



Three Seconds in the Lane

Athlete Readiness

- Athlete can move forward, backward and sideways.
- Athlete can recognize areas on the court.

Teaching the Concept

1. Identify the lane areas of the court one is defensive, one offensive.
2. Use the terms Hot and Cold. Identify offensive end with Hot: on offense, one must move through it or else burn up.
3. Identify the defensive end with Cold: on defense, it helps to defend the opponent.
4. Constantly reinforce Hot and Cold with proper positioning.
5. Set up athletes' positions on offense where all athletes are outside the lane.
6. During half-court or full-court play, stand on the court. As players move into their Set-Up positions on offense, move them out of the lane.

Key Words

- Hot
- Cold

Coaching Tips

- Concrete examples give a concept a form that the athlete can identify in his/her physical world.
- The three-second lane is as difficult to understand as changing baskets at halftime. It is permissible to be in the lane during half of the game, but then these lanes change just as the baskets change.
- Equate the three-second lane with offense, the shooting basket. This is not a first-year concept to learn for a lower ability or a beginning basketball team. This probably can be addressed during the second or third year, after a team has a firm understanding of offense.
- Ask your athletes:
 1. In which lane can we stand? Where is it Cold?
 2. In which lane must we move in and out? Where is it Hot?