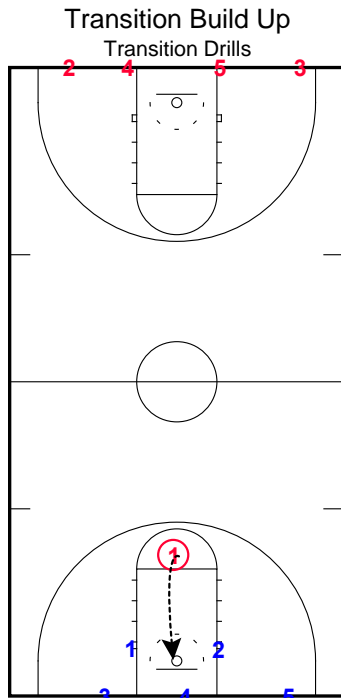
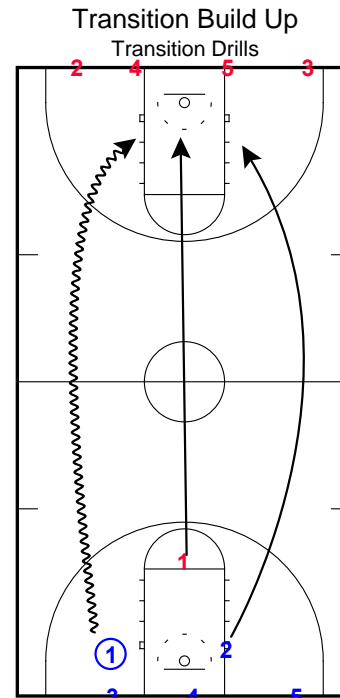


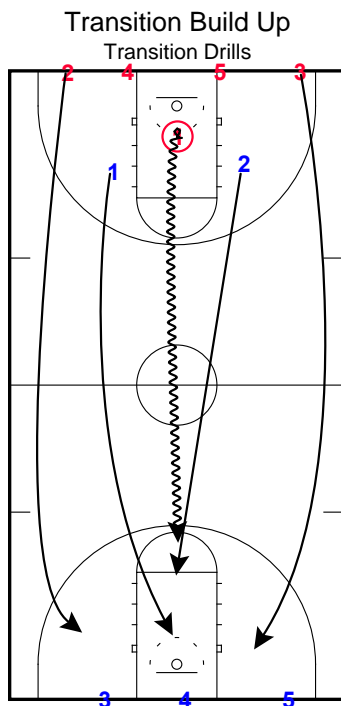
# Transition Drills



Player 1 on the Red team shoots a FT and then sprints back to defend Player 1 & Player 2 from the Blue team.



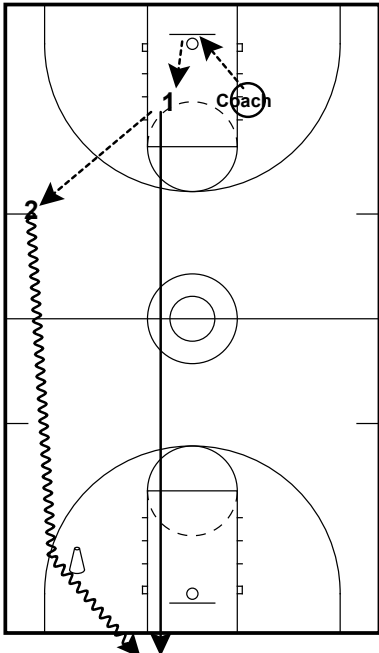
Player 1 & Player 2 work against the defender to get a quality shot. Player 1 from the Red team looks to "fake their help" and cause confusion for the ball handler.



Once the Red team gets scored on or secures the rebound, 2 more players (Player 2 & Player 3) enter the game for the Red team. They then look to score 3 vs 2. The game continues with each team adding 2 players after securing the ball on a change of possession, until you have a 5 on 5 matchup.

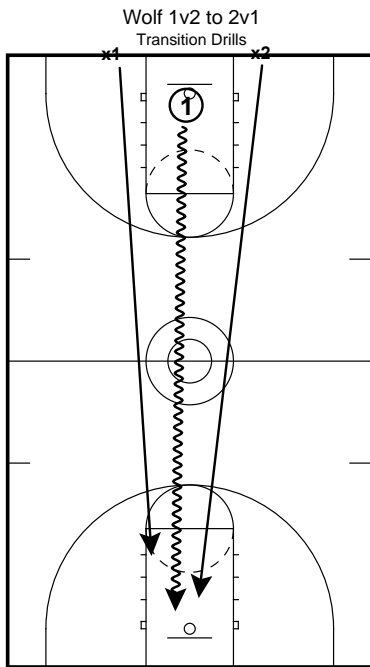
# Transition Drills

Transition Track Down:  
Transition Drills



The Coach tosses the ball off the backboard and Player 1 grabs the rebound. Player 1 outlets the ball to Player 2. Player 2 attacks the far basket as hard as they can and Player 1 sprints to catch up. Player 2 must wait until they reach the cone on the far end before cutting in towards the basket.

# Transition Drills

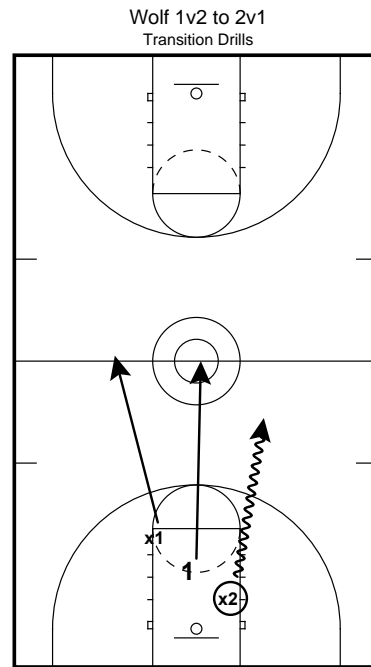


One player on offense, two players on defense

Can give offense greater advantage by starting them further from defense or make it more difficult by making them even with defense.

Drill starts on offenses movement.

Offense tries to get a layup on the opposite end



After layup: Offensive player is on defense and defensive players are now on offense

2v1 going the opposite direction