**South Muskoka Breakers Coaching Notes – Advantage Drills**

These drills are intended to teach kids how to attack the basket in with an advantage in numbers. Emphasis should be put on making simple, smart decisions. If your teammate is ahead of you, pass it. If you are open, shoot it. In a 2-on-1, try to score in 1 or 0 passes. In a 3-on-2, try to score in 2 or less passes.

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| **Drill** | **Details** | **Level** |
| 1 v 1 1 second adv | O at the 3 with ball, D facing basket inside the 3-Game starts when O puts the ball on the floor-Can shrink advantage by having O touch D on back with ball to start game | 1 |
| 1 v 1 w pass | Coach at top of 3, D facing coach on FT line, O facing coach on baseline-D is blind to O. O starts drills by popping out to one side or the other. Coach passes-O attacks the D with ½ second advantage | 2 |
| 2 v 2 Adv | Same set up as 1v1, put another O somewhere on floor and the D in help side-Starts same as 1v1, usually other D has to help  | 2 |
| 2 v 2 w pass | Same set up as 1 v 1 w pass but 2 D on FT and 2 O on baseline-Same except O can cut to corner or up to wing, one must get to wing | 2 |
| 2 v 2 screen | Use 2 v 2 to start loading any ball screen action. O can pass to teammate and then come set the screen. | 2 |
| 3 v 3 Adv | Same as 2v2 but add 2 more. At least one D should be in full help.\ | 3 |
| 3 v 3 Around the Horn | 3 D on baseline, 3 O around the 3-pt line-Ball is swung thru each D, then up through each O-When ball gets to the last man on O, it is live-D in corners close out to O on a criss-cross pattern, D in middle takes O in middle | 3 |