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Russian Basketball

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Russian Basketball is an excellent and fun way to condition athletes, improve their jumping ability, increase their ability to make plays in other sports, improve their awareness to see plays develop, and increase their physical qualities such as dexterity, coordination, and other important sport skills. It is easy to set up. All you need is a basketball court (half or full) and a basketball.

What you need:

1. Three Teams of Players
2. Basketball Court
3. Basketball

How it is played:

Team 1 begins the game on offense with Team 2 defending. Team 3 is at the opposite end of the court.

Team 1 plays against Team 2 for one possession. If Team 1 scores or gets fouled, they will run to the other end in a fast break scenario against Team 3.

If Team 2 stops Team 1, then Team 2 takes the ball on a fast break against Team 3. Whichever team does not take possession against Team 3 will wait at their end of the court to play defense on the next possession.

Russian basketball can also be played on just the half court, in which case the defensive team would just rotate in.

Ways to make the game faster:

- Allow only two dribbles or no dribbles
- Have a shot clock
- If the coach blows the whistle, defensive team is going the other way
- Allow one to two shots per possession
- Play with less people
- Play 3 on 2 – Three players play offense against two defenders with the third player waiting at the other end. Two of the three players on offense will play defense on the next possession, while one waits at that end of the court. After a score or a miss, the two defenders become offensive players and take on the single defender on the other end of the court. Whichever player scores, or if the defender makes a stop, that player will play offense with two other players rotating in (waiting at half court on each side).

