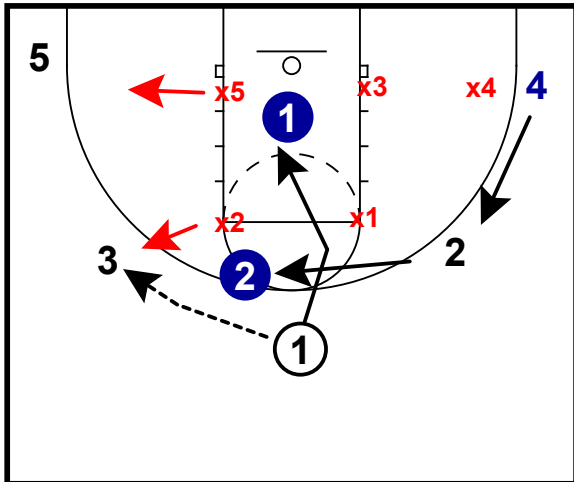


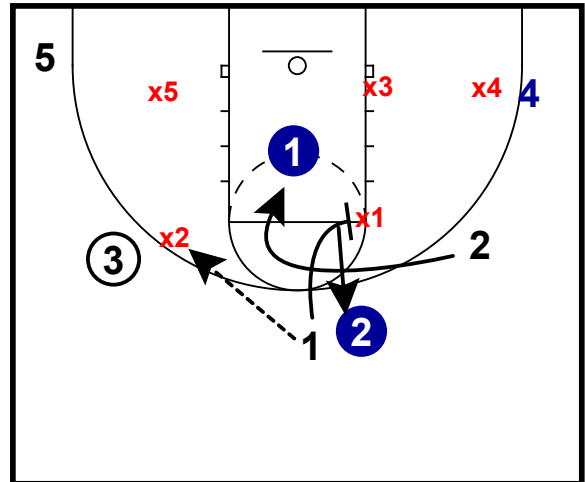
Rule of 3 vs Box and One Man Offense

Rule of 3 vs Box and One



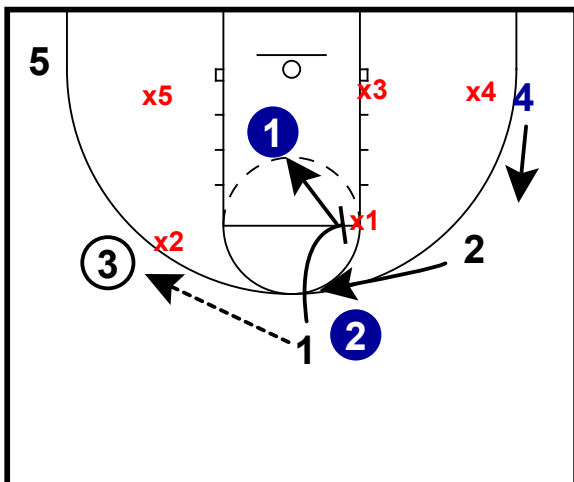
3 Quick Rule of 3 options vs Box & 1 defense. #4 is the player being manned and starts in the corner. **Option 1:** passer cuts to the basket and wing fills open area at top of key.

Rule of 3 vs Box and One



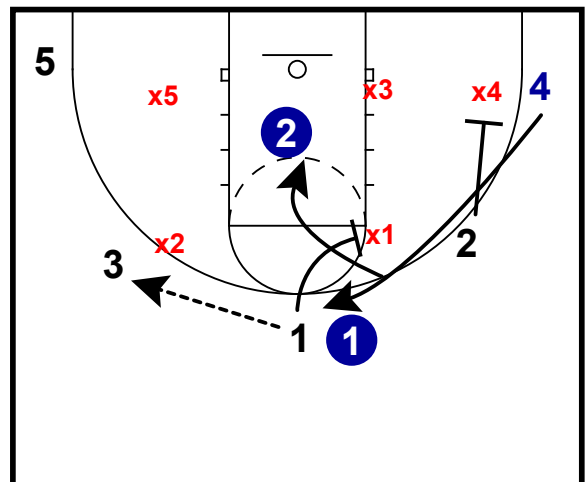
Option 2: 1 passes to the wing and then picks top defender. If 2 curls down lane, 1 pops back to the top of the key.

Rule of 3 vs Box and One



Option 2 (cont.): 1 passes to the wing and then picks top defender. If 2 cuts to the top of the key, 1 slips to the lane.

Rule of 3 vs Box and One



Option 3: Double Pick. Guard passes to wing and picks the top zone defender. The off wing (2) picks on 4's defender and 4 cuts to the top of the key or can curl down the lane.

Rule of 3 vs Box and One

Man Offense

Rule of 3 vs Box and One

