

Break From Three Rows

Category: 1v1.

Emphasis: Scoring off a full-speed breakaway lay-up with or without defense.

Setup: Full squad. Full court. One ball per two or three players, depending on the modification.

Duration: 6–8 minutes.

Modifiers: Extra.

Miscellaneous: *"Four lines, from three rows"*, the most complicated modification of the drill, may be the most complicated one in this whole book. Yet it may be worth learning if you start with *"Two lines, from one row"* and keep adding complications layer by layer.

Procedure

- Players line-up as shown in diagram 1.
- The number of players and balls in each row will depend on the number of players.
- As the coach calls "Go!", two players at the right-hand side row (X1 and X4) take off.
- X1 makes a pass to X4 who scores on a lay-up.
- X1 rushes in for the offensive rebound.
- The call "Go!" implies it's time to go. Rows take turns: right, middle, left, right and so on.
- So on the coach's second call, it's the middle row (X2 and X5) that goes. (Diagram. 2.)
- Once all players are at the other end, they're change lines and rows and go the other way.
- This basic variation is called *"Two lines, from one row"*.

Modifications

"Two lines, from two rows"

- As the coach calls "Go!", the player with the ball at the right-hand side row (X1) takes off.
- The coach has her left hand raised. She lifts one, two, or three fingers.
- This determines from which row the first-line offensive player takes off. One finger implies the right-hand side row, two fingers the middle, and three fingers the left-hand side.
- For example, in diagram 3 the coach has lifted three fingers so it's X6 who goes.
- The coach may make the vocal call and the finger call simultaneously or at different times.
- The timing of the calls affects the types of passes and lay-ups that occur.
- For example, compare diagrams 3, 4 and 5. In all three the finger call is three but its timing is different.
- In diagram 3 X1 and X6 get going at the same time. Consequently, X1 may take a couple of dribbles to advance the ball before passing to X6 for a lay-up.
- In diagram 4, the coach lift the three fingers before the "Go!" call. Thus #6 has already made it to a scoring position when #1 is allowed to act. So there's no dribbling on his part but just a long pass.
- In diagram 5, the coach has made the "Go!" call before lifting the three fingers. So #1 is already attacking the basket herself when #6 starts running. That's why there may be no pass made at all.

"Three lines, from two rows"

- In the three line modifications there's an additional line of defenders. See O1, O2 and O3 in diagram 6.
- Both three line modifications end up in a 2v1 live situation.
- In "Three lines, from two rows" the coach calls "Go!" and the player with the ball at the right-hand side row (X1) takes off. (Diagram 7.)
- The left hand finger call determines from which row both the first line offensive player and the chase down defender take off.
- The finger call may be made simultaneously or asynchronously with the vocal call.
- Diagram 7 illustrates the simultaneous call "Go! + Three fingers".
- Diagram 8 illustrates the same combination but called asynchronously. "Go!" has been called before the three fingers, giving X1 a head start relative to both O3 and X6.

"Three lines, from three rows"

- Again, the vocal call "Go!" implies it's time for the ball handler to go.
- As in previous variation, the coach's left hand determines which offensive player in the first line takes off and when.
- Additionally in this variation, the coach uses her right hand to determine which chase down defender takes off and when.
- For example, in diagram 9 signals have been made in this order:
 1. Right hand two fingers
 2. Left hand three fingers
 3. Verbal call "Go!"

"Four lines, from three rows"

- This is the same drill as "*Three lines, three rows asynchronously*" with one important exception.
- The exception is that there is now a fourth line of players. They are chase down defenders behind the ball handlers. See O4, O5 and O6 in diagram 10.
- Again, the vocal call "Go!" implies it's time for the ball handler to go. But this time also the fourth line chase down defender goes just as soon as the ball handler goes. (See diagram 10.)
- Just as in *Three lines, from three rows*, the coach's left hand determines which first line offensive player without the ball takes off and when, and the coach's right hand determines which second line defender takes off and when.
- For example, in diagram 10 calls have been made in this order:
 1. Right hand two fingers
 2. Left hand three fingers
 3. Verbal call "Go!"
- Since there are now four players involved, coming from four different lines, the play will eventually be 2v2.

Variations

- Vary the starting positions of the offensive and defensive lines.
- Add an extra defender. She may set to protect the rim, so that none of the lay-ups will be uncontested. (Diagram 11.) Or she may roam around the floor unpredictably.

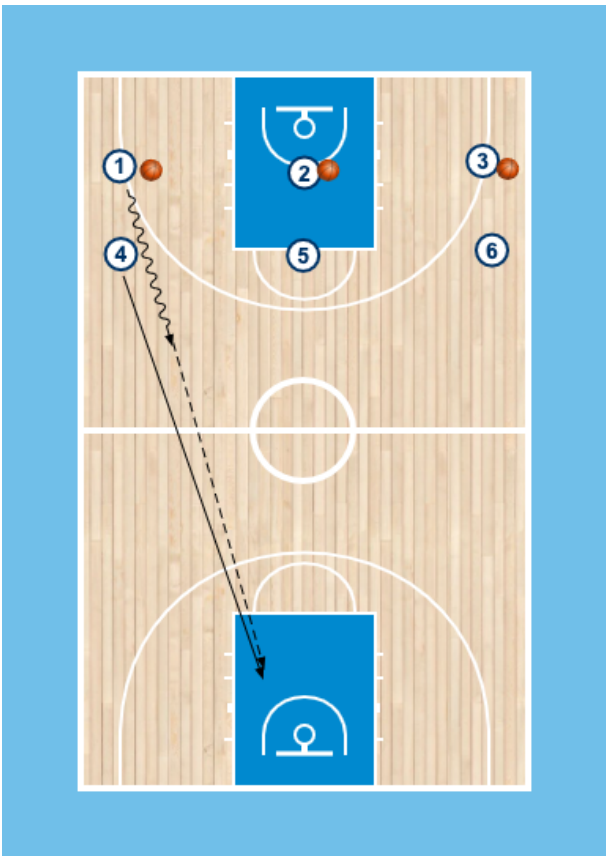


Diagram 1.

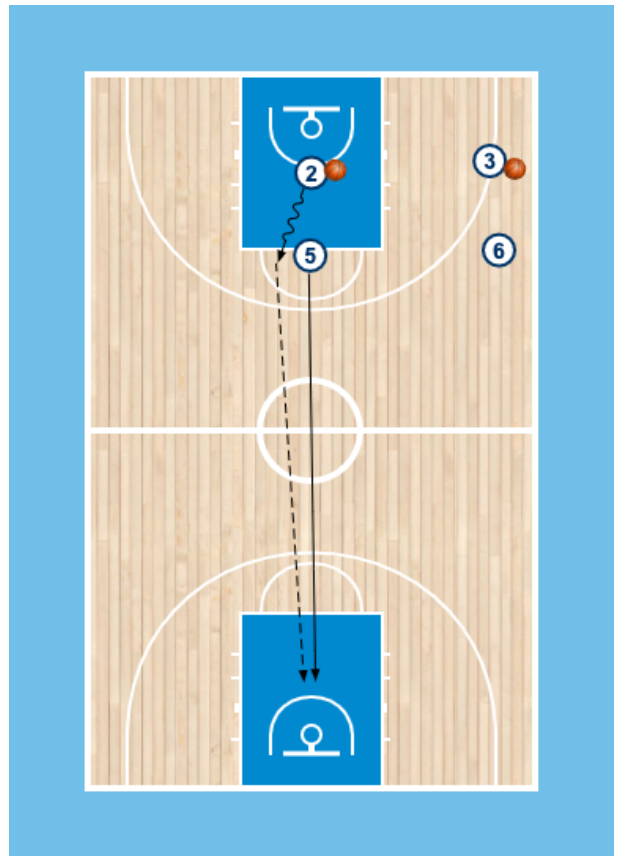


Diagram 2.

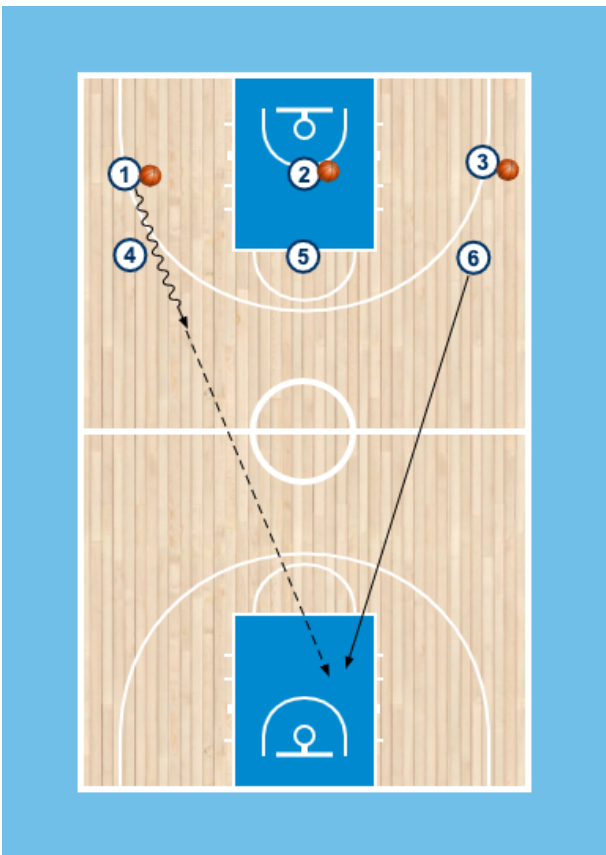


Diagram 3.

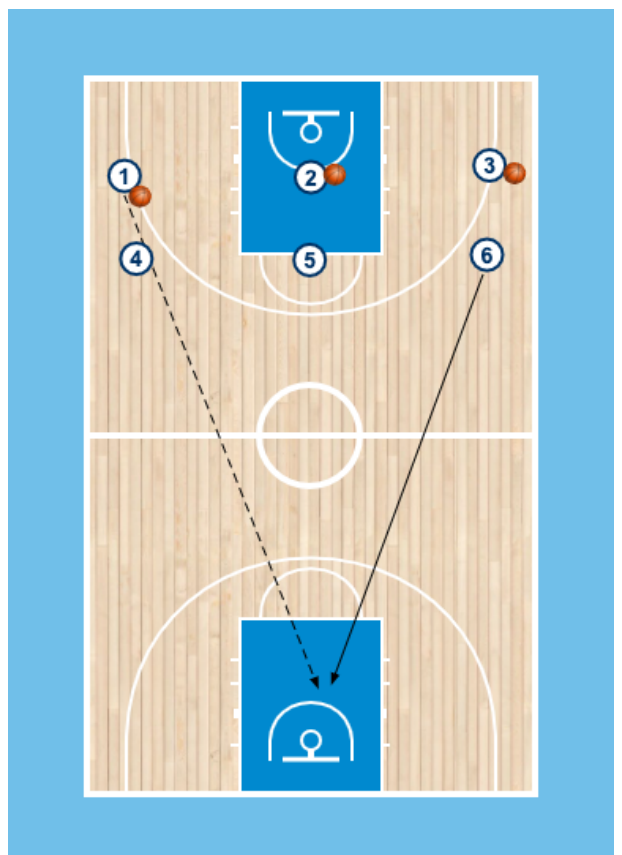


Diagram 4.

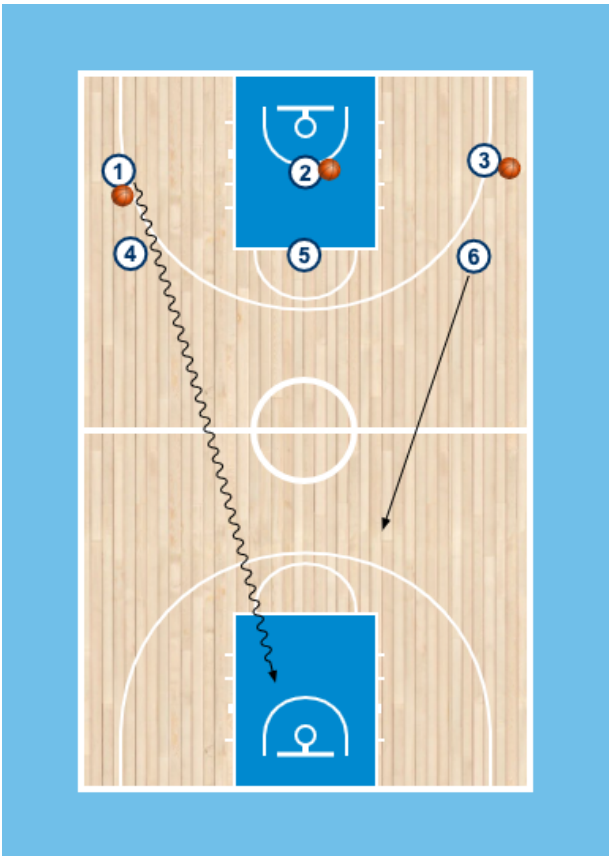


Diagram 5.

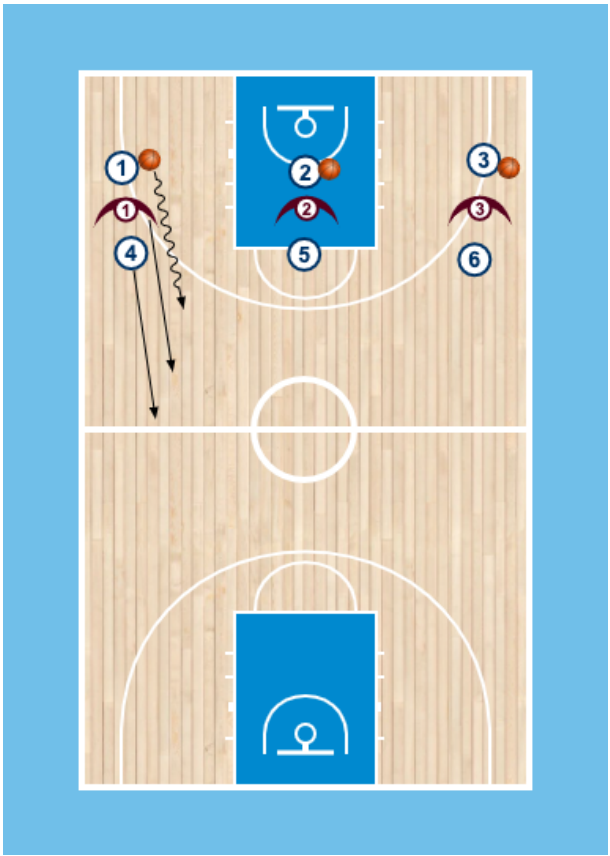


Diagram 6.

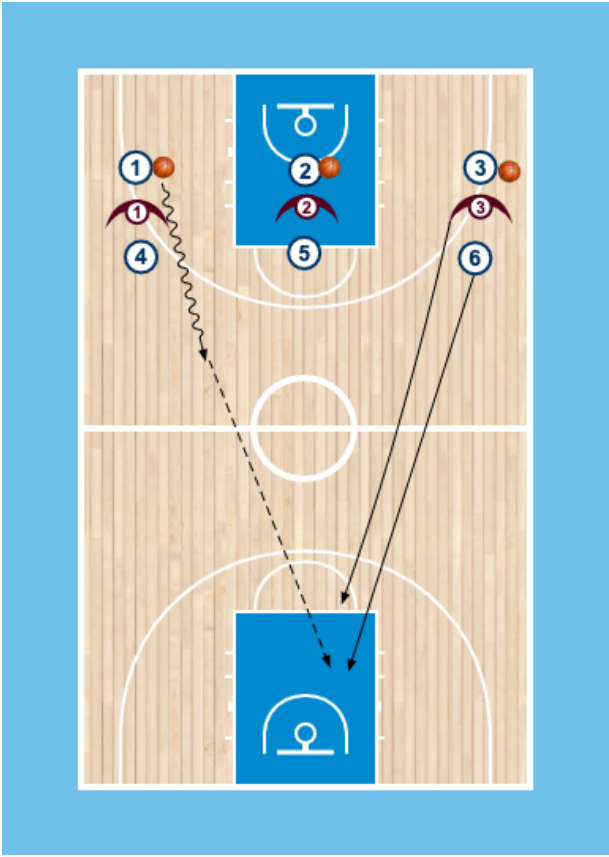


Diagram 7.

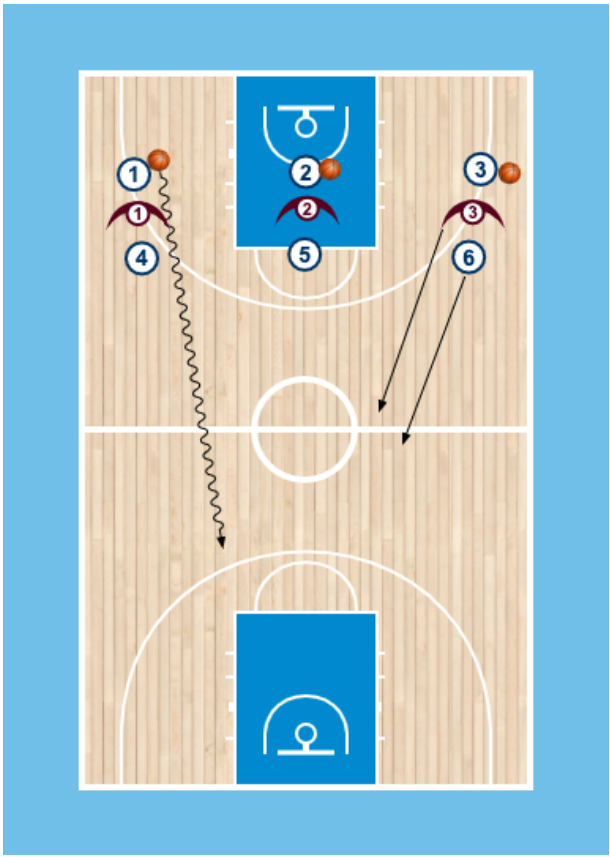


Diagram 8.

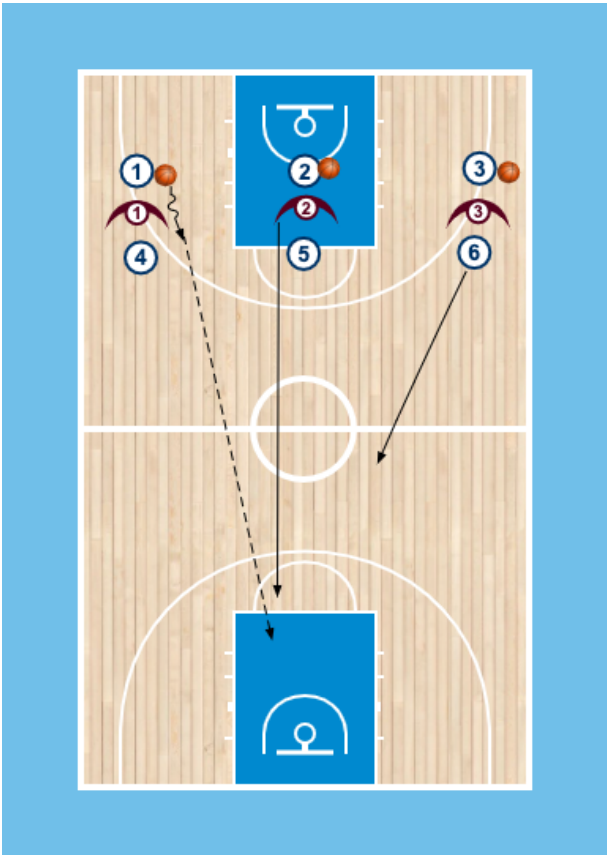


Diagram 9.

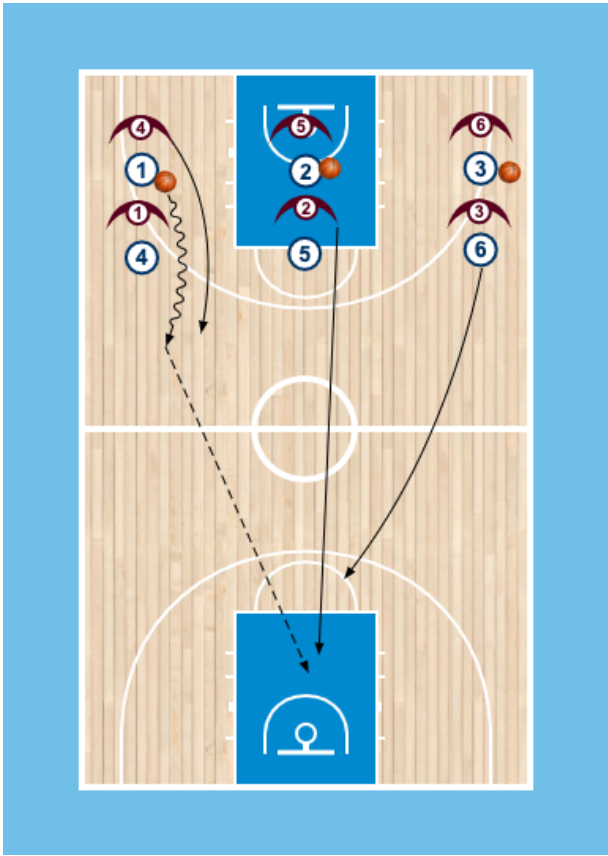


Diagram 10.

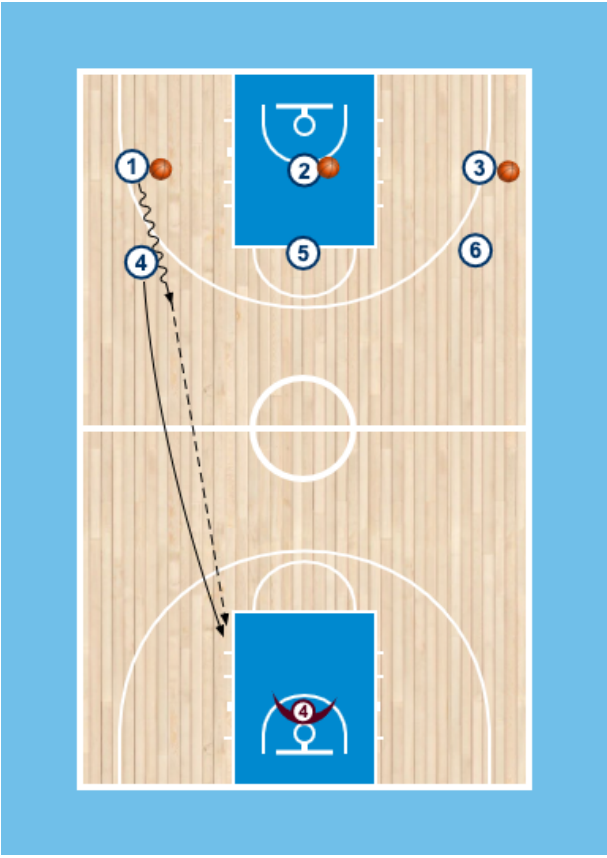


Diagram 11.