

GAME 7 BASKETBALL

3 ON 3 CLINIC

Advantages to 3 x 3 Basketball

Concepts like court awareness, spacing, passing, moving without the ball and most definitely on and off the ball defense are lacking in the development of younger athletes. This shortage of basketball IQ is a problem that is prevalent among many young basketball players but not always noticeable in a five on five game where, generally speaking, one or two players dominate the game by out dribbling their opponent up the court and scoring on a layup. Because of this, only those select few players ever have the ball in their hands long enough to truly improve on their individual skills. Furthermore, most players on the court do not get the repetitions needed to improve their skills in a game-like setting. This ultimately makes for bad basketball and a poor learning experience for the majority of the players involved in five-on-five leagues. It is for this reason that our 3 x 3 basketball clinic will increasingly help develop young athletes. By decreasing the size of the court and the number of players on that court, it will give the players involved more opportunities to touch the ball while opening up space on the court to try new things and build confidence when doing so.

1. Spacing
 - a. With younger players, having a total of six players on the floor simplifies the game. It opens the floor up and creates more space for beginners to learn a concept like moving without the ball, passing and cutting, passing and screening, and defensive accountability.
2. Increased Repetition
 - a. A lot of younger players don't have the skills, strength, or experience to utilize their basketball skills with 10 players on the court. 3 x 3 gives them more room to operate and practice their skills. In 3 x 3 basketball players find it easier to get open since there is more space on the court. As a result of getting open more frequently, they get to have the ball in their hands more often. Having the ball in your hand more often allows the players involved to work on the skills of dribbling, driving, finishing, shooting, passing, etc. more than they would in a five-on-five game where they may barely touch the ball.
3. Players learn the game!
 - a. When there are only six players on the court, players are more inclined to run the pick-and-roll, screen away, and screen the ball without a coach even telling them to do so, because there are fewer options out there. After a while, they will start to figure things out for themselves which is FANTASTIC and exactly what you want the players to do. With ten players on the court, a lot of those options aren't there, because they lack the skill, strength, and experience. Now, with fewer players on the court, it gives them a split second longer to recognize a situation. Professional coaches will work with the players. There are no parents involved with the 3 on 3 program. Our 5 on 5 program hopes to get players "interested" in the game and have "fun" and develop a basic understanding of a great team sport. This 3 on 3 program goes much deeper and players skills will improve greatly.

The program we have developed has been in the works the past couple of years. This is going to be "special". We encourage all parents to stay and watch at each session as we work with your son and daughter. You will be amazed at the results they will receive from this format of 3 vs 3. If you are not amazed, you will receive a full refund.

