

The weaknesses of two defensive men against three offensive men are in the corners to the right and left of the rear defensive guard. If the ball is passed from the offensive man out in front to either one of the two offensive men in the corners, the rear guard shifts toward the offensive man who is able to receive the ball in the corner and the front guard slides back equidistant between the two guards' former position. In using this formation as a defense against the fast break, the front man parries a thrust in front of the basket and the rear guard underneath the basket shifts to meet the oncoming offensive man with the ball, while the third defensive man moves in on the weak side away from the ball, thereby setting up the third stage of defense in three defensive men in a triangular position, one in front of the basket and two on either side.

Third stage, five on three. Five offensive men are waging a scoring attack against three defenders. The defensive men are arranged in a triangular formation with the front defensive player in the apex position and the other two defensive players in their regular guarding positions. This is the defensive formation assumed with the third man comes in from the weak side after a fast break to reinforce the two defensive men who were in an anterior-posterior position. When more than three offensive men attack, the triangular defensive is imperative. The most vulnerable positions of the basket attack are where these three defensive men form their triangle.

The coach handles the ball and hands it to the attacking five men who start down from the center of the floor with the defense line up in the triangular position. Five trials are used in this competitive fundamental drill the same as in the others. If the offense scores one basket out of the five it is a tie. If they score two or more, the offense wins, and if the defense shuts the offensive out without a basket the defense wins.