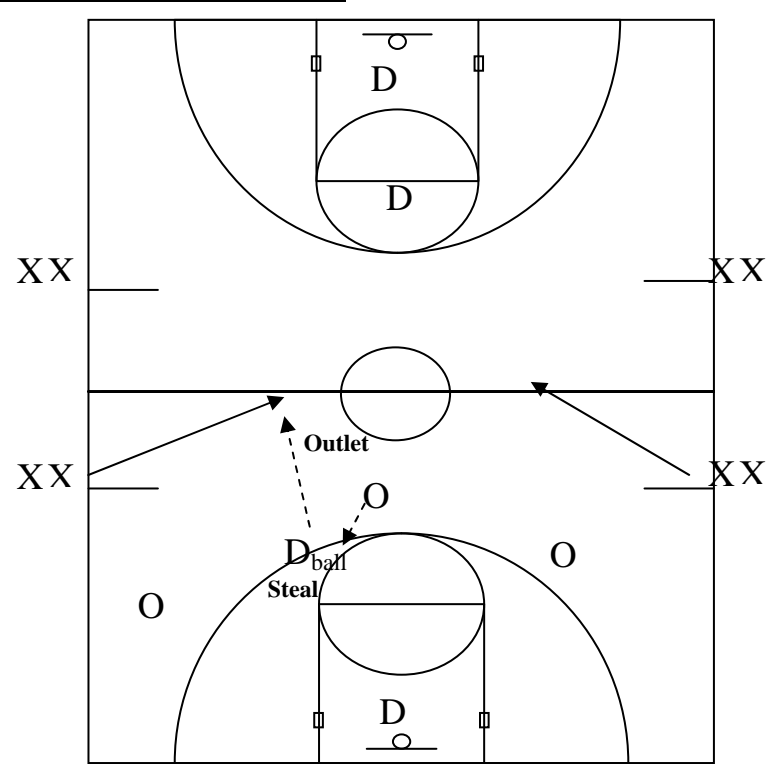
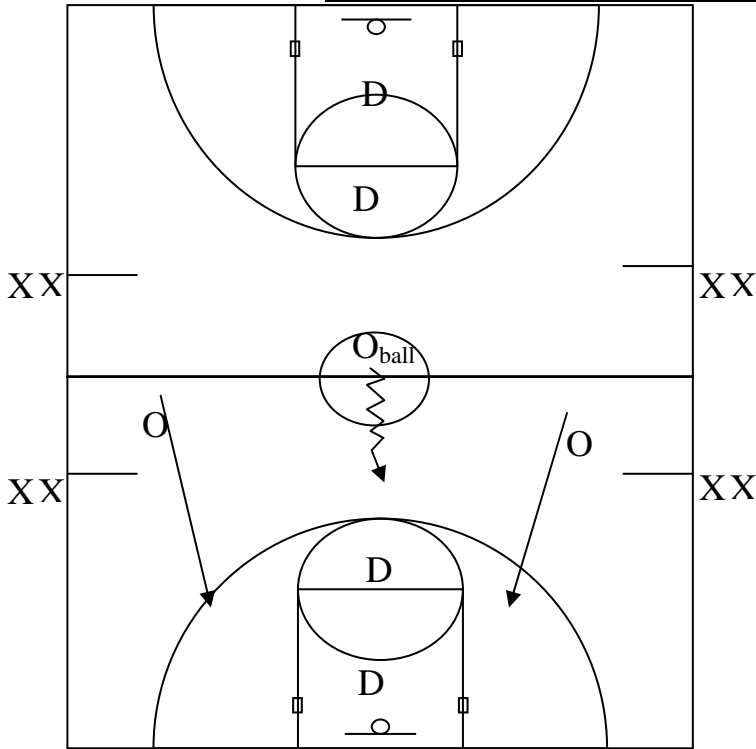


3 on 2 Full Court or Continuous 3 on 2



- Fill in 2 defenders under each basket(D)
- Have 3 offensive players at mid court(O)
- The remaining players fill in the time lines outside the court.
- Start by going 3 on 2 in one direction
- The 3 on 2 goes until the offense scores or the defense creates the turnover
- If the offense scores then the first person to the ball as it goes through the net is on offense going the other direction.(This also encourages hustling after rebounds after a shot.
- Whichever defensive player creates the turnover is on offense going the other way

- Whichever of the players that gets the balling going on offense the other way outlets to either of the players at the time line on their half the court.
- The person that just outleted then fills the lane for 3 on 2 going the other way. (see below)

The remaining players who didn't get the ball fill in the defensive spot and go to the end of the lines at the timeline

- The series then restarts at the other end and repeat the process

The defender that just stole the ball then fills lane going the other way. He plus the two outlets are the 3 offensive players going 3 on 2 at the other end of the court

