

## 3 ON 3 FULL COURT SCRIMMAGE

By Alan Peel

- I. Reason
  - A. Player evaluation – See who can play and who cannot.
  - B. Get players to learn how to play together.
  - C. Create a competitive environment for players looking to make the team.
- II. Selecting the teams
  - A. First day of tryouts – Base the teams on balancing size.
  - B. Second day of tryouts – Maintain some degree of balanced height; begin to balance ability.
  - C. Third day of tryouts – Select teams based on the likelihood that they will be on the team.
  - D. Between the second and third day, have three lists for players:
    1. Definitely on the team
    2. Maybe on the team
    3. Definitely NOT on the team
  - E. After three days of tryouts, have the team selected.
- III. Rules
  - A. Regular rules with modifications.
  - B. Modifications
    1. Scoring
      - a. All baskets count as one point.
      - b. After the team's third made basket of the game, the player who scores must make a prove-it free throw to end the game.
        1. If the prove-it free throw is missed, the basket leading to the prove-it free throw is disallowed and the game continues. The ball is considered to be live and can be rebounded by either team.
        2. If the prove-it free throw is made, the game is over and the team on offense wins.
    2. Dead balls
      - a. All dead balls that were called after the ball was brought into the frontcourt start 10 feet behind the half court line (volleyball line).
      - b. All dead balls that were called before the ball was brought across the half-court line will be inbounded as if it were in the normal course of a game.
      - c. In the event of a dead ball, the defense may not guard the dribbler until the ball is brought across the half-court line.
    3. Fouls
      - a. All fouls will result in a dead ball awarded to the team against whom the foul was called.
      - b. In the event of a made basket by the offense in which the defensive team committed the foul, the offense will get a dead ball inbounded from behind the volleyball line and the basket will count.
      - c. Should an offensive player be fouled on a made shot that leads to a prove-it free throw, the free throw will be attempted.
        1. If the free throw is missed, the offense will inbound the basketball from behind the half-court line and the previous basket will be disallowed.
        2. If the free throw is made, the game is over.
    4. Jump Ball
      - a. The game will start with a jump ball and possession will be awarded similar to that under normal rules.
      - b. In the event of a tied ball, the result will be a jump ball requiring the teams to win possession off of the tip.

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- c. All jump balls will take place at the half court circle.
  - d. Regardless as to the players who were involved in a tied ball that led to a jump ball, the teams will get to choose their respective jumper.
  - 5. All the players must get across the half court line before any shot is attempted.
    - a. Offense
      - 1. The offense loses a point if all three players are not across the half-court line when the shot is attempted.
      - 2. If the shot is good, the basket is disallowed and no points are awarded.
    - b. Defense
      - 1. The offensive team will get the ball back behind the volleyball line as a dead ball.
      - 2. No points are lost by the defensive team.
      - 3. Any points scored by the offensive team will be awarded as if the violation had not occurred.
      - 4. If the score results in a third point, a prove-it free throw will be attempted by the offensive player who scored.
        - a. If the free throw is missed, the offense will inbound the basketball from behind the half-court line and the previous basket will be disallowed.
        - b. If the free throw is made, the game is over.
        - c. The free throw will be shot as if it were a technical foul in a normal game.
    - c. The play is blown dead immediately if a shot is attempted without all the offensive and defensive players across the half-court line.
  - C. One coach referees the game and the others evaluate the players.
- IV. What to evaluate
- A. Individual fundamentals
    - 1. Passing Ability
    - 2. Catching Ability
    - 3. Dribbling Ability
    - 4. Scoring Ability
    - 5. Play without the ball
    - 6. Individual Defense
  - B. Intangibles
    - 1. Quickness and agility
    - 2. Physical toughness
    - 3. Mental toughness
    - 4. Emotional maturity
  - C. Document everything to be evaluated on every player!