, who will then hit the other wing player in stride for a layup.

He will then follow his pass, slapping the baseline before taking off back down the court in the same lane the player he just passed to was previously in.

The player who received the outlet pass to begin the drill will sprint downcourt after passing back to the player in the middle, collecting the rebound from the made layup before the ball can hit the floor. The player who made the layup will continue running, filling in the wing on the other side of the court.

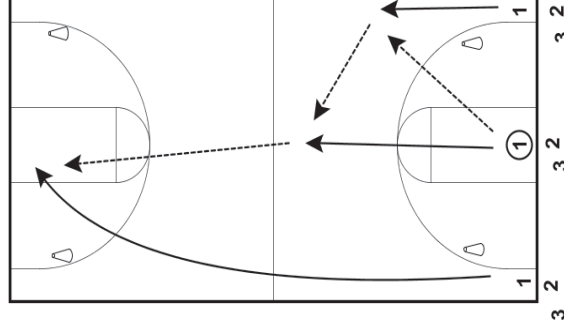
The drill will now continue back to where the players began, with them heading down and back one more time for a total of two times, then heading to the back of the line as the next group of three executes the drill.

The goal here is for the players to go 3:33 without making any mistakes. This includes everything from no missed layups, the ball not touching the floor and no one hand passes or catches. If any mistakes are made, the clock is reset and the players must go the entire 3:33 from the start again.

This drill requires timing, deliberate passes, the ability to handle pressure, and communicate among many other things, making it one of my personal favorites.

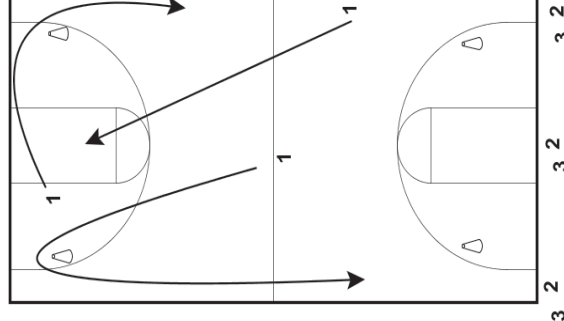
3:33 Drill

Coe Women's Basketball



3:33 Drill

Coe Women's Basketball



3:33 Drill

Coe Women's Basketball

