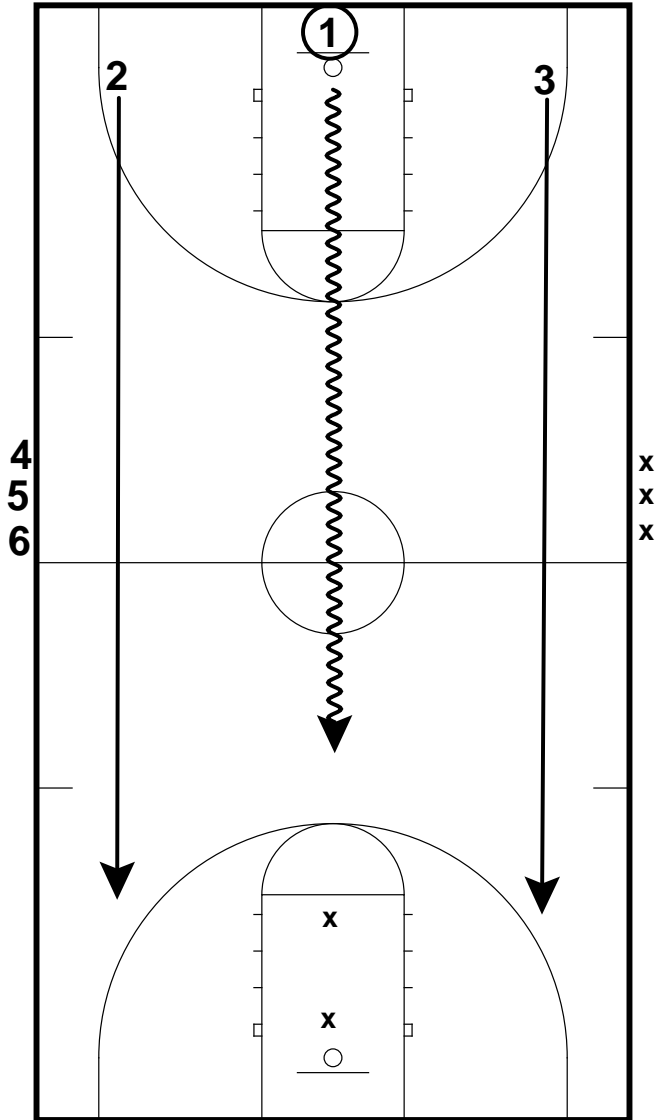


FSU Practice Drills

3-on-2, 2-on-1

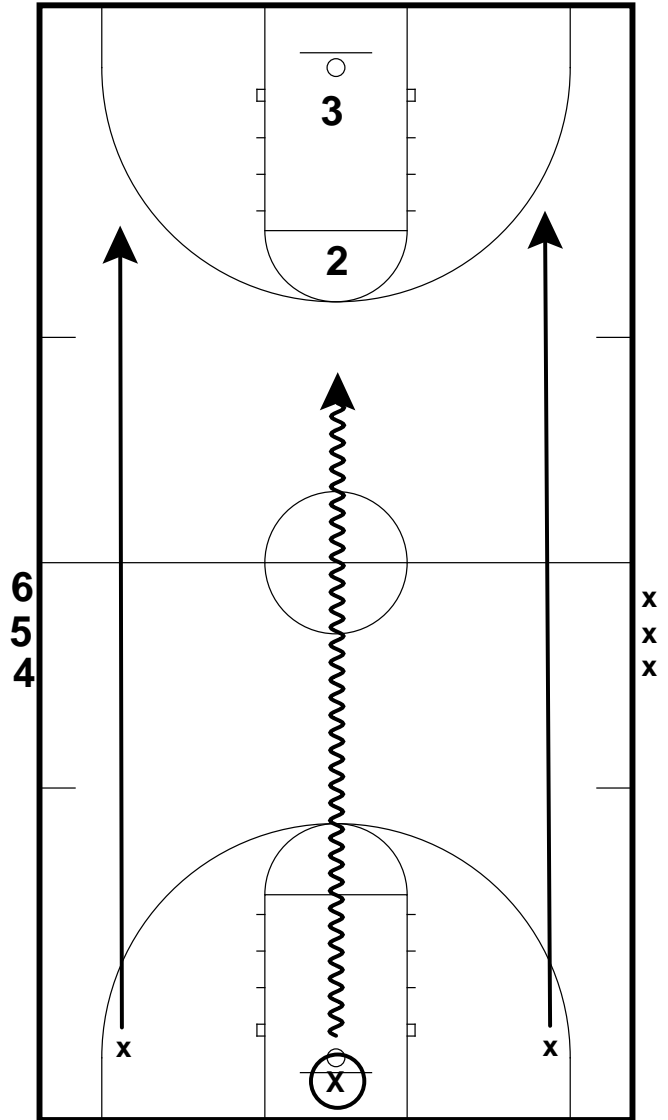
Frame 1



Split the team in half or play vs. scout team. For the first 4 minutes, the first team always runs the 3-on-2. One person must always get back to defend 2-on-1.

3-on-2, 2-on-1

Frame 2



For the second 4 minutes, switch directions so that the second team starts the 3-on-2 break.