

7 Proven 3on3 Drills That Build Game-Ready Players in 20 Minutes or Less

3on3 Hoops Nation

Why 3on3?

3on3 basketball is one of the most powerful development tools in the game. With fewer players and more touches, players are forced to read, react, communicate, and compete.

This guide gives you 7 quick and effective drills you can use in your practice sessions that promote:

- Basketball IQ
- Spacing and decision-making
- On-ball and off-ball movement
- Communication and toughness

Corner Closeout 3on3

🎯 Objective: Improve closeouts, help defense, and rotational awareness.

🏀 Setup: Offense starts with 1 in each corner + 1 at the top. Defense starts under the basket. Coach passes to one corner. Defender sprints to close out; remaining defenders rotate accordingly.

🔄 How It Works: Play live 3on3 immediately after closeout. On a stop or score, reset. Emphasize talk, rotation, and early help.

🧠 Coaching Points:

- Sprint to closeout with high hands
- Stay in stance, no flying by
- Communicate 'help' and 'switch'

Cut & Replace 3on3

🎯 Objective: Develop cutting, spacing, and passing under pressure.

🏀 Setup: Start in a 3-out formation. Passer must cut hard; next player replaces.

 **How It Works:** Offense must cut on every pass before playing live. After 3 passes and cuts, it goes live.

 **Coaching Points:**

- Cut hard and wide
- Don't clog driving lanes
- Defenders must talk through screens and movement

Touch & Go 3on3

 **Objective:** Encourage quick decision-making and movement without the ball.

 **Setup:** Player must touch the paint before getting the ball back.

 **How It Works:** After passing, the player must cut to the paint before relocating for a shot or second touch.

 **Coaching Points:**

- "No standing" rule
- Paint touch = threat
- Teach players to read help defenders

Screen & Score 3on3

 **Objective:** Practice setting effective screens and making decisions off them.

 **Setup:** Offensive players start with one setting an on-ball or off-ball screen to initiate action.

 **How It Works:** Teams must set at least one screen before going live. Mix on-ball and off-ball screen actions.

 **Coaching Points:**

- Screen angle matters
- Read how defense reacts
- Use curl, fade, or slip options

One-Dribble 3on3

 **Objective:** Promote ball movement, spacing, and cutting.

 **Setup:** Play live 3on3, but each player is only allowed one dribble at a time.

 **How It Works:** Encourages quick passes, backdoor cuts, and movement without relying on iso play.

 Coaching Points:

- Keep head up
- Catch and rip
- Cut hard when overplayed

Ball Screen Decision 3on3

 Objective: Teach reads off pick-and-roll: hedge, switch, trap, or drop.

 Setup: Start each possession with a high pick-and-roll. Defense must call coverage.

 How It Works: Run ball screen, then play live. Rotate players and screen angles.

 Coaching Points:

- Communicate screen coverages
- Ball handler: read the defender
- Roll/pop hard after screen

Score-Stop-Score 3on3

 Objective: Instill competitive mindset and two-way play.

 Setup: Play to a “score-stop-score” win condition.

 How It Works: Team must score, get a stop, and score again to “win” the round.

 Coaching Points:

- Emphasize effort and transition
- Build resilience — losing isn’t failure, it’s feedback
- Reward hustle plays

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Let’s build smarter hoopers — one 3on3 rep at a time!