



Recognizing and Working with Teammates

Athlete Readiness

- Athlete can identify a teammate by the color of scrimmage vest he or she is wearing.
- Athlete can pass and catch, dribble, shoot, defend and move to the ball.
- Athlete can move forward, backward and sideways.

Teaching the Concept

1. Create teams of three.
2. Place scrimmage vests of the same color on each team, different from the other teams' colors.
3. Require a minimum of one pass before a shot can be taken.

Key Words

- Go Get the Ball
- Bounce Pass to Teammate
- V-Cut

Mini-Basketball: Three-on-Three (w/o conversion)

1. Create equal ability teams of three athletes at each basket.
2. Attacking team, team A, faces the basket.
3. Defending team, team B, plays between the basket and offenders (use offensive players).
4. Coach stands at the division line, giving ball to offense.
5. Offense must make at least one pass before shooting.
6. Defenders protect basket but try to steal ball.
7. Ball going out of bounds counts as a possession and a turnover.
8. If offense shoots and gets rebound, play continues.
9. If defense gets the ball, play is over and ball is passed to coach.
10. Each team stays on offense or defense for three possessions.
11. Each team plays offense and defense two to three times.
12. Award two points for offensive score and one point for rebound; one point each for a defensive steal or rebound.

Coaching Tips

- When you first begin, physically prompt athletes by placing them in the correct positions. Stand behind the defenders. For athletes with lower ability, the coach may physically assist the athletes in staying between offenders and the basket.
- With repetition, less and less prompting is required.
- Ask your athletes:
 1. Where do you stand on defense? (Between Opponent And Basket)
 2. What are you trying to do on offense? (Score)
 3. Who is your Teammate? (Wearing Same-Colored Shirt)