

USE 2V2, 3V3 OR 4V4 TO TEACH SKILLS & CONCEPTS

# TEACHING METHODS

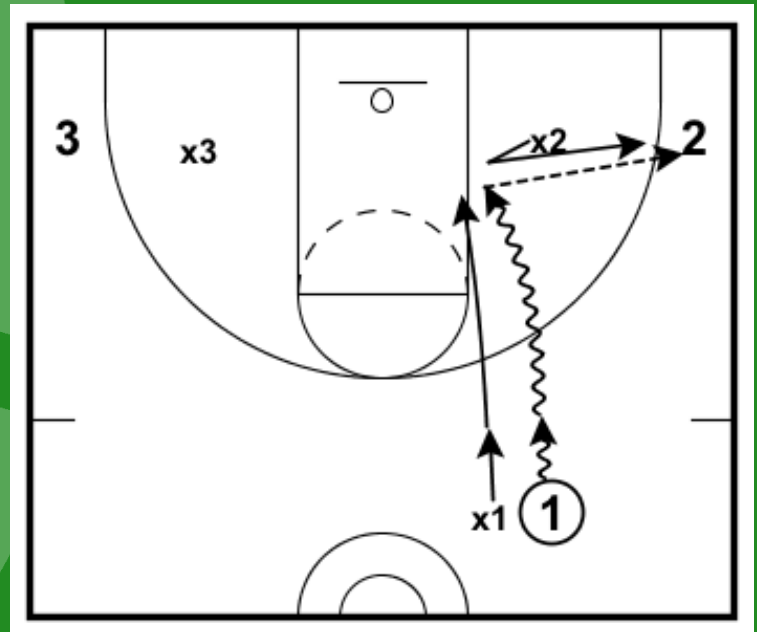
## SMALL SIDED GAMES VS. ISOLATED DRILLS

THE CONCEPT BEHIND **SMALL SIDED GAMES** IS THAT KIDS WILL LEARN BETTER BY BEING INVOLVED IN MORE GAME-LIKE PRACTICE EXPERIENCES, INSTEAD OF ISOLATED DRILLS WITH NO DEFENSE.

ONE OF THE BENEFITS OF THIS APPROACH IS THE ACTIVITY OF THE KIDS, WHO WILL SPEND LESS TIME WAITING IN A LINE FOR A LAY UP AND MORE TIME COMPETING & LEARNING FROM THEIR MISTAKES.

## BENEFITS OF SSG'S:

1. Get More players involved in the drill.
2. Work on offense & defense at same time.
3. Coach can emphasize certain skills using constraints and rewards.
4. More touches = more experience. There are more player touches in 3v3 than 5v5.
5. More game-like experience than isolated drill with no opposition.



## 3V3 WILDCAT

One of our favorite drills in our program is 3v3 or 4v4 Wildcat. Wildcat helps players learn to make decisions, have an attack mentality, and develop guard skills.

### The rules are as follows:

- Players can only catch the ball outside the three point arc - no back cuts, post ups, etc.
- Players CANNOT hold the ball once an advantage has been created - shoot it, drive it, pass it (Make quick decisions)
- The drill can start against a neutral defense, learning to create an advantage (using the jab series or a live attacking dribble), or with an advantage already created (blind, walk to run, closeout, etc.)
- The coach is the traffic cop, calling "turnover" when any of the rules have been violated.

## USING 3V3 FOR PLAYER DEVELOPMENT

# 10 WEEK BREAKDOWN

Below is an example of how to use Small Sided Games (SSG) throughout the season in practice to help players learn how to play basketball using constraints and rewards.

**Week 1:** Two rules: (1) Every time you receive a pass, you must square to the basket and peak at the rim; (2) Every time you pass, you must cut to the basket.

**Week 2:** Any basket scored on a give and go cut is worth 2 points, all other baskets are worth 1 point.

**Week 3:** Each play must start with a dribble-at to either side. Players read the defense to determine a hand off or back cut.

**Week 4:** Offense cannot shoot until they have run one pick and roll.

**Week 5:** A basket scored as a result of a pick and roll is worth 2 points. All other baskets are worth 1 point.

**Week 6:** No dribble.

**Week 7:** All baskets scored off of screening away from the ball are worth 2 points. All other baskets are worth 1 point.

**Week 8:** Two dribble maximum.

**Week 9:** Baskets off an offensive rebounds are worth 2 points. All other baskets are worth 1 point.

**Week 10:** Two rules: (1) Every time you receive a pass, you must square to the basket and peak at the rim; (2) After every pass, players must screen or cut to the basket.



# PRACTICE TEMPLATE

1/3 SKILL BUILDING, 1/3 PREPARING FOR COMPETITION, 1/3 SSG

## BUILD SKILLS WITH GAMES AND DRILLS

- BALL HANDLING
- PASSING & CATCHING
- FINISHING
- SHOOTING FORM

1/3

## GET YOUR TEAM READY TO COMPETE

- ORGANIZATION OF TEAM OFFENSE AND DEFENSE
- HOW TO LINE UP FOR THE JUMP BALL, FREE THROWS, ETC
- PRESS BREAKER CONCEPT
- BLOB AND SLOB CONCEPT
- SCRIMMAGE

1/3

## SSG'S & LIVE HALF COURT PLAY

- 2 ON 2 (WITH RESTRICTIONS)
- 3 ON 3 (WITH RESTRICTIONS)
- 4 ON 4 (WITH RESTRICTIONS)
- 5 ON 5 LIVE PLAY (WHERE APPLICABLE)

1/3