



**Playbook 2022**



# Introduction

360 Hoops is the most innovative addition to basketball in decades! Our versatile design engages more participants in a smaller space, gives a more intense cardiovascular workout, and nurtures essential skills for success on and off the court. Whether you have limited space, need more hoops, or are looking for an exciting new edition to your program, 360 Hoops will be a great benefit to your program.

At 360 Hoops we are dedicated to the development of every student in your school. Our curriculum framework is meant to act as the building block to the co-creation of a fun, engaging and nurturing classroom environment.

Every drill and game has the potential for several variations, and we encourage you to utilize our partnership to co-create with schools all over the country. Let's revitalize our P.E. classes and give every student the opportunity to be active in their classrooms.



**Shane Brey**  
**Inventor, 360 Hoops**  
PLAYER, TEACHER, COACH







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*Play360Hoops.com*





# Playbook Resources

## Resources

Video Links

Symbol Key





# Video Links



About  
360 Hoops



Drills &  
Games



360 Hoops  
3v3 Game

# SYMBOL KEY

## PLAYERS



Offense



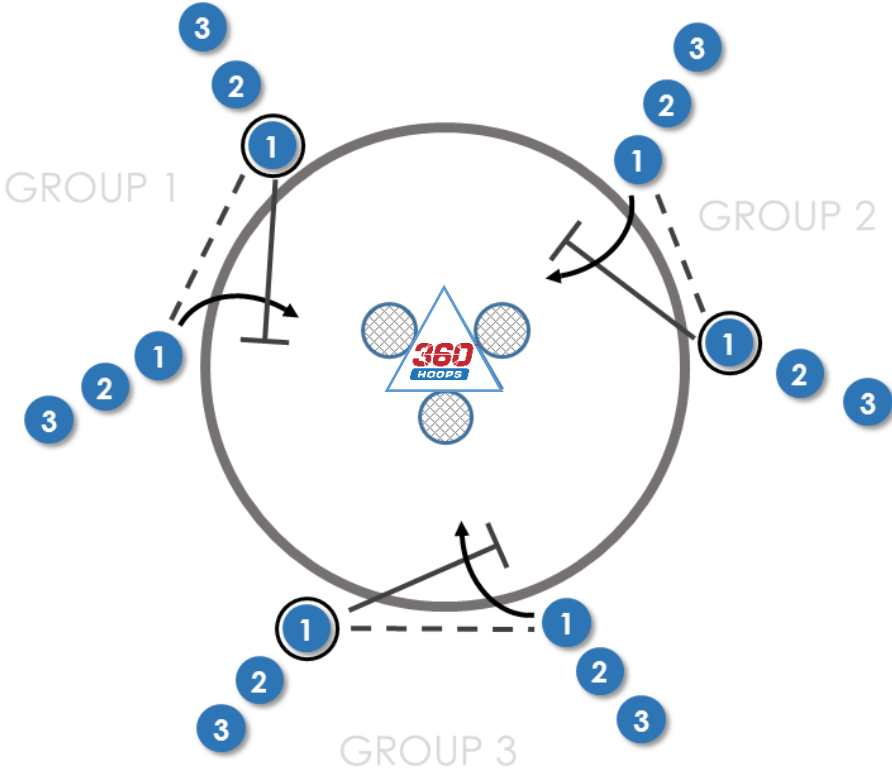
Defense



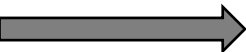
Coach




Possession




## ACTIONS




Direction




Shooting



Dribbling



Passing



Screen

## LINKS



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# Offensive Skill Development

## Offensive Drills

Team Layup

Passing & Movement

Post, Pass & Flash

Pass/Ball Screen for Layup

Pass, Flash & Score

Circuit Shooting

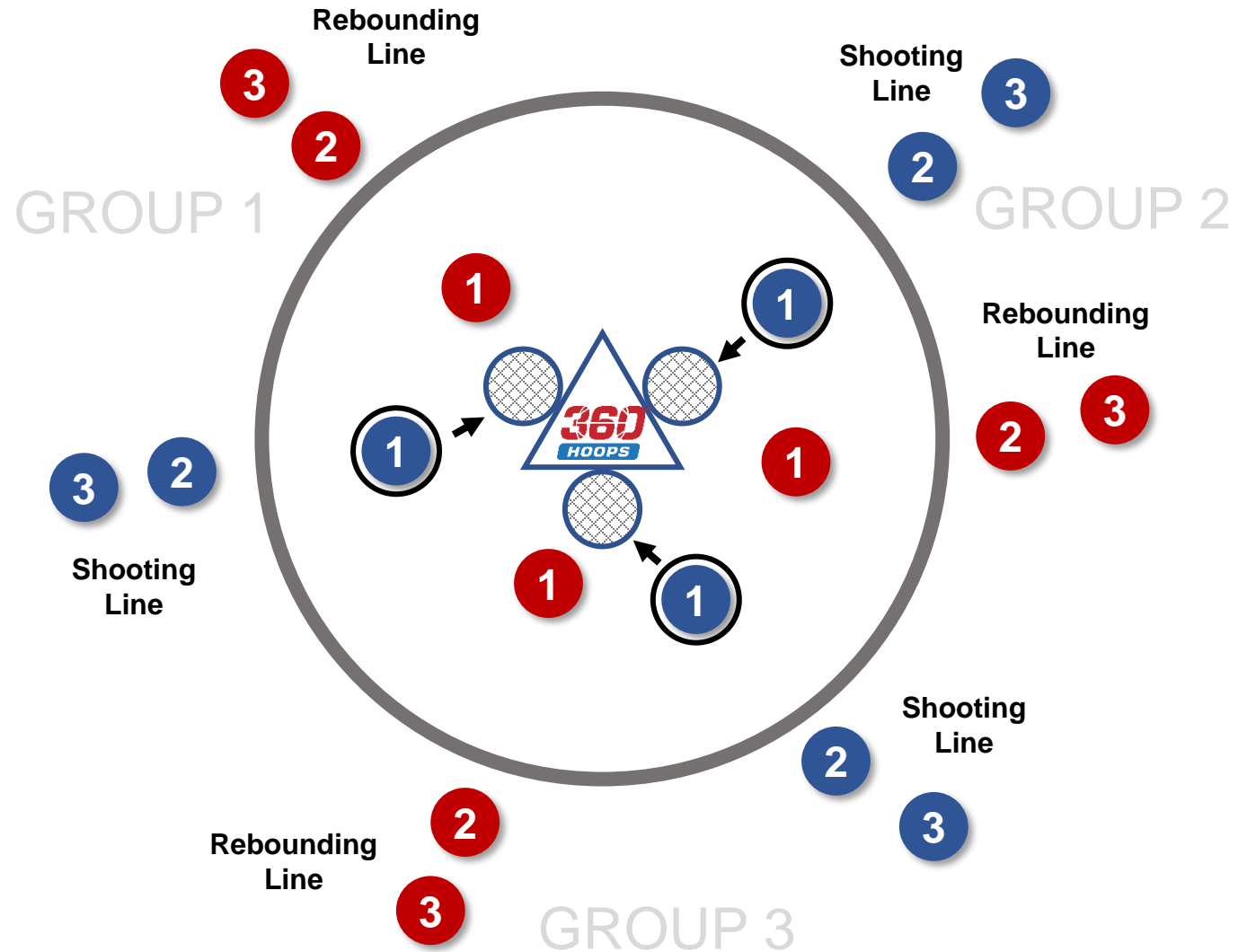
V-cut Catch/Face with Backdoor Cut

Dribble, Kick & Shoot

# Team Layup

## DRILL OVERVIEW

- Two lines are at each of the three baskets, each with an even number of players.
- One of the groups per basket will shoot and the other will rebound.
- The shooting line will start by dribbling to the right side of the basket and shoot a layup.
- The rebounding line at that basket will rebound the ball and pass the ball back to the next person in the shooting line.
- The shooting line will then go to the rebounding line and the rebounding line will go to the shooting line.
- You can then switch the shooting and rebounding lines to work on right handed and left handed layups at each basket.

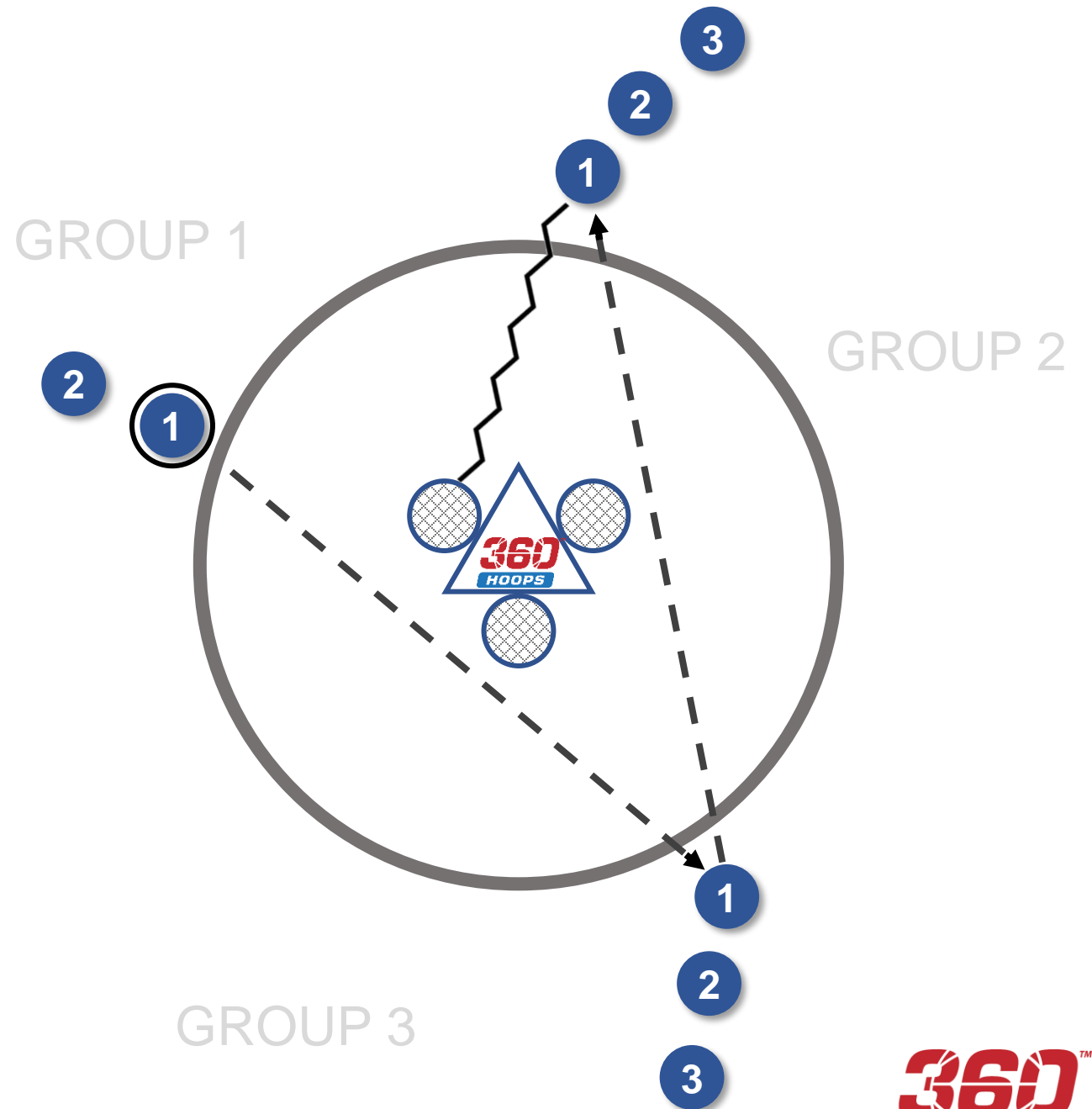




# Passing & Movement

## DRILL OVERVIEW

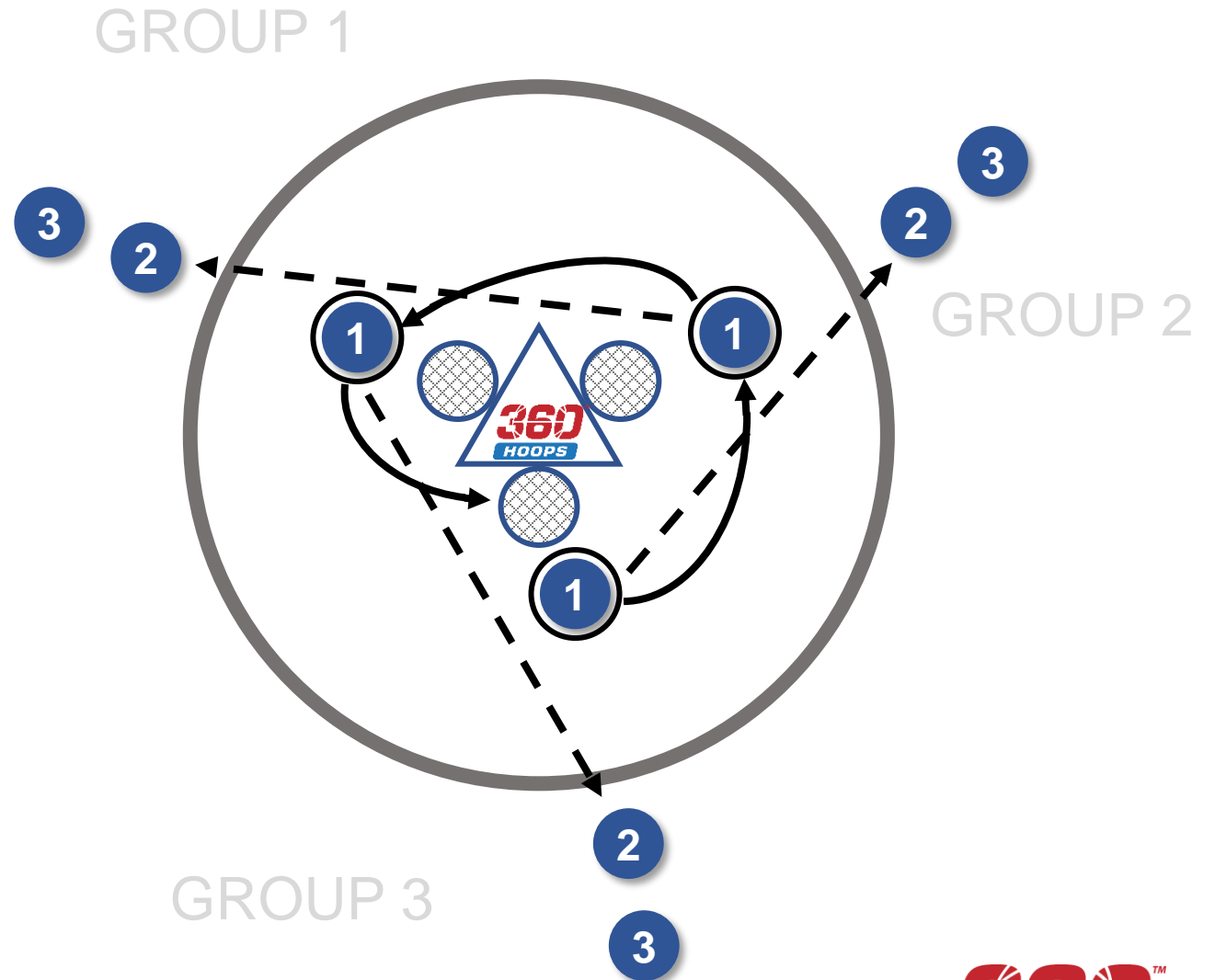
- One line of players is designated for each basket outside the circle.
- ONLY one of the lines outside will have the ball and start by throwing a chest pass to each player in the front of each line.
- Each passer will go to the end of each receiving line.
- After the second basket line receives the pass they will dribble to their basket for a score.
- You can change the rotation of this drill to clockwise to work on left handed passes and layups.
- You can also add two balls to this drill to develop communication and teamwork.



# Post, Pass & Flash

## DRILL OVERVIEW

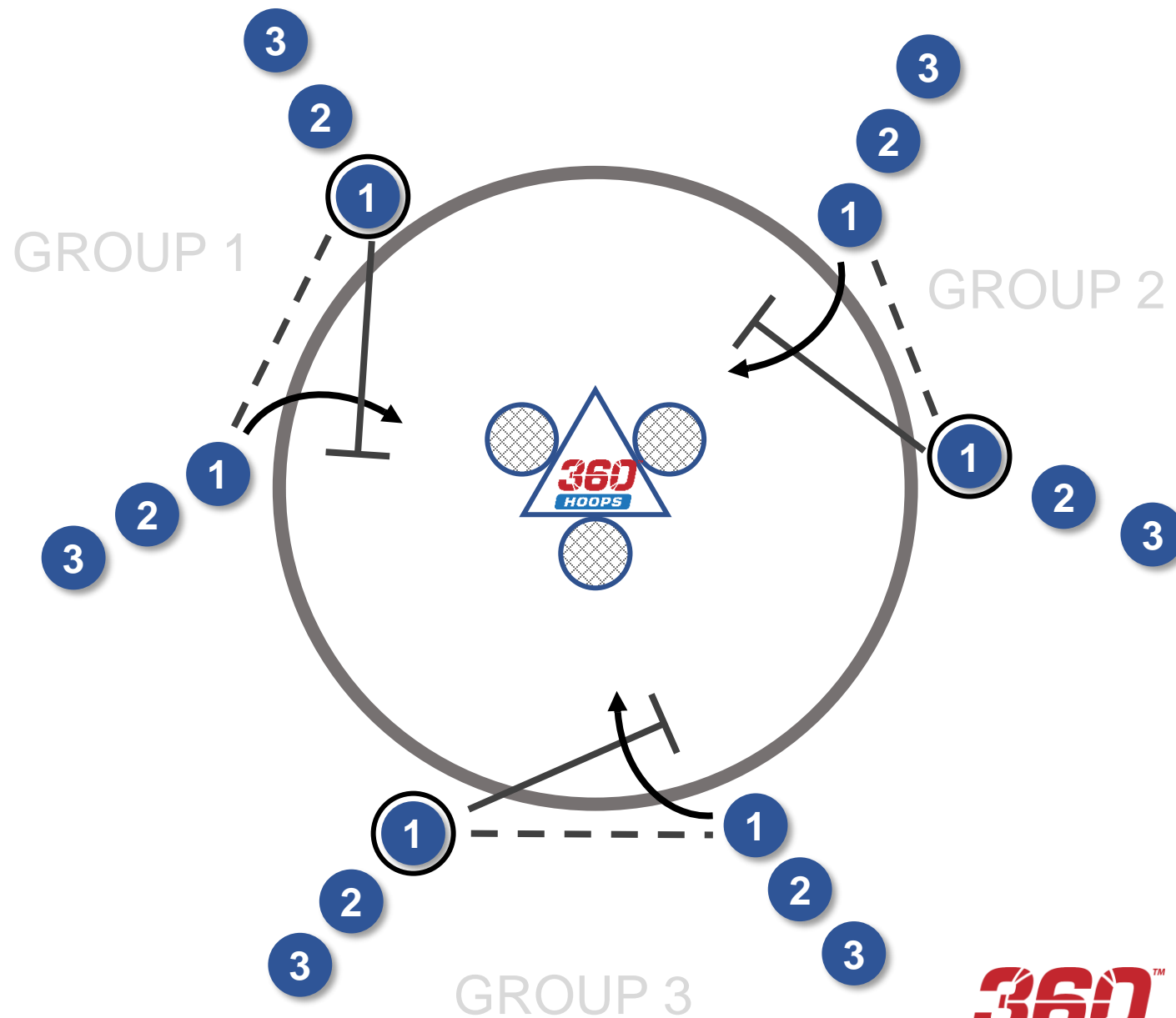
- Three players are inside the circle, under each basket.
- One line of players is designated for each basket outside the circle.
- The first player in each group will throw the ball out to their designated player at the opposite basket counter clockwise, and then flashes to next hoop to receive the ball and then cuts around (flashes) for a layup to the basket.
- Each player will score at all three baskets before moving outside to become a passer.



# Pass/Ball Screen for Layup

## DRILL OVERVIEW

- Two lines are at each of the three baskets, each with an even number of players.
- One of the lines at each basket passes the ball to other line at the same basket and then runs to set a ball screen for a layup.
- The shooting line will start by passing the ball to right side of the basket then stop and hand the ball in an exchange to the other player to shoot a layup at the basket.
- The shooting line will then go to the rebounding line as well as rebounding line going to the dribble line.
- You can switch shooting and dribbling lines to work on right handed layups as well as left handed layups at each basket.

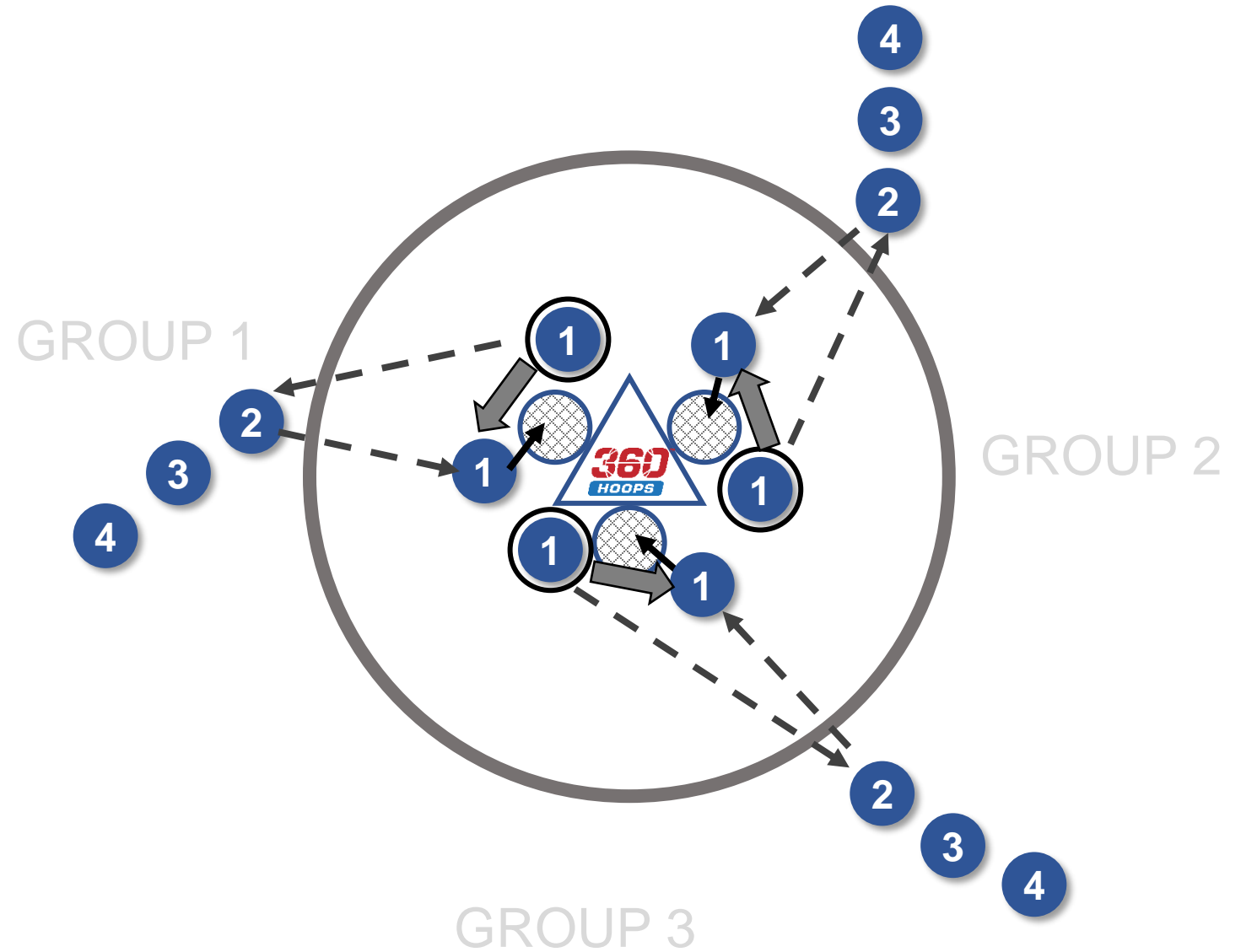




# Flash, Pass & Score

## DRILL OVERVIEW

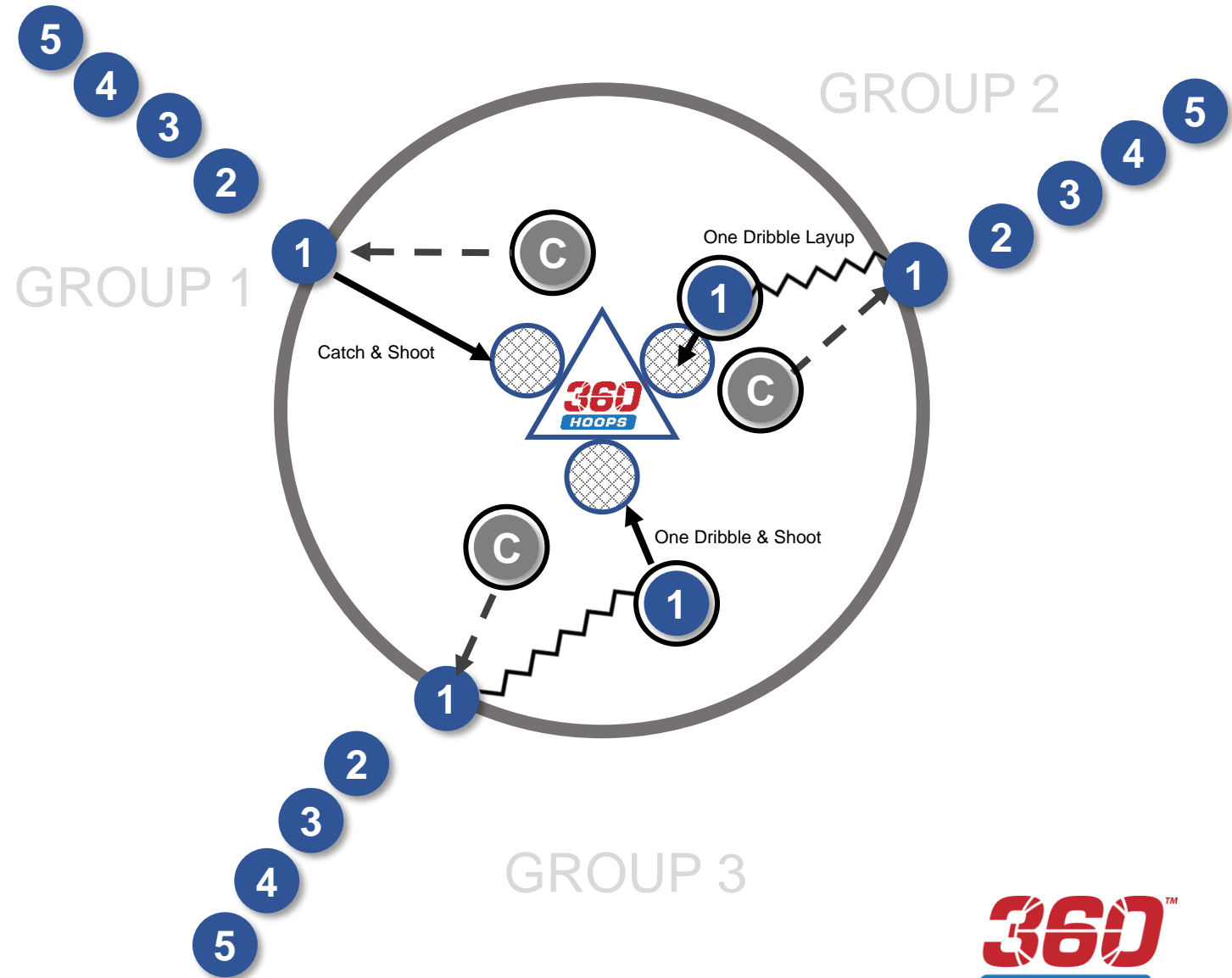
- Three players are underneath each of the three baskets.
- Three lines of even number players are outside each of the three baskets.
- Players underneath each basket will throw an overhead pass out to the first player in line outside the circle at their basket and then flash to the post.
- The perimeter player will then pass the ball back to the player in the post for an easy score.
- Coaches can change this up from post move score, to pop out and short jumper as well.



# Circuit Shooting

## DRILL OVERVIEW

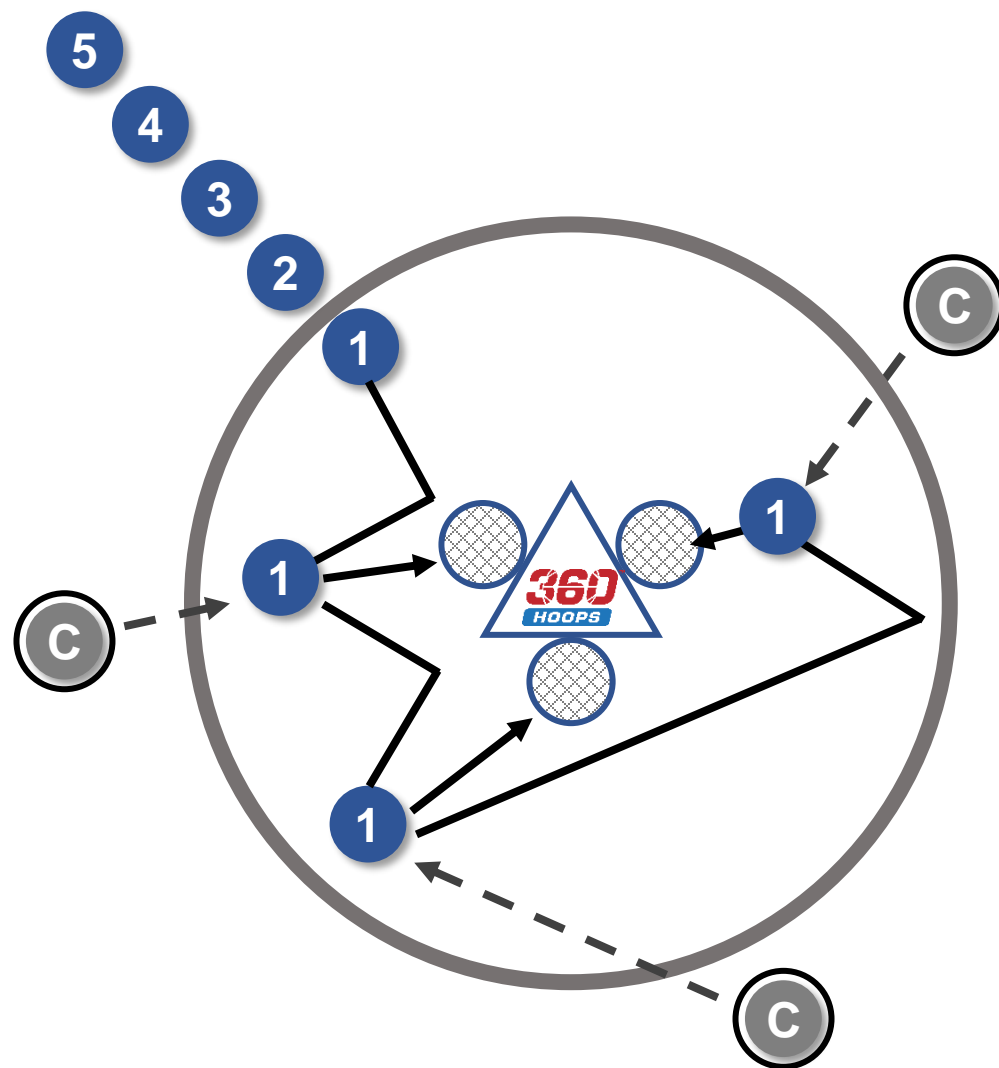
- An even number of players line up at each of the three baskets and one coach is at each basket with a ball.
- Coaches will pass the ball to the first player in their line for a shot. Each basket has a different shot:
  - Catch and Shoot
  - One Dribble and Shoot
  - One Dribble and Layup
- One coach will rotate lines after a certain number of shots to mix up the drill and work on other shooting skills.



# V-cut Catch/Face with Backdoor Cut

## DRILL OVERVIEW

- One line of players is outside the circle.
- The first player in line will practice “v-cutting” to each of the 3 baskets, in which the first two baskets the player will receive a pass from the coach and catch and face the basket.
- The player will return the ball back to the coach and v-cut to next basket to catch a ball and face.
- At the third basket the player will v-cut for a backdoor layup.



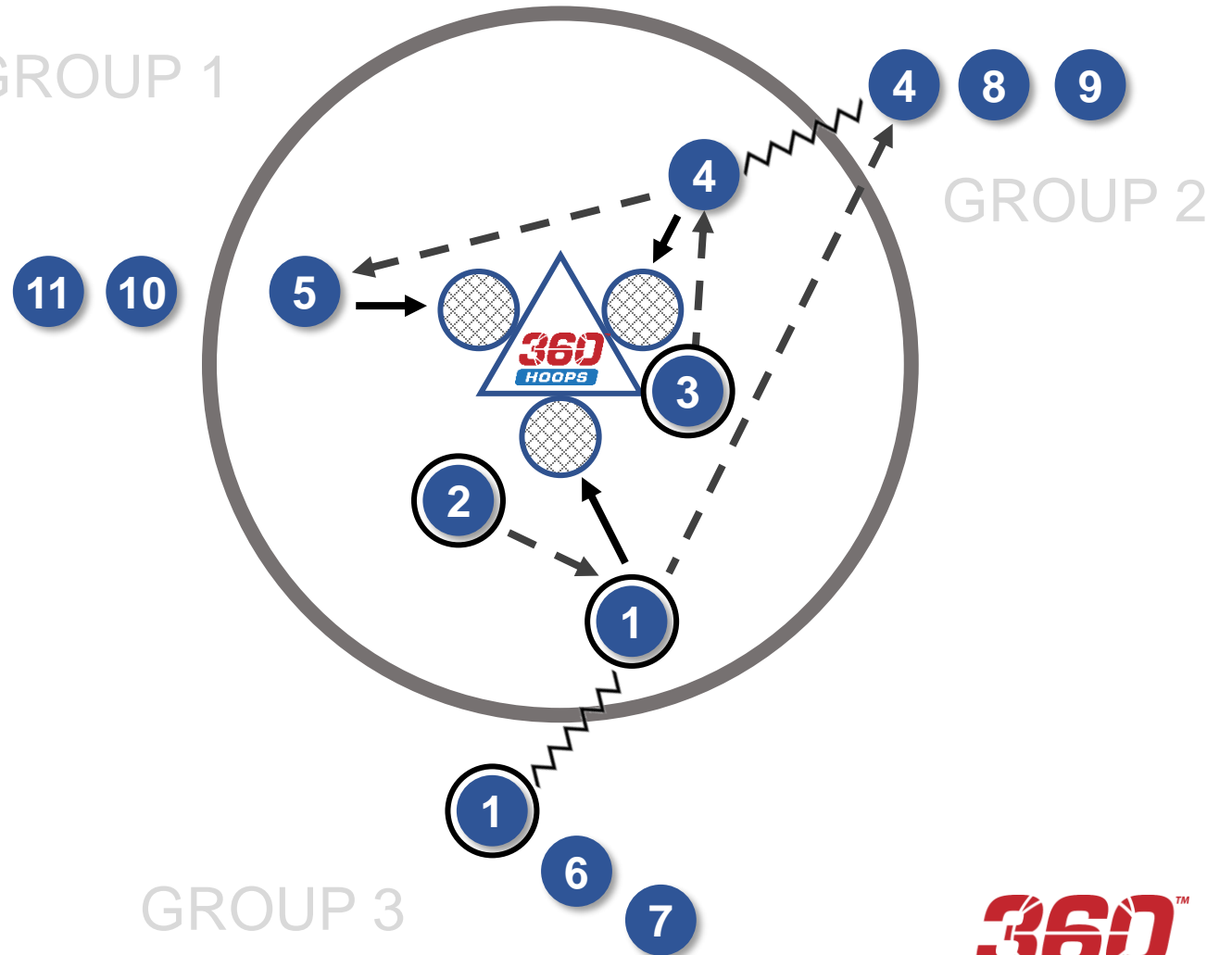


# Dribble, Kick & Shoot

## DRILL OVERVIEW

- Two players are underneath each basket with a ball at first band second basket, Shooting lines are outside each basket.
- Player at basket 1 will dribble and kick ball to Player 4 at basket 2. Player 4 will dribble and kick to player 5 for a jump shot.
- Players 1 and players 4 will spot up for a jumpshot at their basket after dribbling and kicking ball to the other basket
- Coaches can change the rotation from counter clockwise to clockwise to work on left hand dribble and kick.

GROUP 1





# Defensive Skill Development

## Defensive Drills

3 on 3 Shell Defense

Four Man Touch Defensive

Defensive Closeout

Three Player Defensive Rebounding

Team Box Out

Defensive Stop/Loose Ball Recovery

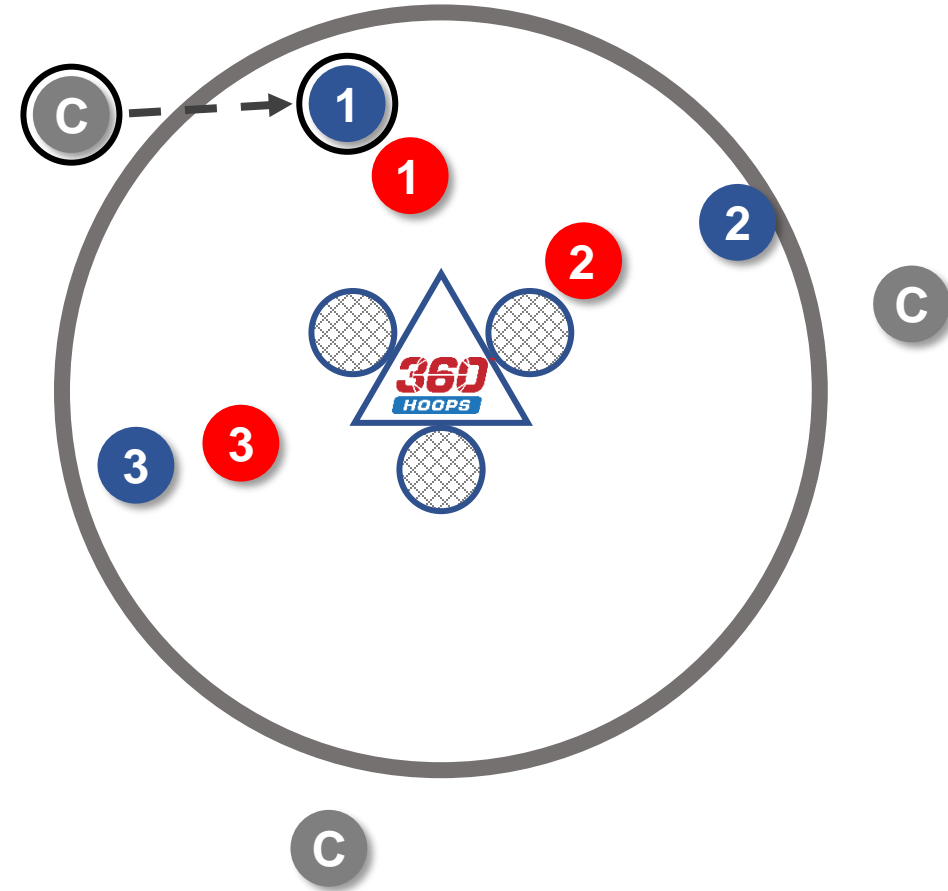
Block Out & Rebound

Rotating Defensive Rebound

# 3 on 3 Shell Defense

## DRILL OVERVIEW

- Three offensive players and three defensive players are inside the circle, and three coaches are outside.
- The coaches will throw the ball around the outside of the circle to each other. Each coach will hold the ball to observe defensive positioning on each basket.
- The coach may throw a ball to an offensive player in the circle and then the game becomes live for a score.
- Coaches should encourage players to talk to each other and communicate ball-you-man principles.



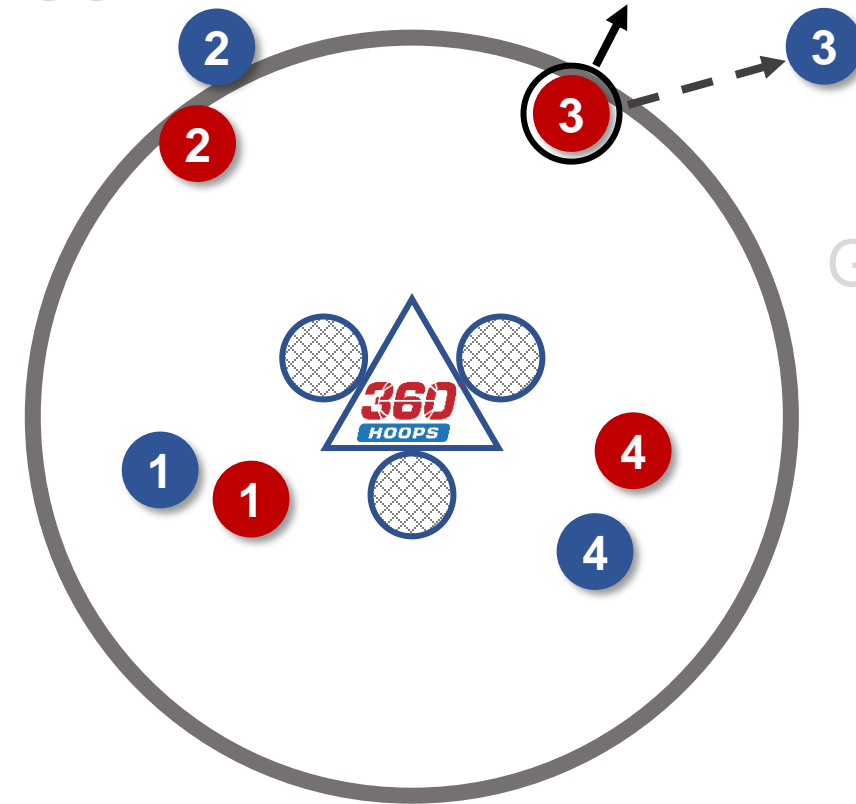


# Four Man Touch Defensive

## DRILL OVERVIEW

- Four defensive players are inside the circle.
- Four offensive players outside the circle.
- One defensive player inside the circle will start by throwing a ball to one offensive player outside the circle.
- The defensive player that throws the ball out to the offense must run out and touch the circle and then get back into the play.
- Once the offensive player receives the ball outside the circle, the ball is in play for the offense to score at any of the three baskets.
- This drill becomes a 4V3 player drill until the defender recovers back into the play.

GROUP 1



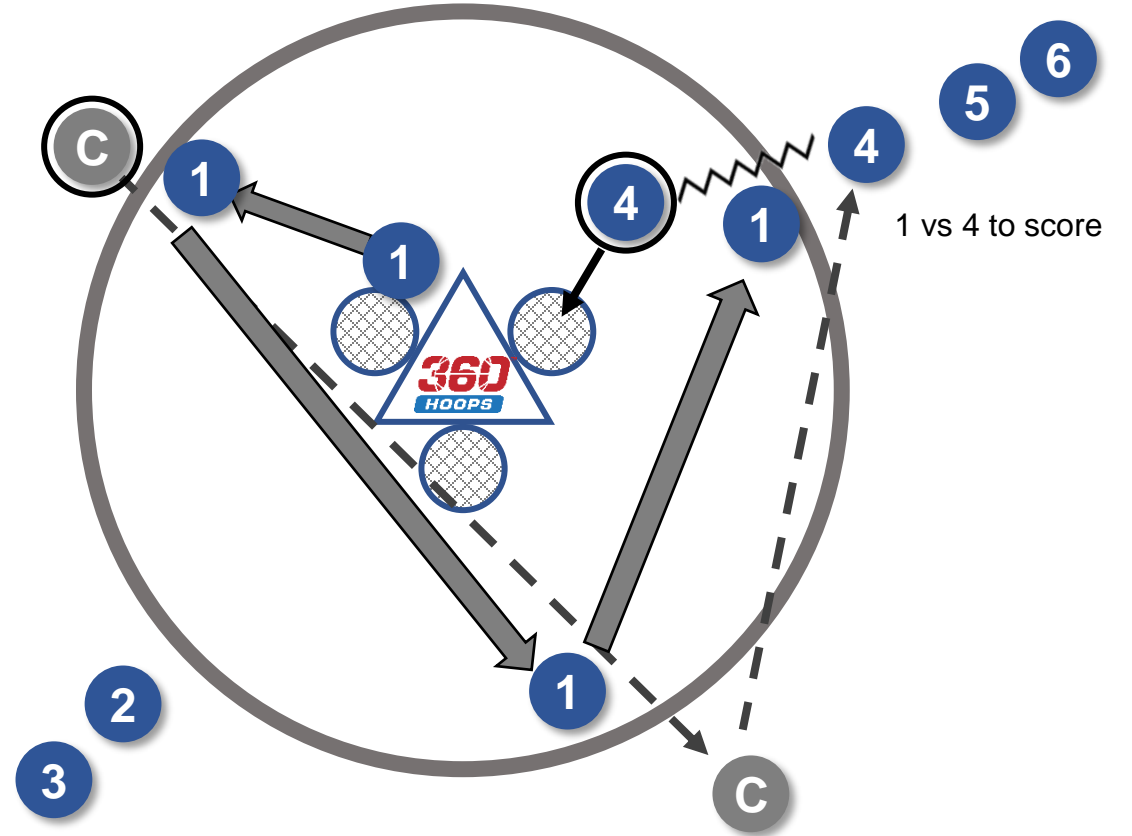
GROUP 2

GROUP 3

# One Player, 3 Basket Closeout

## DRILL OVERVIEW

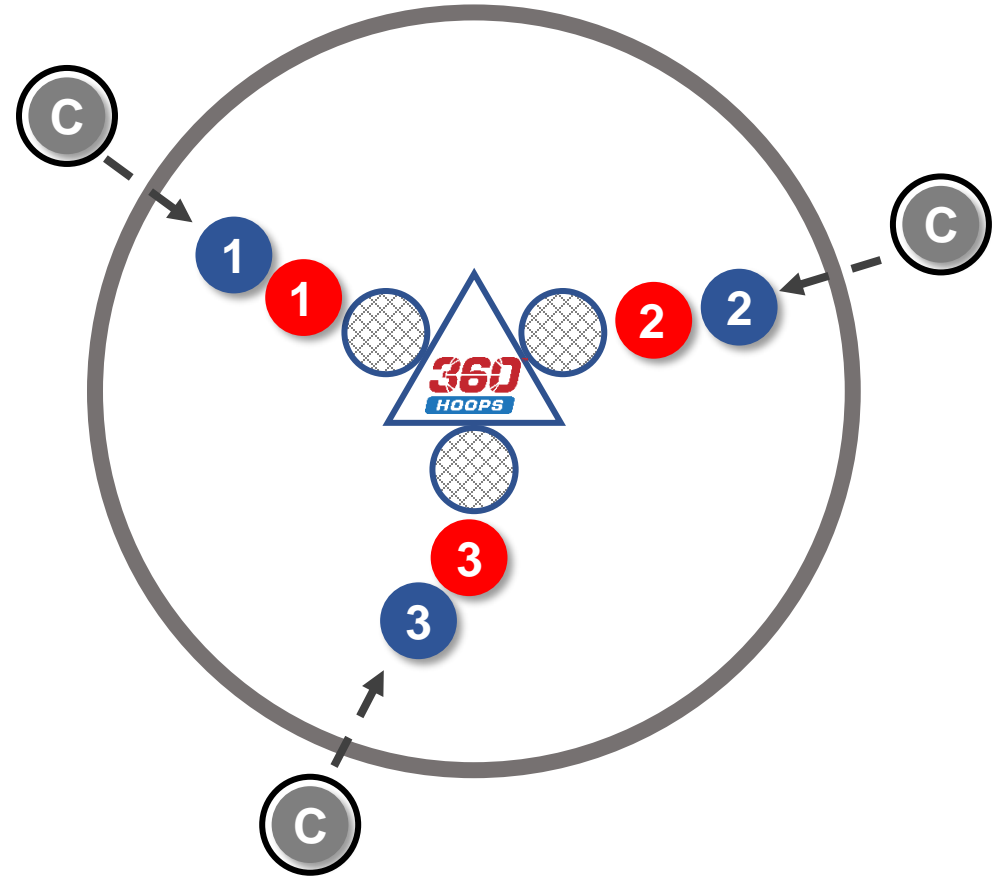
- One player is under a basket and two coaches are outside the circle facing the baskets.
- One coach will have a ball at a basket and blow the whistle, then the player must run out and defend that coach.
- The coach will then throw the ball to the other coach at another basket and the same player must sprint to close out and defend that coach.
- The second coach will then throw the ball to the third basket to the second player in line, and the defender must sprint to close out on defend and play one on one at that basket.



# Three Player Defensive Rebounding

## DRILL OVERVIEW

- Two players are at each basket, one offensive and one defensive.
- Three coaches are outside the circle at each basket with a ball.
- Each coach will take a shot at their basket, and the defensive player at that basket must box out the offensive player and rebound the ball.
- The defender gets one point for their team for each rebound.
- If the offensive player gets the rebound, they get 2 points for their team.

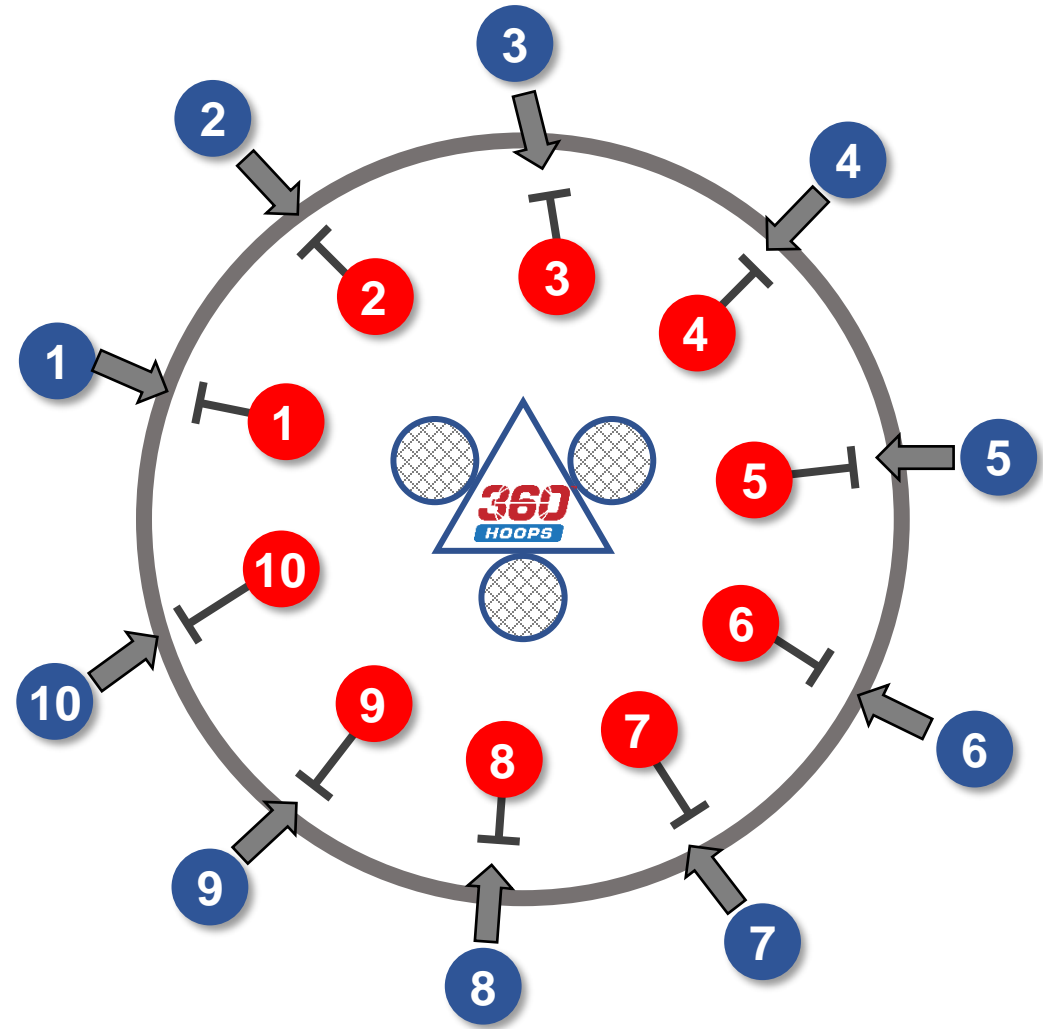




# Team Box Out

## DRILL OVERVIEW

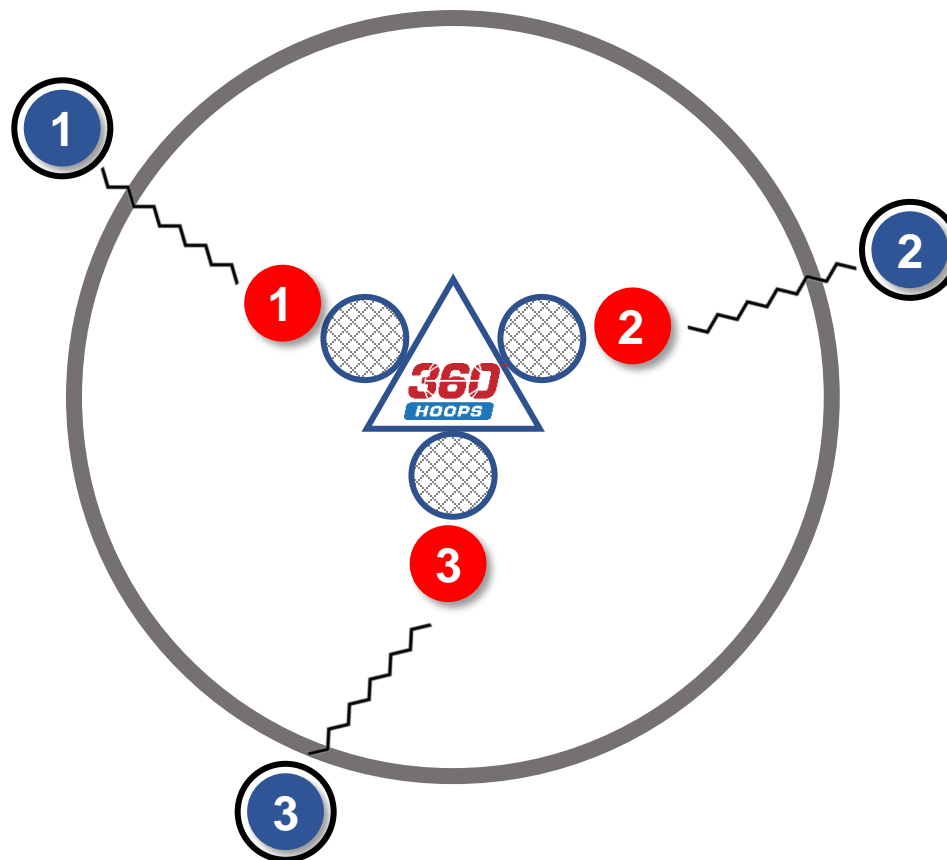
- An equal number of players are spaced evenly around the inside and outside of the circle. The outside players are offensive and the inside players are defensive.
- The coach blows the whistle and the defensive players must box out the offensive players for three seconds before they touch the center pole pad.



# Defensive Stop/ Loose Ball Recovery

## DRILL OVERVIEW

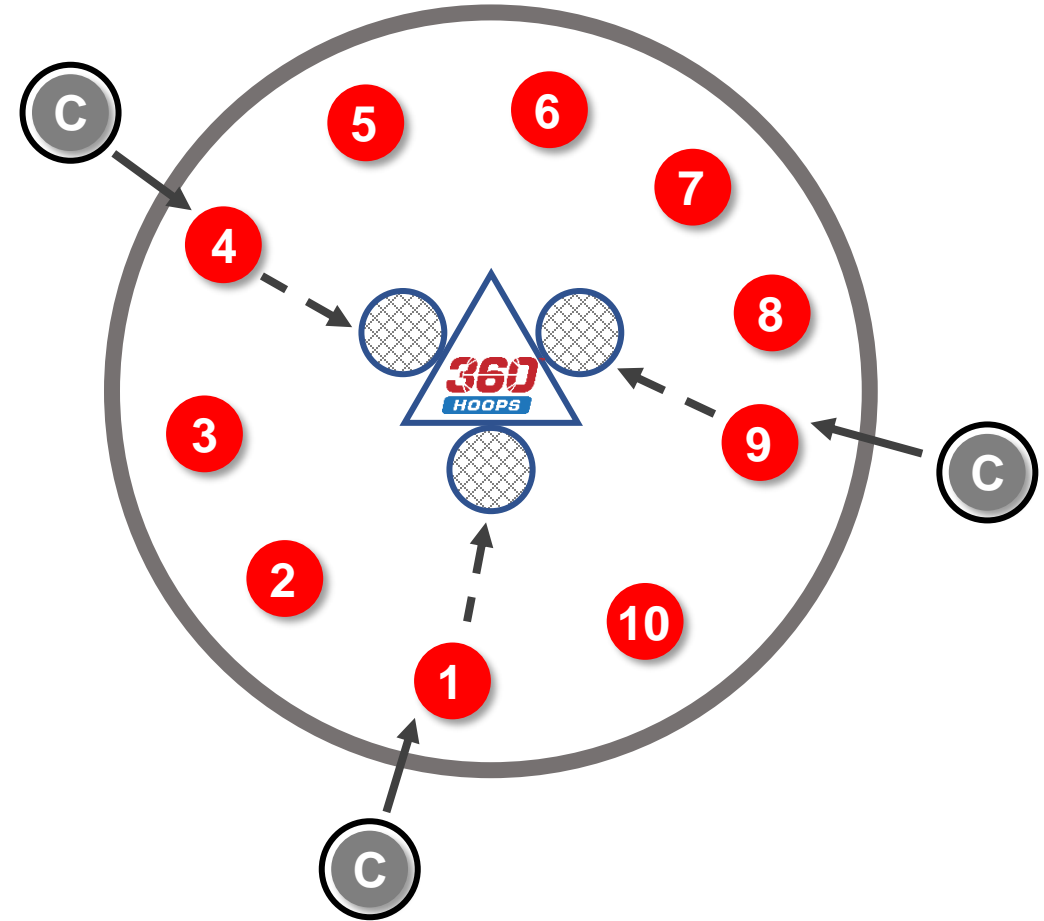
- Three offensive players are outside the circle with a ball.
- Three defensive players are inside the circle under each basket.
- The offensive players will dribble to the basket, while the defending players must contain the dribblers until they pick up their dribble.
- The offensive players will then roll the ball back outside the circle and the defenders must move to recover the loose balls.



# Block Out & Rebound

## DRILL OVERVIEW

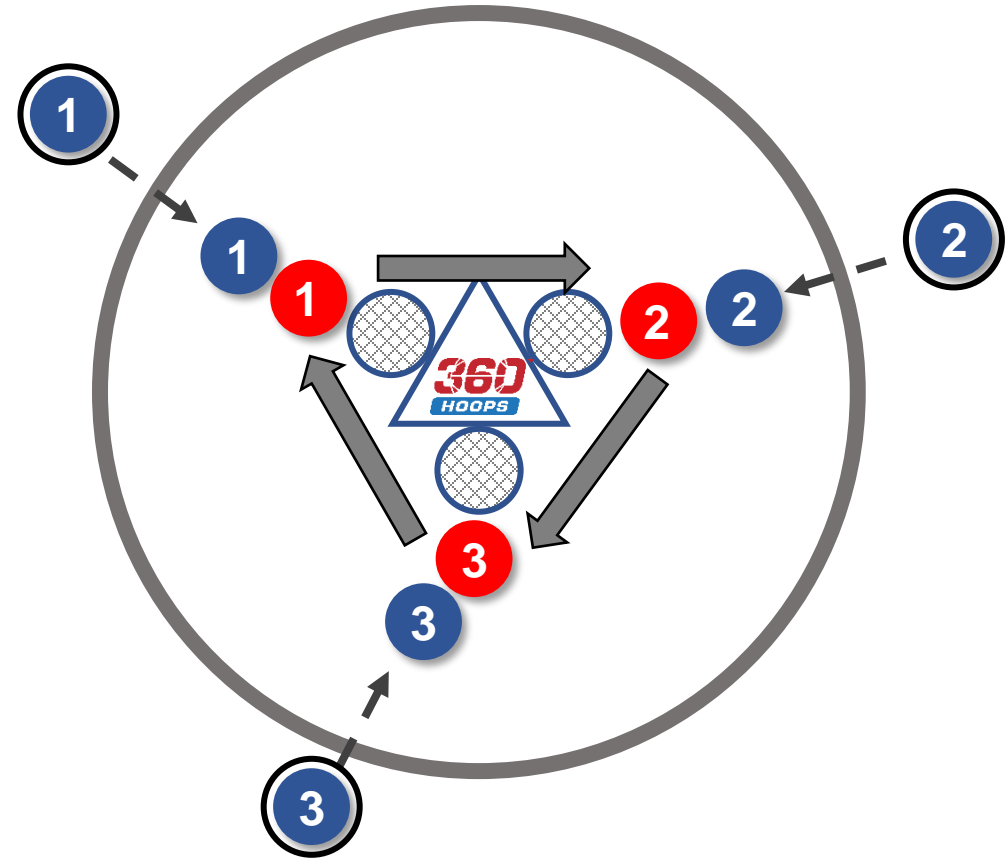
- Three coaches are outside the circle, each with one basketball.
- Players are evenly spaced around the inside of the circle.
- Players face outside the circle and move in a defensive sliding form around the circle clockwise or counter-clockwise.
- Each coach will randomly shoot a shot at a hoop.
- Players turn to find a basket and rebound the ball before it hits the floor.
- Players will return balls to the coach and begin sliding again.
- Add a little extra challenge by having players rebound the ball and pivot and pass back out to the coach (Outlet pass).



# Rotating Defensive Rebound

## DRILL OVERVIEW

- Three defensive players and three offensive players are at each basket inside the circle.
- Three coaches with balls are at each basket outside the circle.
- Each coach will shoot for a basket on a whistle and the defender must move one basket clockwise to box out the other baskets' offensive player and rebound the ball.
- Coaches can run the drill counter clockwise to work on different rebounding angles.





# Educational Games

## **Educational Games & Activities**

Team Shootout

Sharks & Minnows

Knockout

Relay Dribble

Steal the Bacon

Dribble & Shoot Reaction

Three Basket "21"

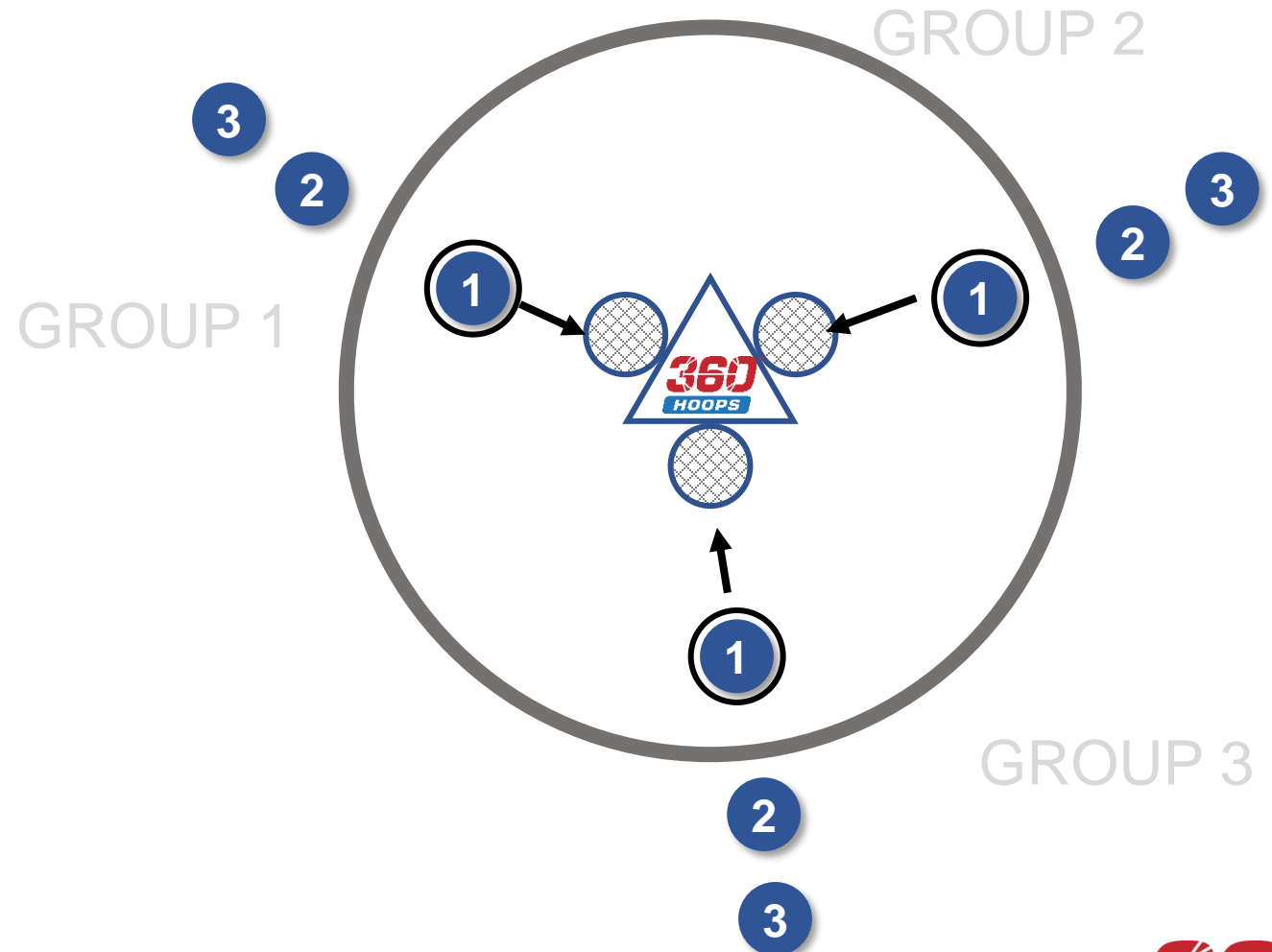
2 on 2 Challenge



# Team Shootout

## GAME RULES

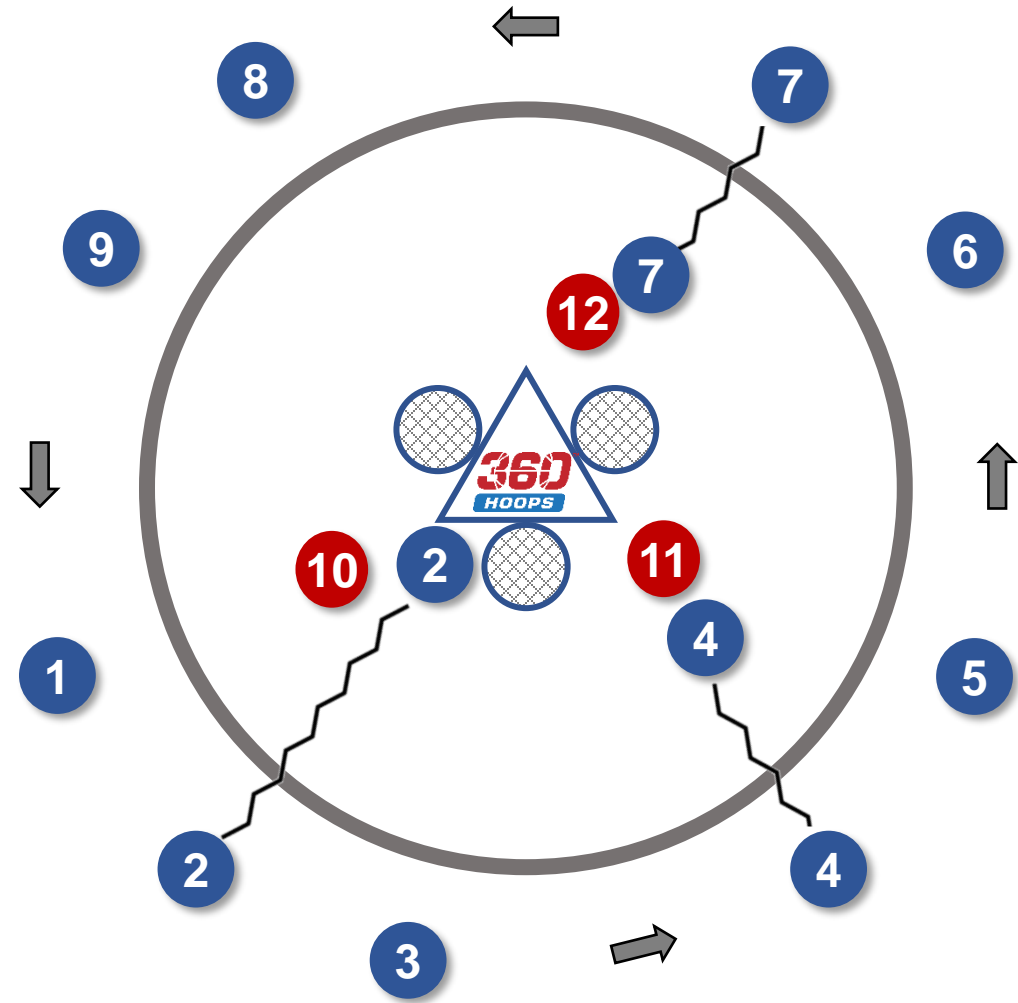
- Three teams of equal number players start at each of the three baskets.
- The first player of each team starts with a shot from a designated area defined by the coach.
- Each player shoots a shot from the designated position and then rebounds and passes to the next player in line.
- If the player makes the shot, the team gets one point, if the player misses, then the team gets zero points and continues on to the next player.
- The players continue until one team accumulates 10 points total.
- The first team to accumulate 10 points and the entire team sits down, wins.



# Sharks & Minnows

## GAME RULES

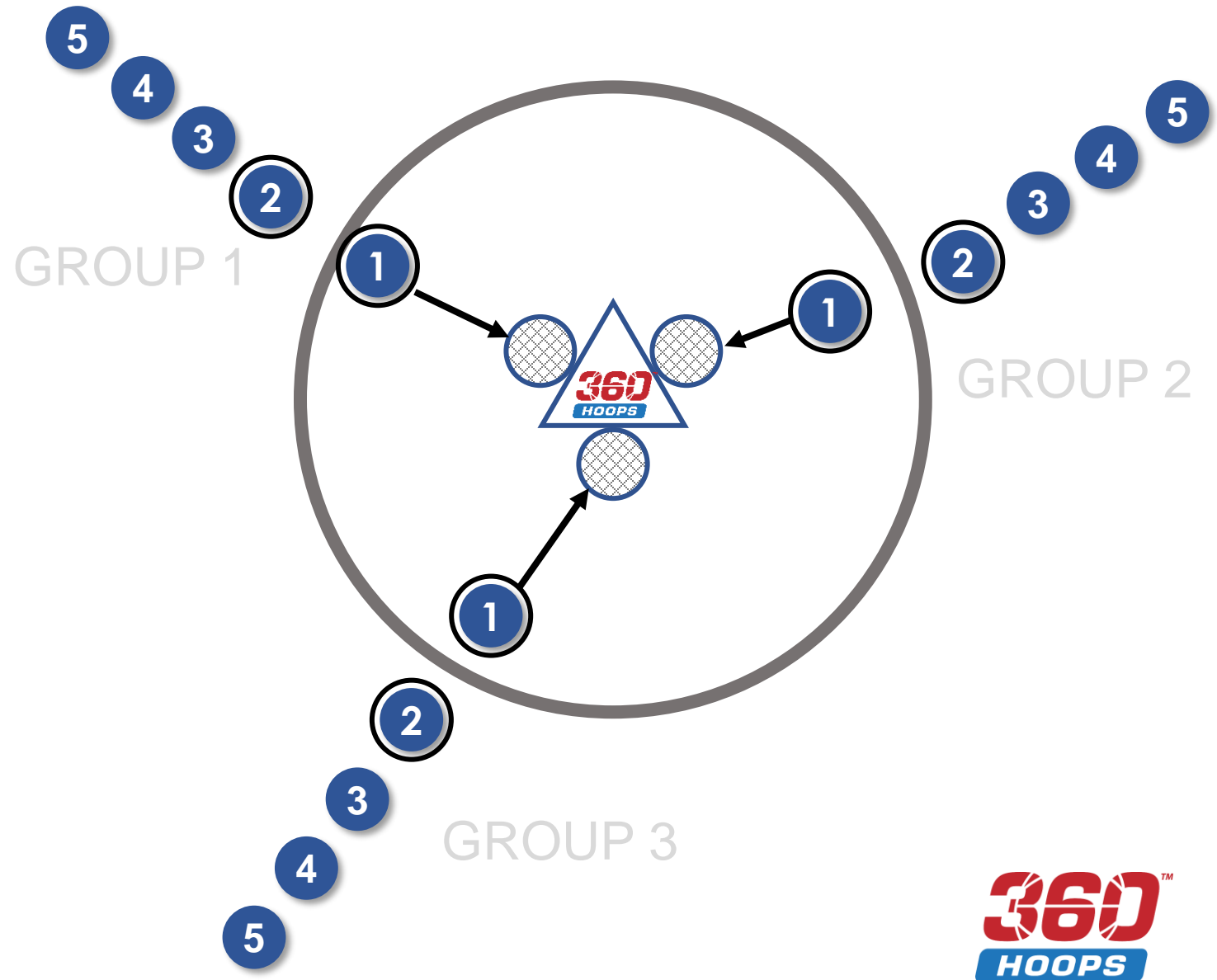
- Three players (sharks) are inside the circle dribbling a ball with their weak hand defending the basket standard.
- The rest of the players (minnows) are outside the line dribbling around in a circle.
- When the numbered minnows are called, the outside players must enter the circle dribbling a ball and try to touch the basketball standard before being touched by a shark.
- Each minnow that gets to the basket standard safely gets a point and returns to the outside circle.
- Each shark that tags a player moving into the circle gets to become a minnow and the minnow becomes a shark.
- Game is played until a player touches the basketball standard five times.



# 3 Basket Knockout

## GAME RULES

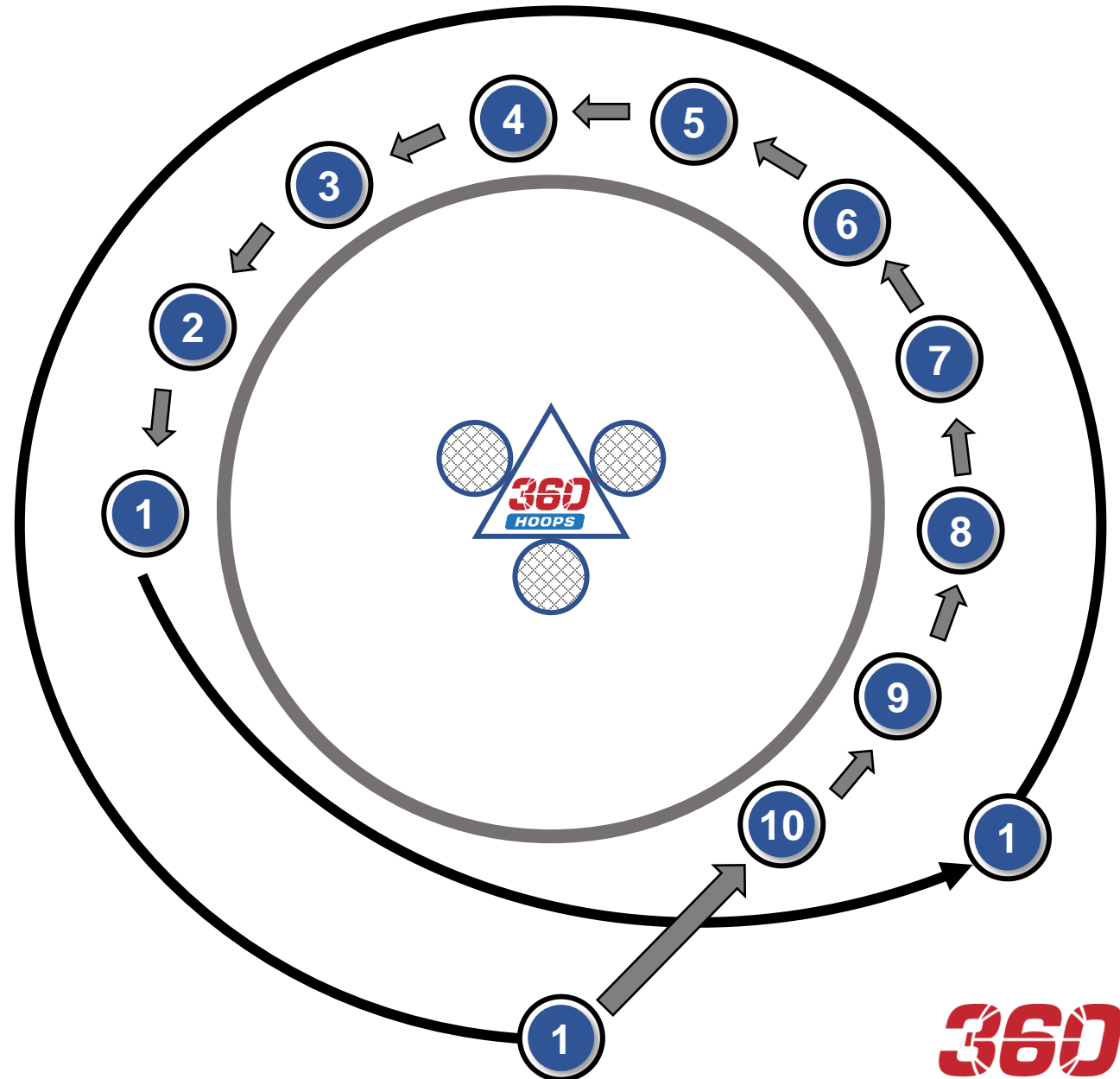
- Line up all players at each of the three baskets.
- The first and second players in line have basketballs.
- The first player shoots and attempts to make a shot. If the player makes the shot, he rebounds the ball and goes to the back of the line. If the player misses the shot, he must rebound and score before the second player makes his shot.
- If second player in line makes his shot before first player in line, then player one would be knocked-out.



# Relay Dribble

## GAME RULES

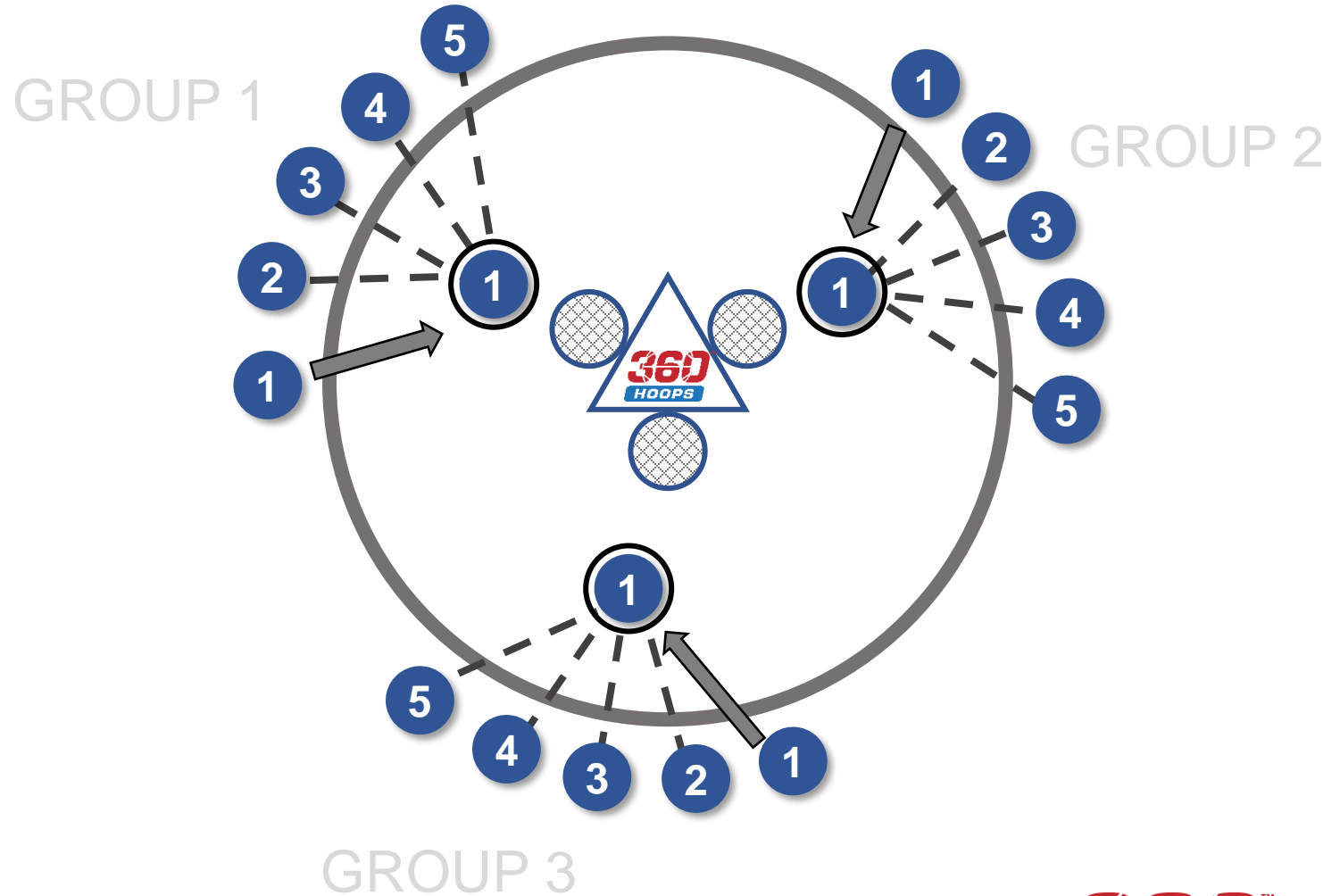
- All players are spaced evenly apart around the outside of the circle.
- Each player has a basketball and the drill starts with the team dribbling counter-clockwise with medium speed.
- When the coach blows the whistle, the first person in line must speed dribble one time around the outside of the circle and other players until he reaches the back of the line.
- Each whistle prompts the next person in line to do the same.
- You can change the direction to clockwise to work on the off hand.



# Steal the Bacon

## GAME RULES

- Five players are at each of the three baskets.
- Three balls are under each basket.
- The coach will give numbers to the players at each basket (1, 2, 3, etc.).
- When the coach calls a number, the number at all three baskets will run to the basket and pick up a ball and dribble back and pass to everyone on their team and then score a basket.
- The first team to score a basket gets a point.

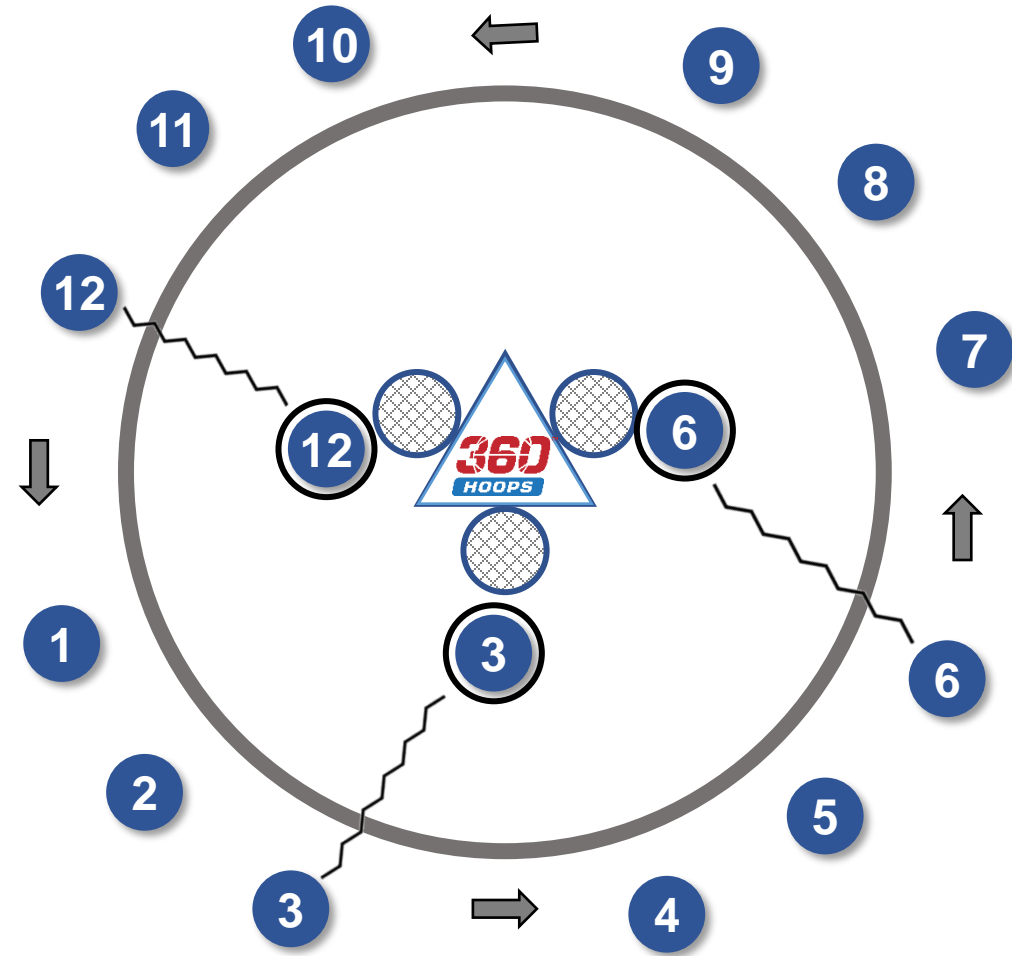




# Dribble & Shoot Reaction

## GAME RULES

- Each player plays with one basketball.
- One number is designated for each player (1, 2, 3, etc.).
- Each player dribbles around the circle in the same direction designated by coach.
- Players continually dribble with a designated hand (dependent upon direction).
- The coach will shout out three numbers prompting players with these numbers to dribble to the closest basket to complete a made basket.
- Only one player can attempt to score at each basket.
- The first player to score earns one point.
- The three players that were called will join randomly back into the circle and resume play.
- Coaches continue to call random rotating numbers and repeat above instructions.
- The first player to reach 7 points wins the round.

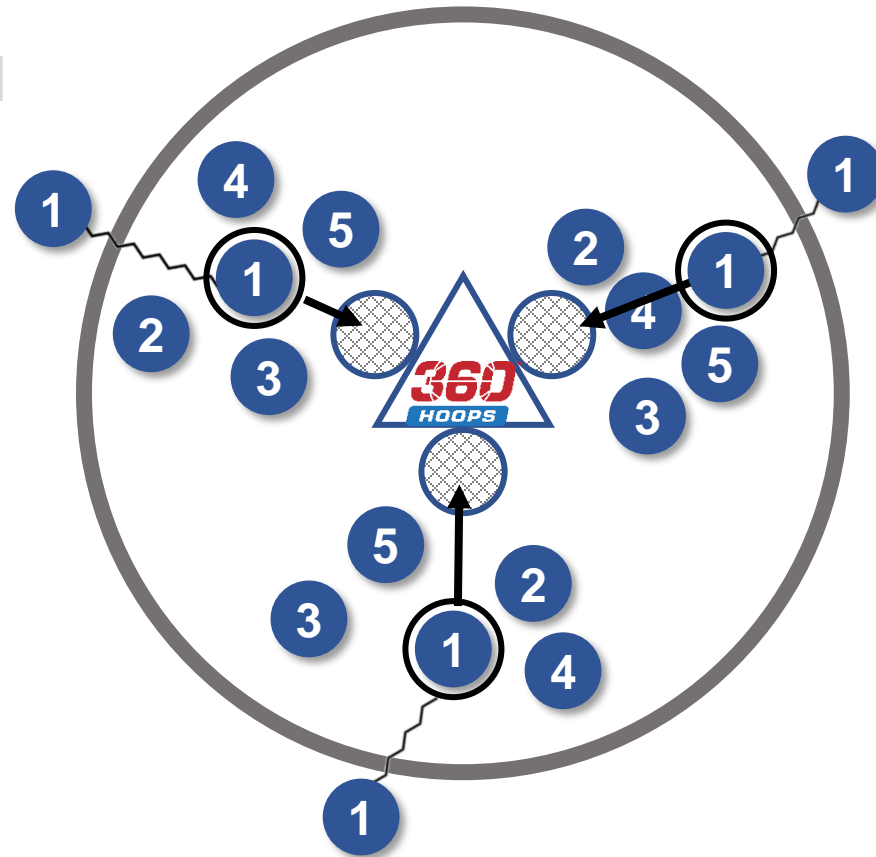


# Three Basket “21”

## GAME RULES

- Five players are at each of the three baskets.
- One player will get the ball and attempt to score on the other players.
- If the player scores he receives 2 points and then will be allowed to shoot three foul shots.
- After making three foul shots the player must check the ball up and attempt to score for 2 points again on the other players.
- If the shot is missed and rebounded by another person, that person has a chance to score a basket.
- The game is played to 21 points.

GROUP 1



GROUP 2

GROUP 3



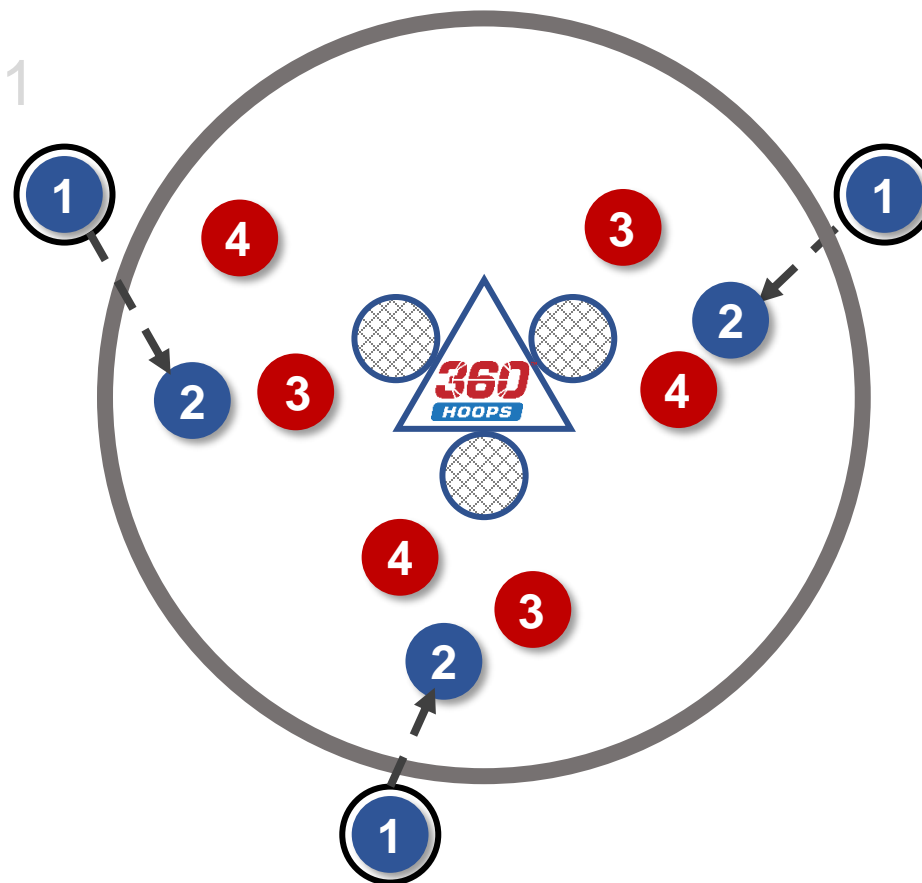
# 2 on 2 Challenge

## GAME RULES

- Four players are at each basket, two on offense and two on defense.
- Coaches designate which team starts with the ball.
- Once a point is made, the winners of each of the three baskets will move one basket clockwise.
- The losers will stay at their current basket.
- The first to get a total of 12 points wins.

GROUP 1

GROUP 2



GROUP 3





# 360 Hoops 3v3 Game

## 360 Hoops 3v3 Game

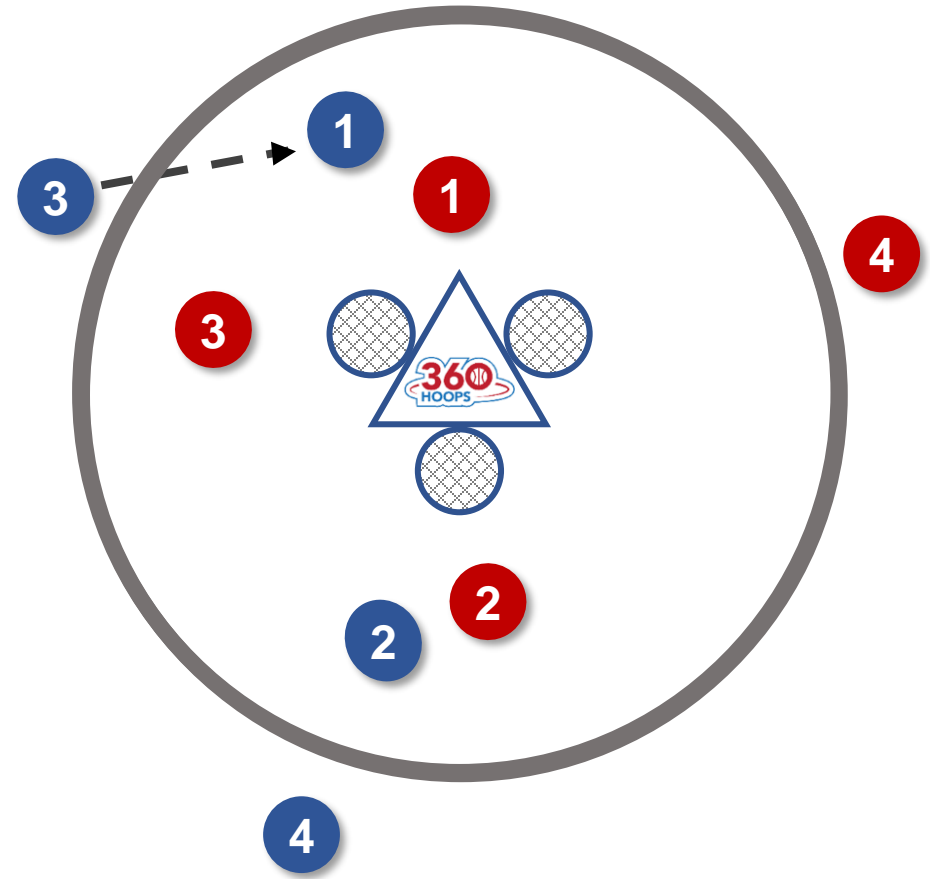
Game Overview

Official Game Rules

# 360 Hoops

## 3v3 Game Overview

- 360 Hoops is a **3 on 3 game** with three goals all played on a 30-foot diameter circle court.
- The **goals are 120 degrees apart** – at the twelve o'clock, 4 o'clock, and 8 o'clock positions if you will – and each goal defines its own section of the court.
- Everything is **in play within the circle** to keep the play moving: out-of-bounds is only the area outside the circle.
- Like traditional pick-up half-court basketball, the game is **not timed** and there is **no shot clock**.
- The game is played to an agreed-upon score, usually 12. Each scored **basket is worth one point**.
- There are **EIGHT TOTAL PLAYERS** in the game. Three offensive and three defensive players plus one substitute player per team.
- Three offensive and three defensive must be actively playing within the 360 circle. The other 2 players (substitutes) must remain outside the circle and can only be substituted in during a dead ball.





# 360 Hoops 3v3 Official Game Rules



CATEGORY	RULE DETAILS
<b>This is 360 Hoops</b>	360 Hoops is changing the shape of the game. Enabling a unique approach to 3 on 3 basketball, 3 backboards are combined on one pole. In our tournaments you play using all 3 backboards at once. Score on any one of them. All baskets count for 1 point. Move freely within the Transition Circle. Use the entire court.
<b>Sportsmanship Policy</b>	Good sportsmanship and cooperation is both anticipated and expected. The team representative is expected to aid in controlling teammates' and team followers' conduct and to represent the team as spokesperson in case of appeals to the basketball referee or other designated tournament official. Poor sportsmanship may result in penalties against the team, such as a Technical, Intentional or Flagrant foul. Failure to comply with the Sportsmanship Policy, with acts such as fighting, taunting, intimidating or verbally attacking a basketball referee, tournament official, player or spectator may lead to removal of that player, team and/or spectator from the tournament.
<b>Team Roster</b>	4 players (3 plus 1 substitute), as registered prior to a team's first game. Must have 3 to start a game. No roster changes or additions are allowed once a team begins its first game, even if only 3 players were originally rostered on a team.
<b>Basketball Referee</b>	Will call fouls for all games and is the official keeper of the score, time clock, and foul count.
<b>Initial Possession</b>	Coin toss. The team that wins the coin toss has the option of receiving the ball first or deferring to receive the ball first if there is overtime.
<b>Game Duration and Score Limit</b>	First team to reach 12 points within 17 minutes of play is the winner. If no team has reached 12 points after 17 minutes, the team with the lead is the winner. If at that point the score is tied, implement overtime. Running clock except during team timeouts and free throws, within the last minute of the game on a dead ball, and if the referee otherwise stops play. Exception: In the semifinal and championship games there will be no time limit and the team that first reaches 15 points is the winner.
<b>Overtime</b>	Occurs when the game is tied at the end of regulation. First team to score in overtime wins the game.
<b>Scoring</b>	1 point on a made basket or free throw.
<b>Timeouts</b>	1 per team per game. 30 seconds in length.
<b>Transaction Circle</b>	Single, designated circular boundary surrounding the 3 baskets.
<b>Checked Ball</b>	Placing ball into play after a dead ball. Offensive player is behind the Transaction Circle and defensive player is inside it. Ball must be moved towards the basket via dribbling or passing after the exchange.
<b>Taking it Back</b>	Moving the ball behind the Transaction Circle after a live play change of possession. Taking it back occurs when neither foot of the player possessing the ball is inside or on the Transaction Circle.

CATEGORY	RULE DETAILS
<b>In-Bounds</b>	Basket structure base, pole, all padding, and the actual backboard, including its face, top, bottom, and sides.
<b>Out-of-Bounds</b>	<p>1. The Transaction Circle and area behind it, except when taking it back or immediately after checking the ball.</p> <p>2. The backside of a backboard.</p>
<b>Possession Following:</b>	
<b>1. Made Basket</b>	1. Defense possession. Check ball behind Transaction Circle. There is no "make it, take it" rule.
<b>2. Dead Ball</b>	2. Check ball behind Transaction Circle.
<b>3. Defense Rebound or Steal</b>	3. Take it back by dribbling or passing ball behind Transaction Circle.
<b>4. Free Throw</b>	4. Defense possession.
<b>5. Jump Ball</b>	5. Defense possession.
<b>Substitutions</b>	During a timeout or dead ball.
<b>Free Throws on Common Fouls</b>	No free throws on team fouls 1-5, unless the foul occurs in the act of shooting, wherein a single free throw will be awarded. Implement 2 free throws on all common fouls starting at 6, regardless if the fouled player makes the basket or is on offense or defense. Regardless of the foul count: a) If the basket associated with the foul is made, that point is awarded; b) A made basket shall not count when an offensive foul occurs.
<b>Penalty for Intentional, Flagrant, and Intentional Fouls</b>	No free throws. Impacted team receives 1 point and ball possession. The foul is included in the total foul count. Additional sanctions may be imposed.



# Court Set Up Options

## **Court Set Up**

Integrated One Court

Integrated Two Courts

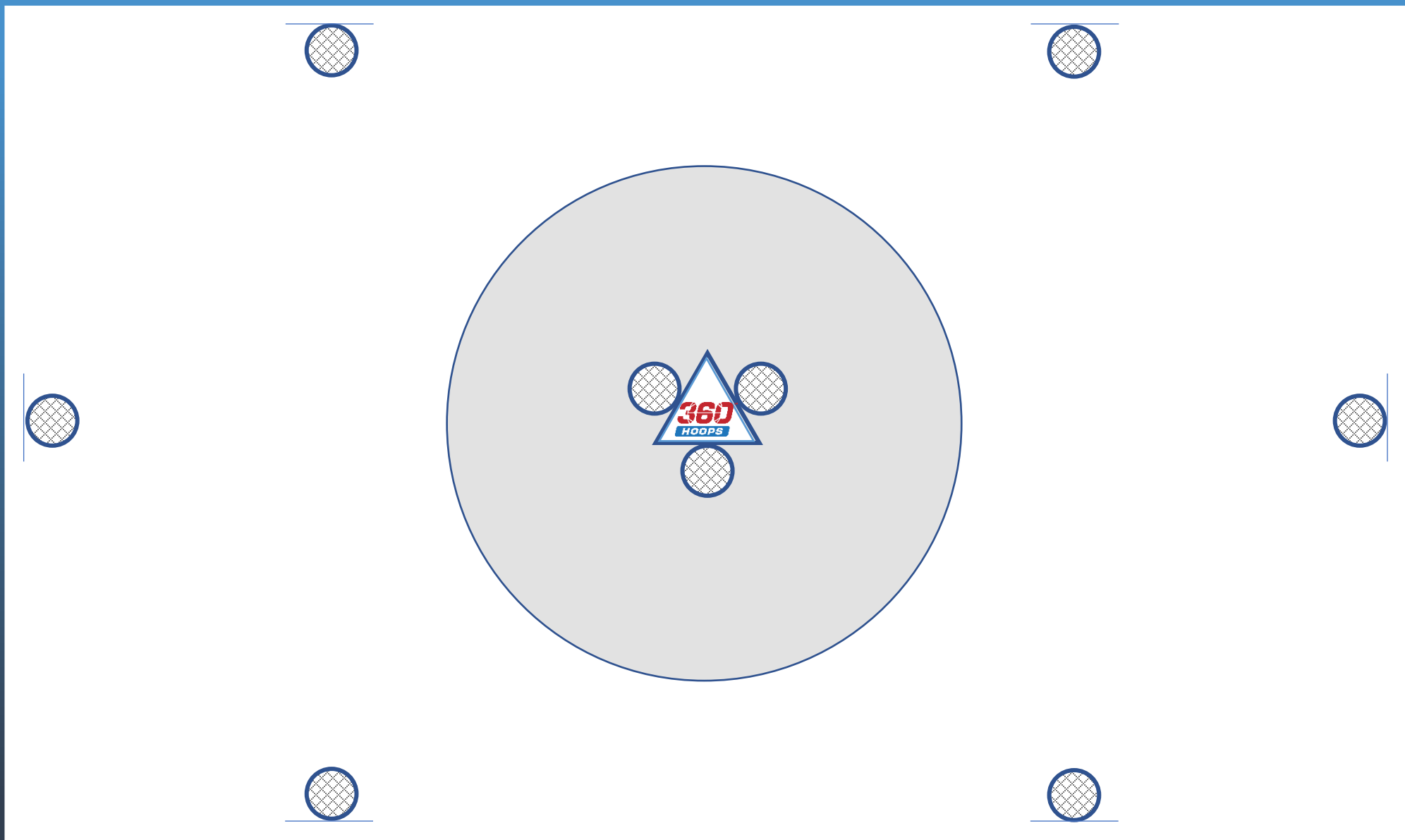
Standalone Three Courts

# INTEGRATED 1 Court Setup



50  
Feet  
Wide

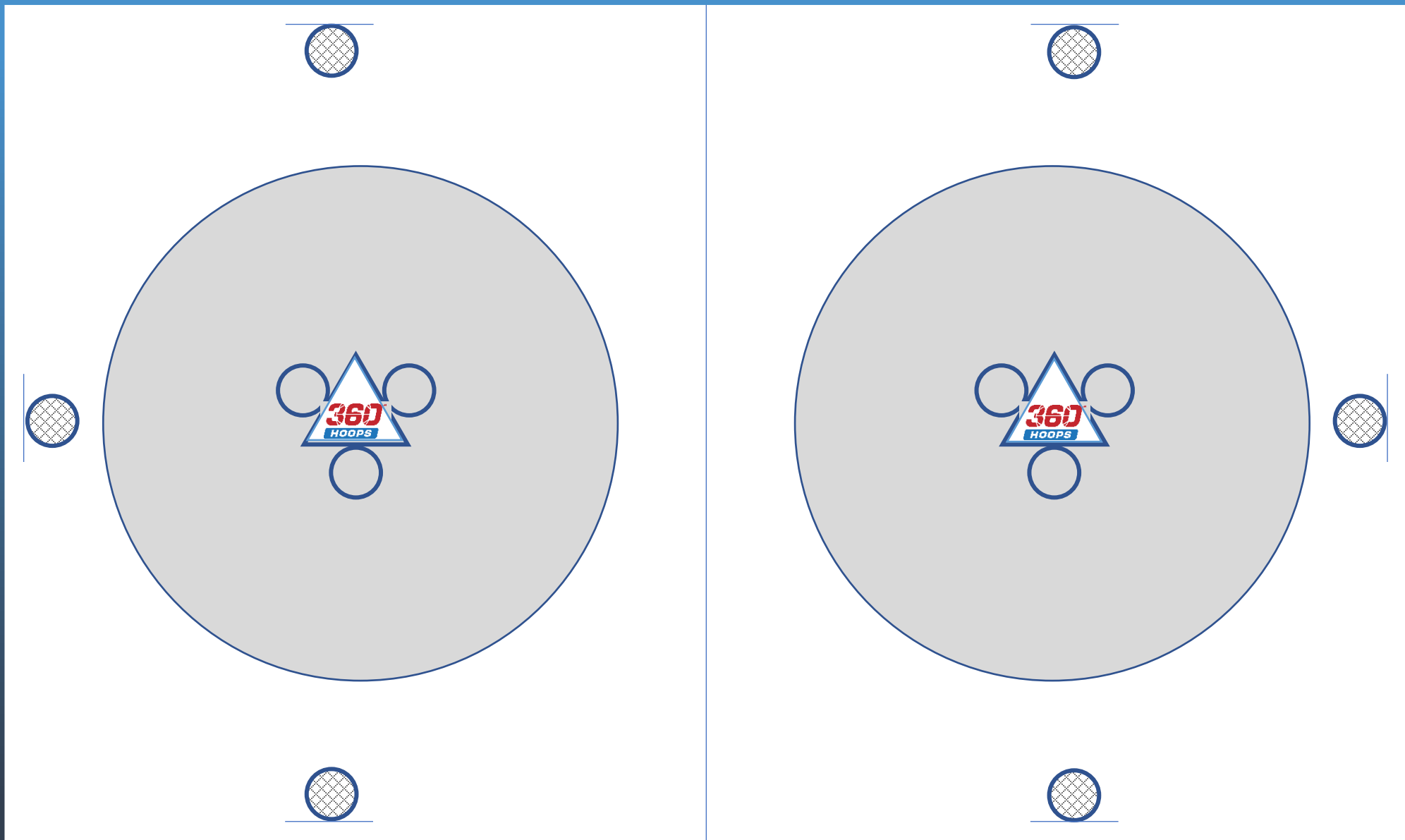
84 Feet Long



# INTEGRATED 2 COURT Setup



50  
Feet  
Wide



84 Feet Long

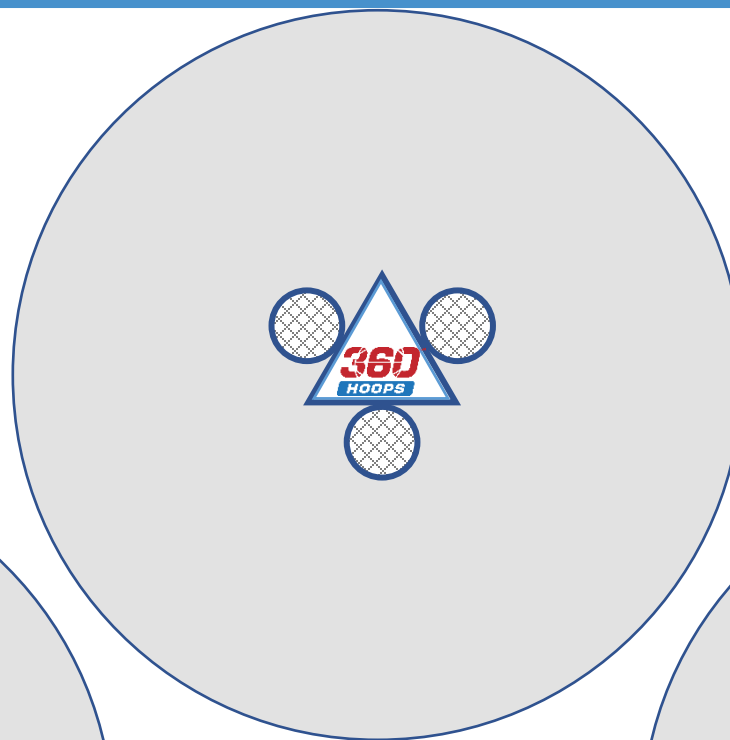
# STANDALONE 3 COURT Setup



50  
Feet  
Wide

Traditional High  
School Gym Size  
84L x 50W

15.0 ft. radius



Radius Distance is  
Standard Free  
Throw Line

30 ft. diameter



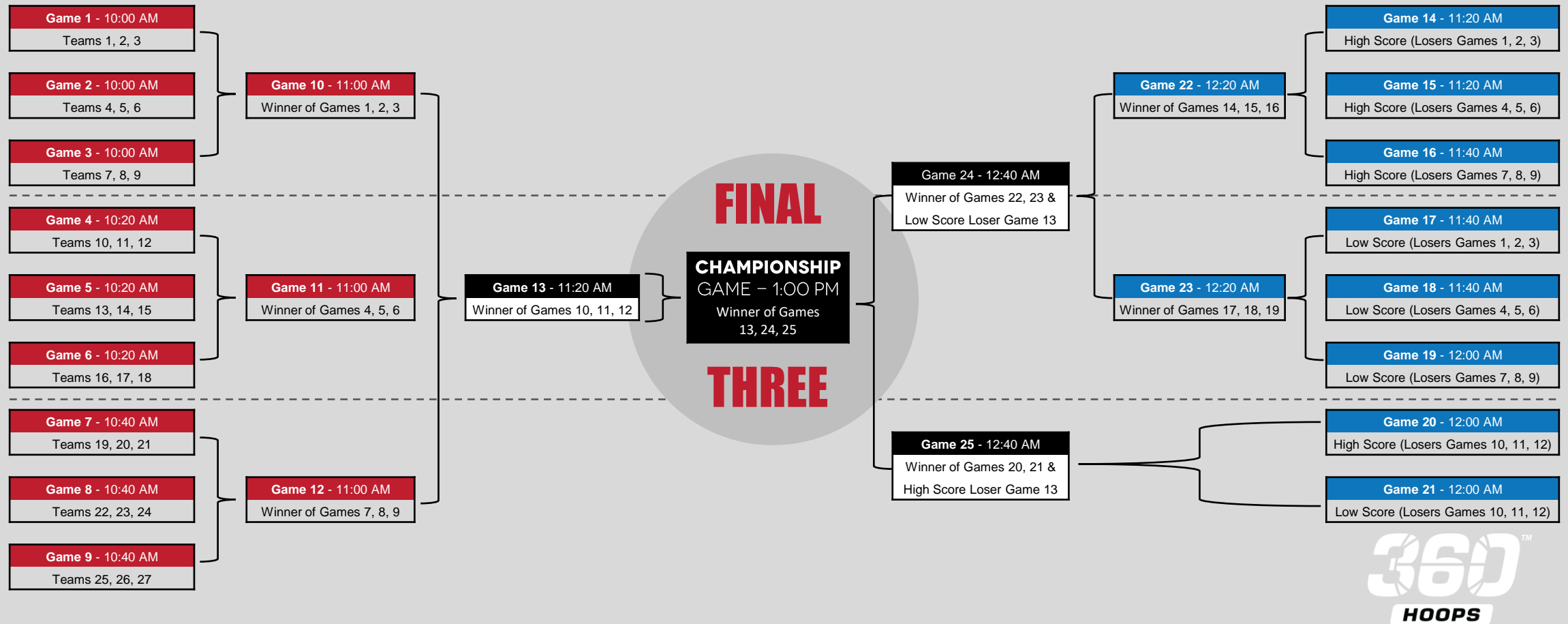
84 Feet Long





# Tournament Overview

# 27 TEAM TOURNAMENT



**27 TEAMS / 2 GAMES MINIMUM / 3 BASKETS - 3 TEAMS PER BASKET / 3.5 HOURS / WINNER ANNOUNCED**



For More Information Contact Us At  
**PLAY360HOOPS.COM**