



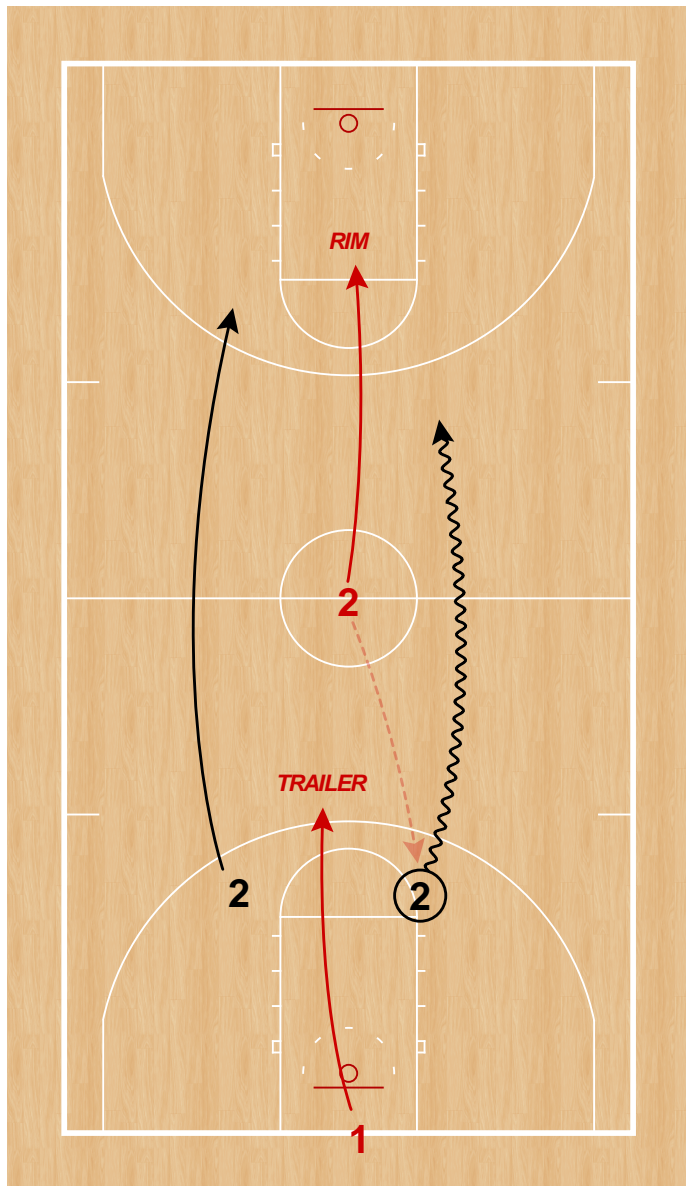
Transition Practice Drills



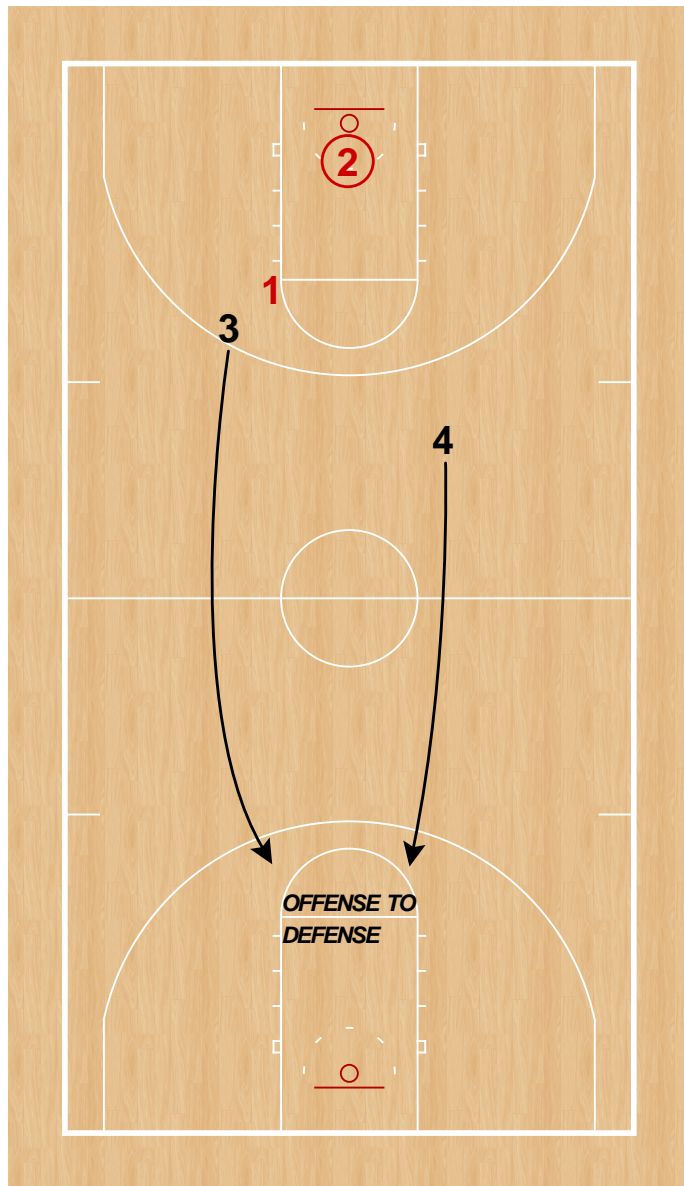
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2/1 or 3/2 Transition Advantage Play

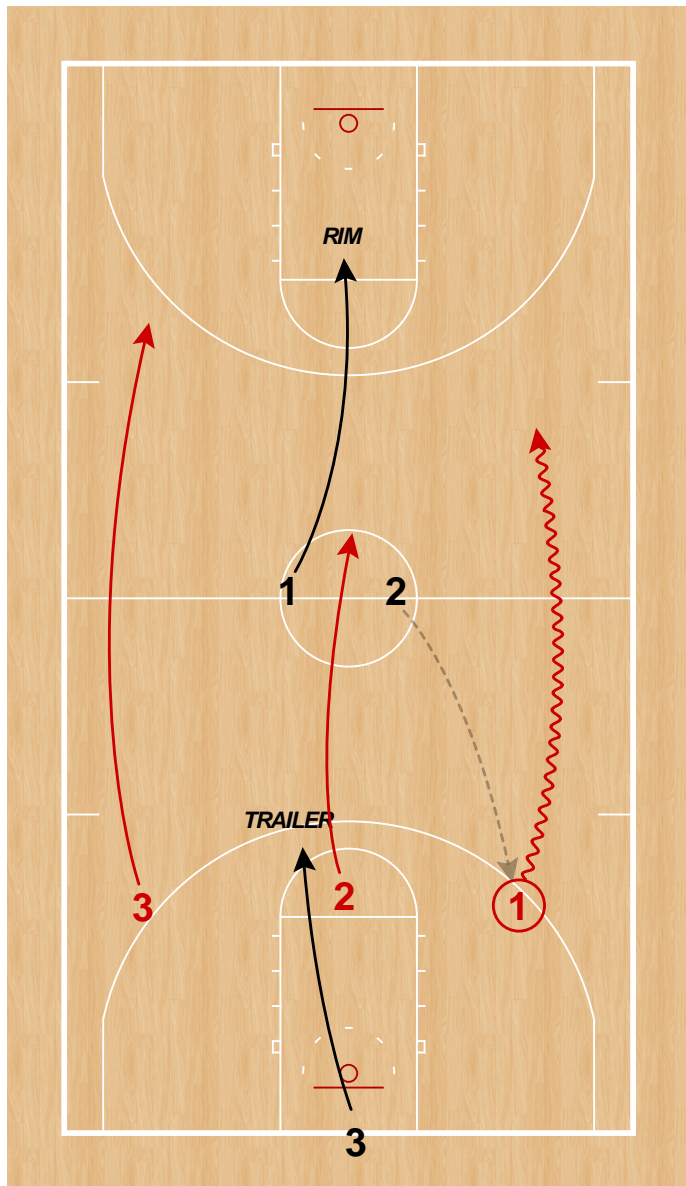


1 - Entry Pass, 2/1 Advantage

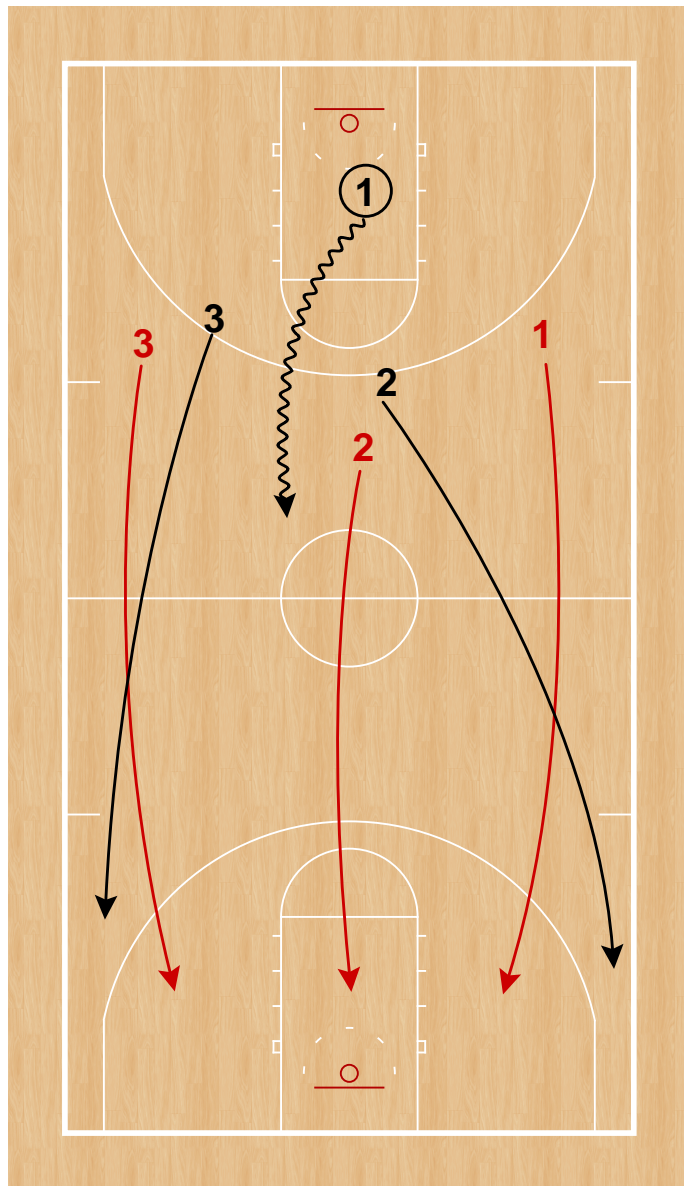


2 - Play it Back the Other End

2/1 or 3/2 Transition Advantage Play

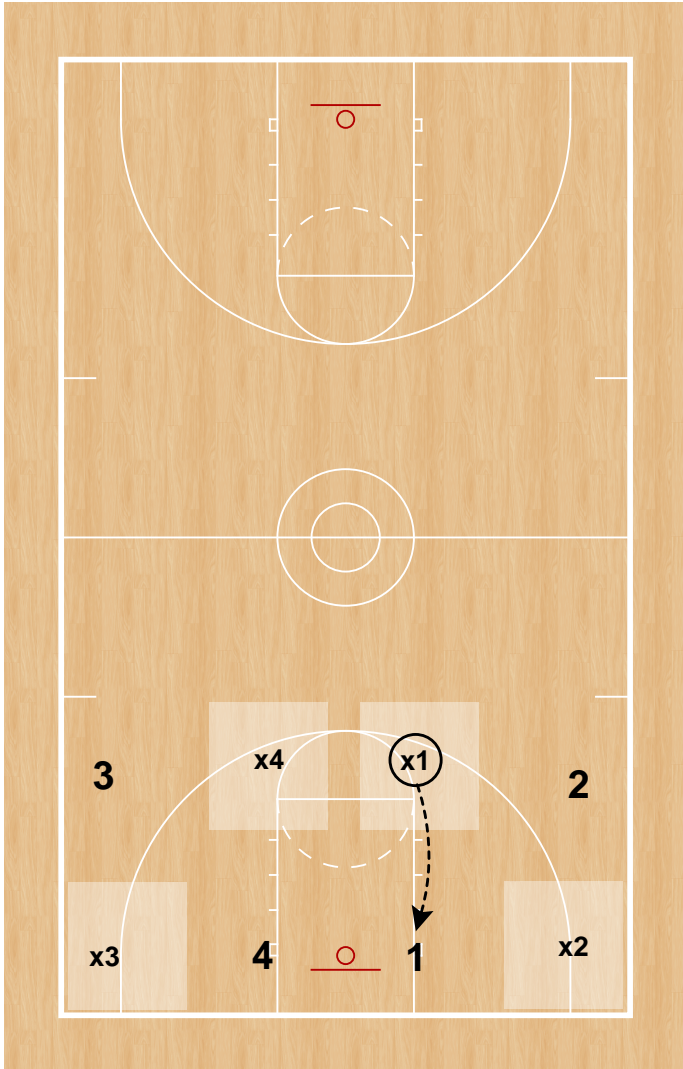


1 - Entry Pass, 3/2 Advantage

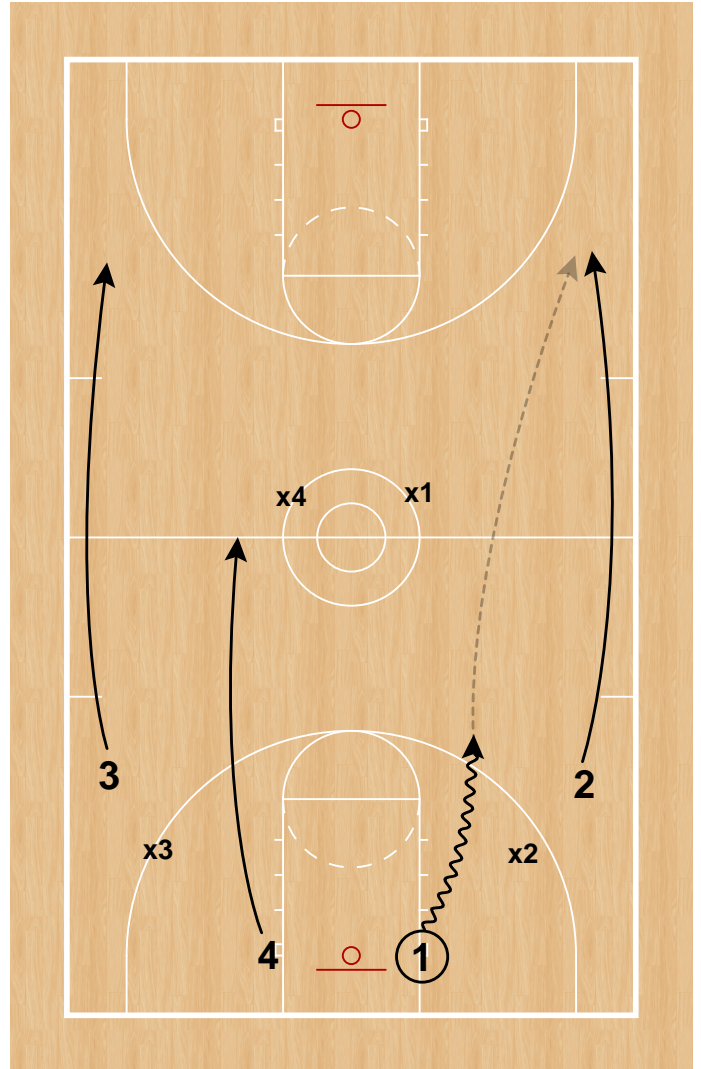


2 - Run it Back 3/3

4 / 4 BC Pitch Ahead Advantage Play



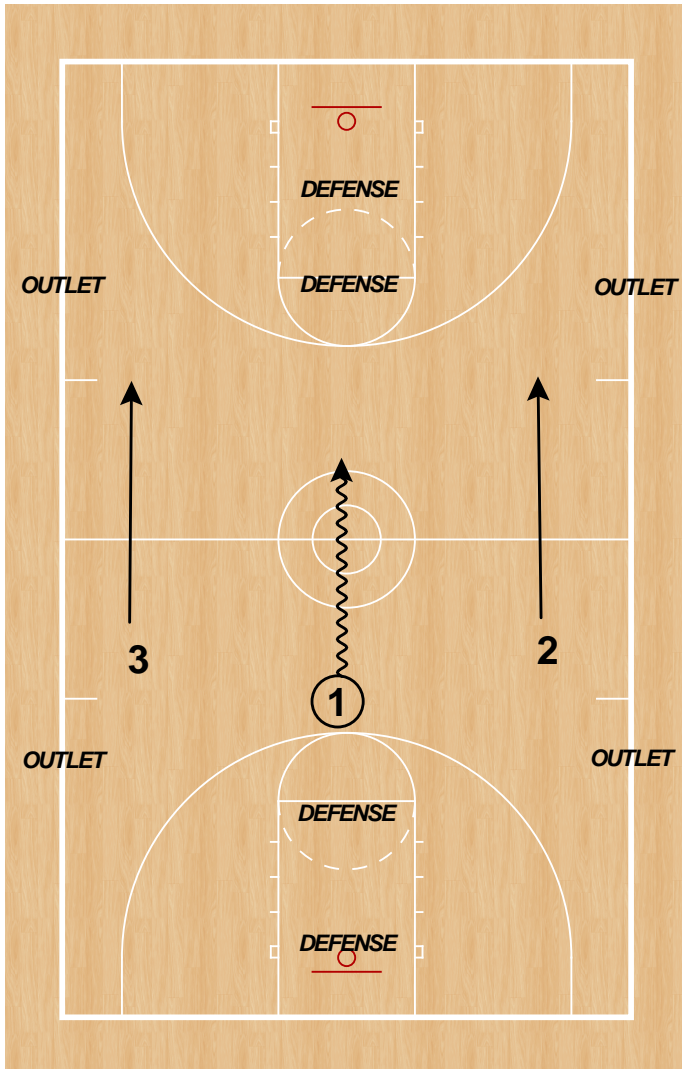
1 - 4/4 Staggered Start, Entry Pass



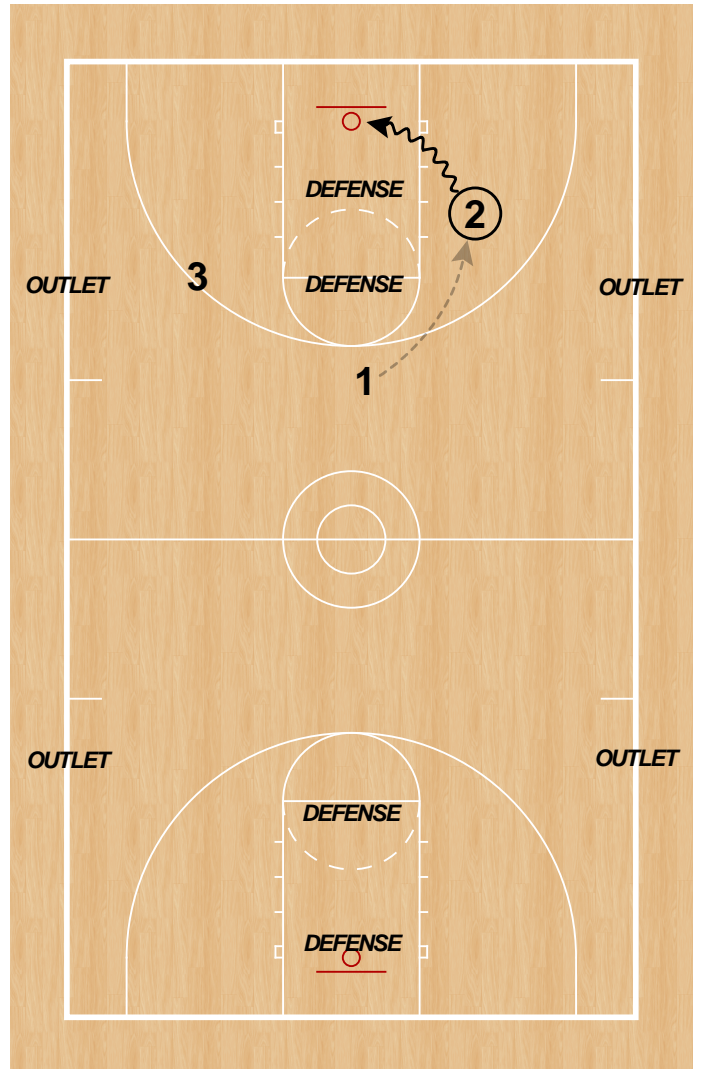
2 - Hunt the Pitch Ahead, Run it Back 4/4

1 1 Man Fast Break

Advantage Play

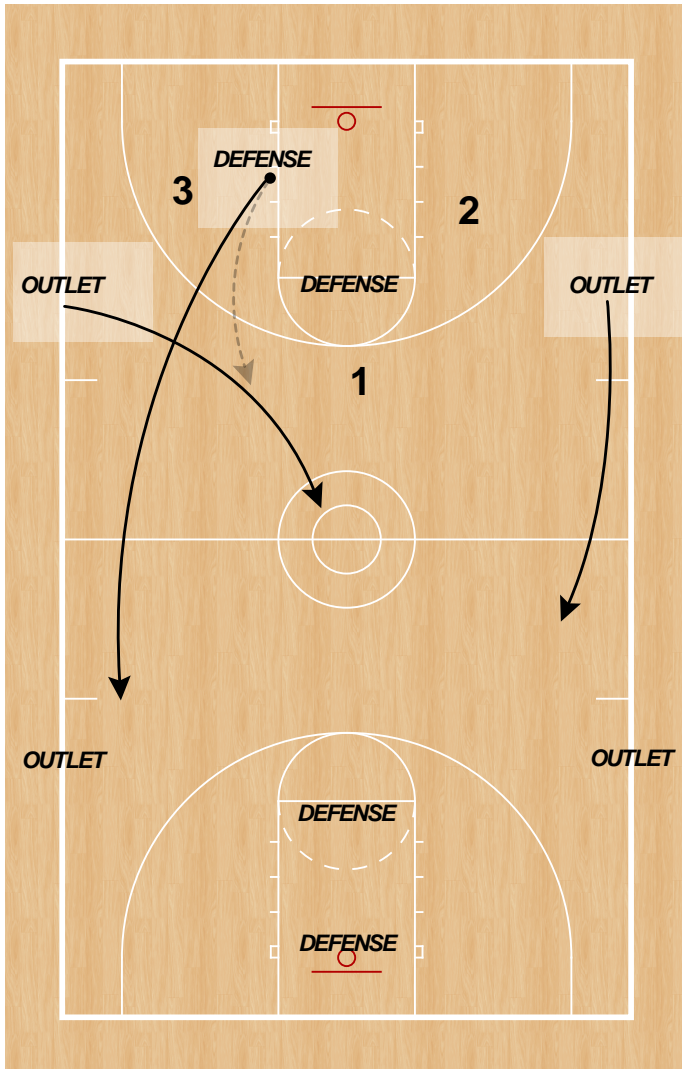


1 - 11 Man Fastbreak, Continuous 3/2 Concept

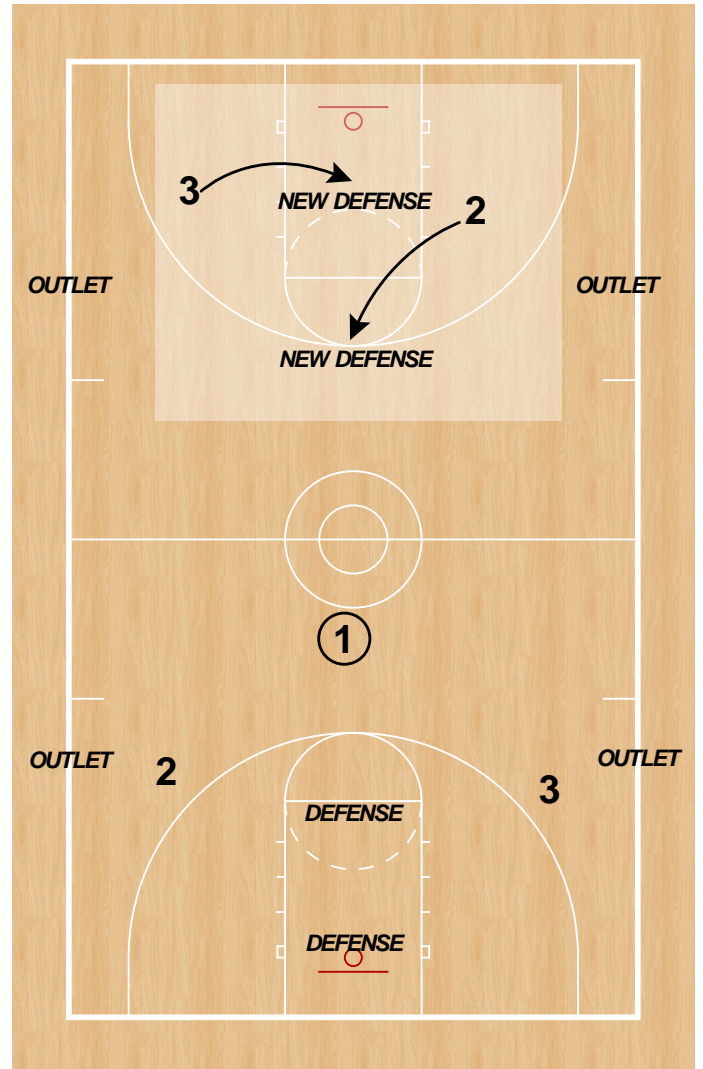


2 - Play 3/2 until a Shot or Turnover

1 1 Man Fast Break Advantage Play

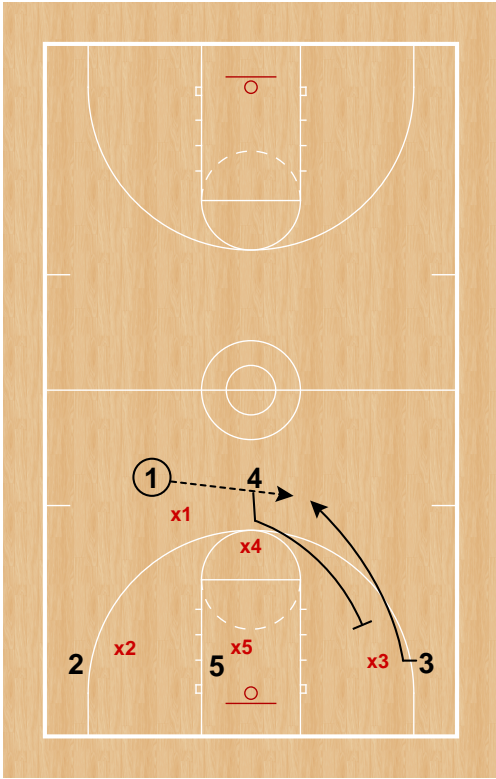


3 - Outlet Pass & Play the Other Way

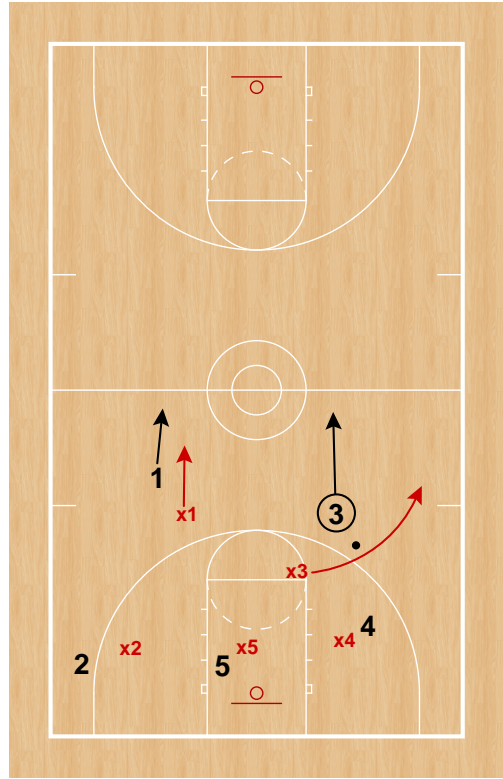


4 - Get New Defensive Players, Others to Outlet Line

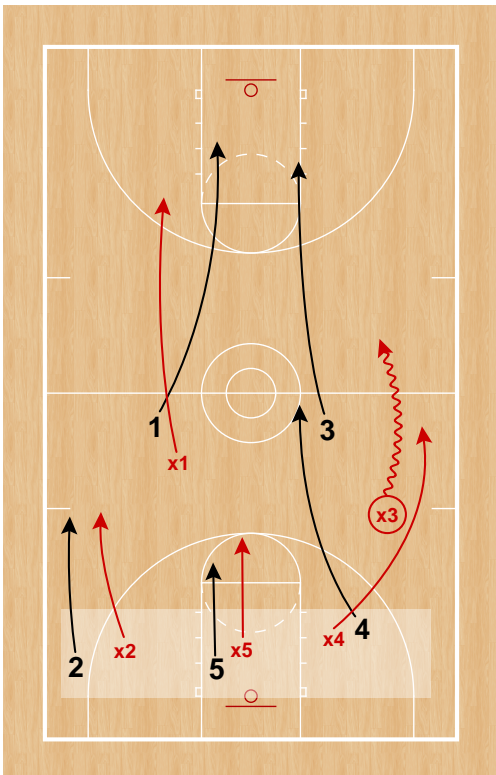
5/5 Conversion Advantage Play



1 - Run Offensive Action



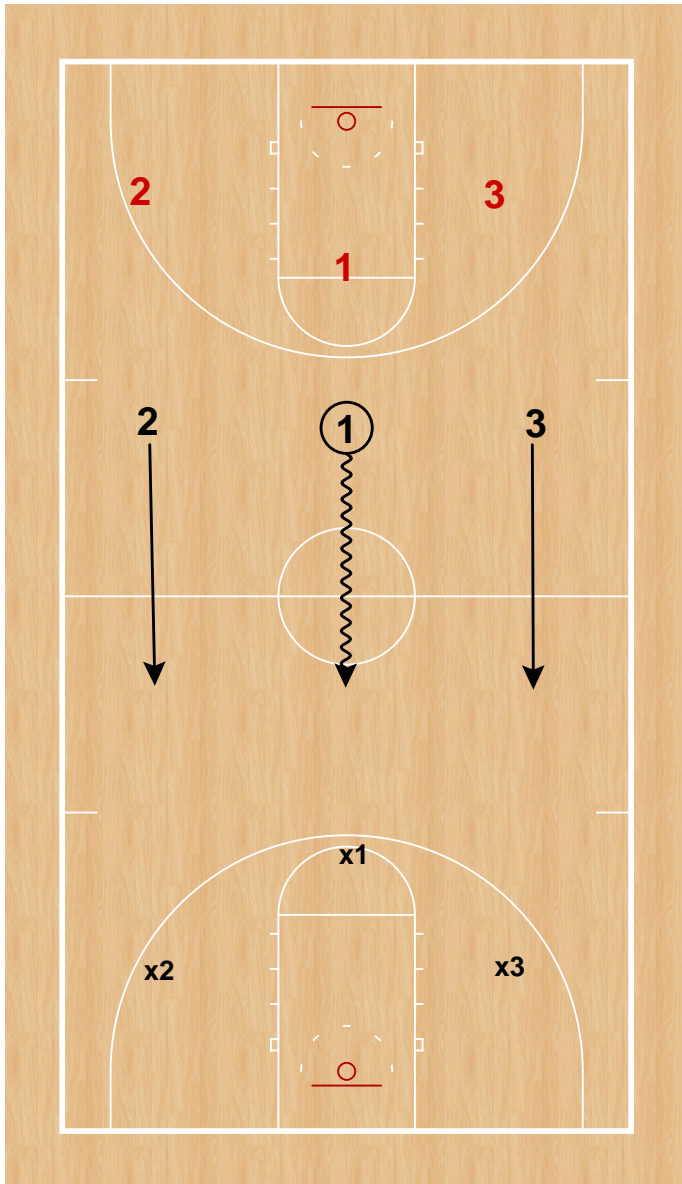
2 - Coach Yells "Convert!", Offense Drops the Ball



3 - Convert a Turnover Possession, Play it Back

3/3 or 4/4 Ping Pong

Advantage Play

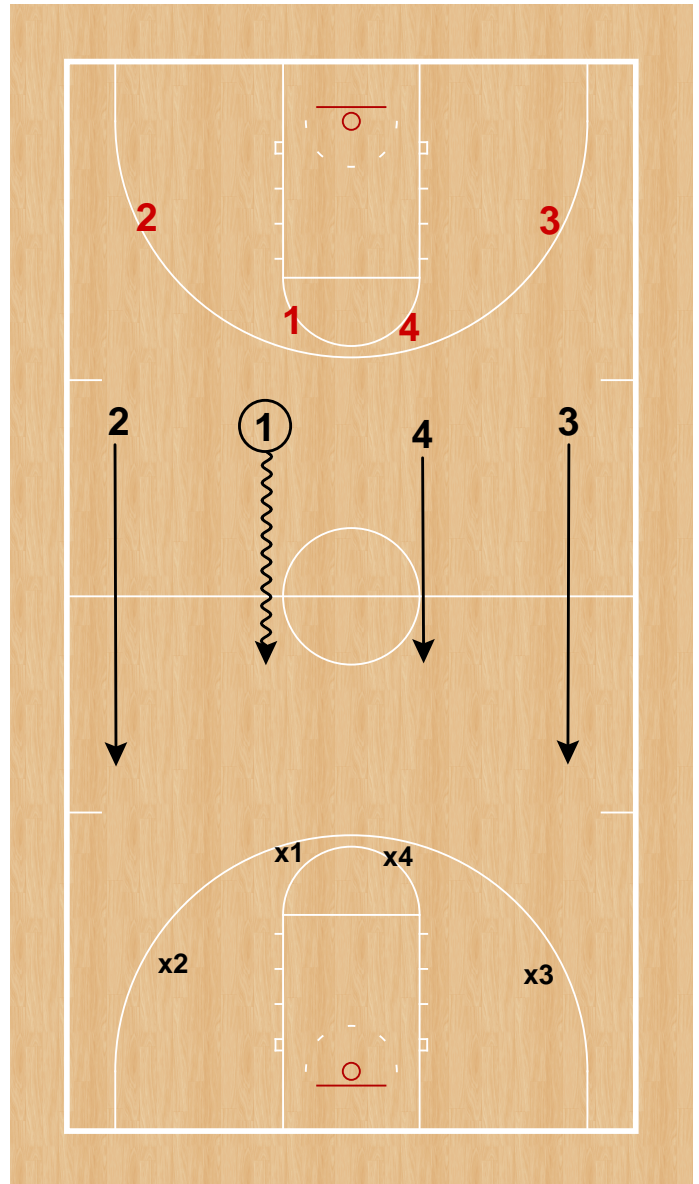


3/3 Ping Pong:

This is a competitive Short Sided Game where 3 Offensive Players compete against 3 Defensive Players. Coaches will determine a final number for the winning team to achieve.

Game Rules:

- Offense Scores Points
- The Offense only gets One Shot
- If there is a Score the Offense Stays On
- If there is a Miss the Defense Goes to Offense
- All Shooting Fouls are Awarded 1 Point & the Ball



4/4 Ping Pong:

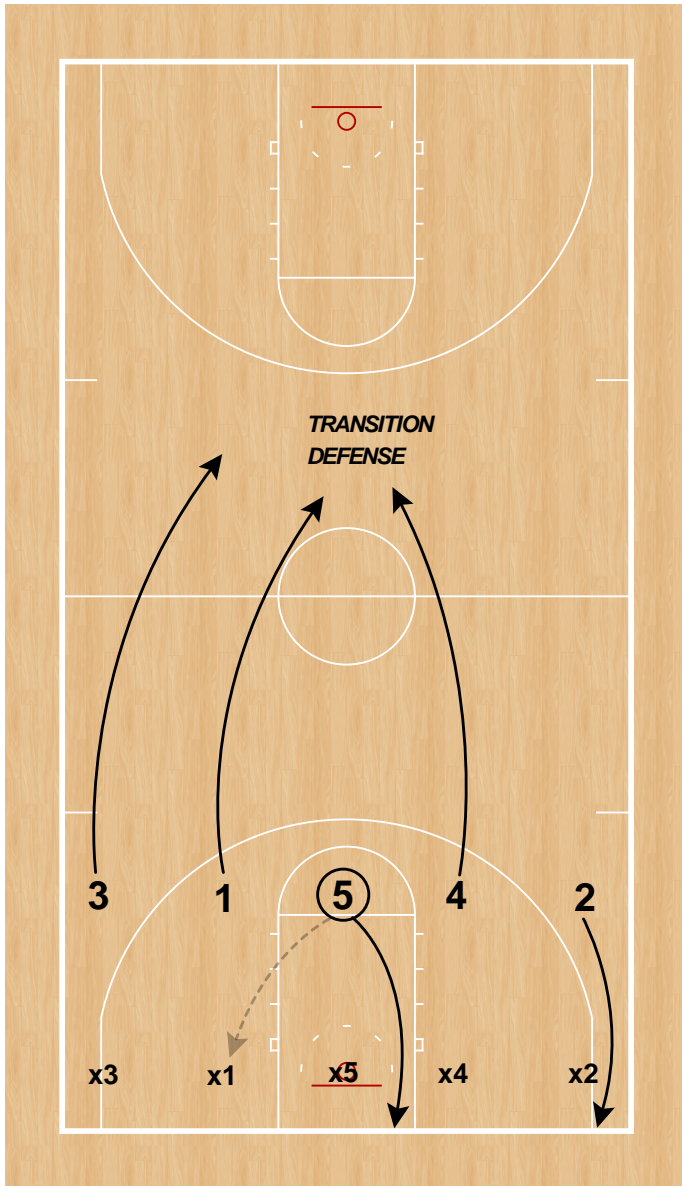
This is a competitive Short Sided Game where 3 Offensive Players compete against 3 Defensive Players. Coaches will determine a final number for the winning team to achieve.

Game Rules:

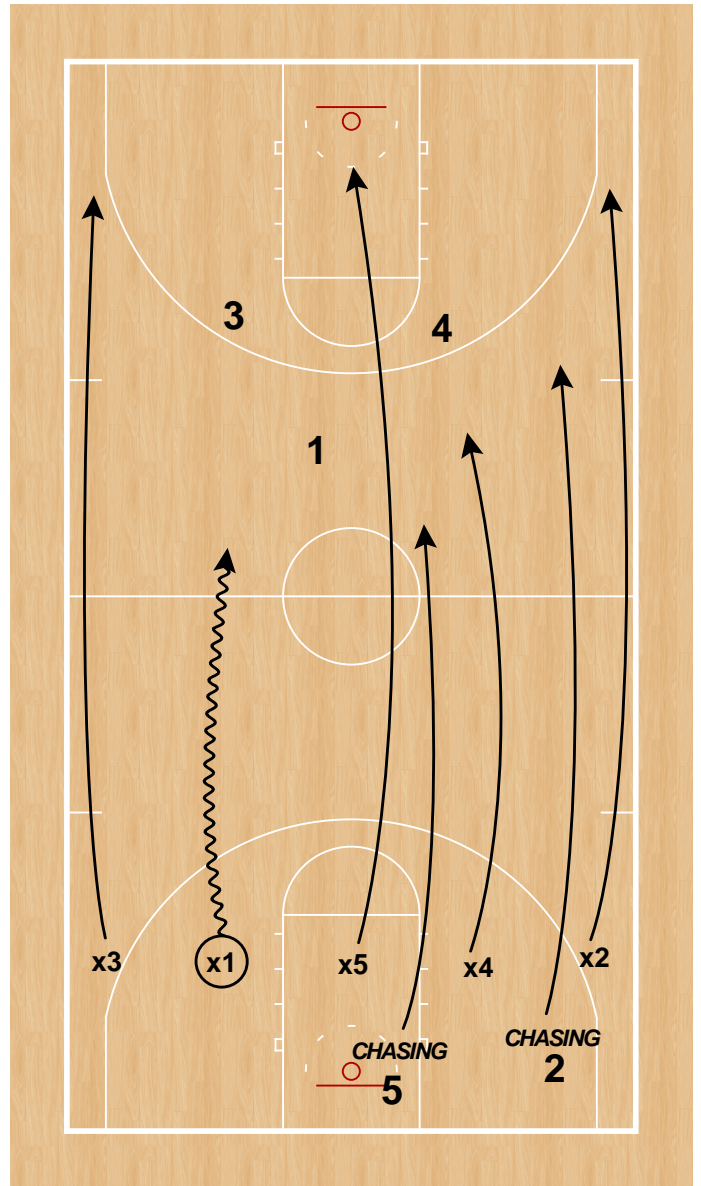
- Offense Scores Points
- The Offense only gets One Shot
- If there is a Score the Offense Stays On
- If there is a Miss the Defense Goes to Offense
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5/3 Flow

Transition Flow

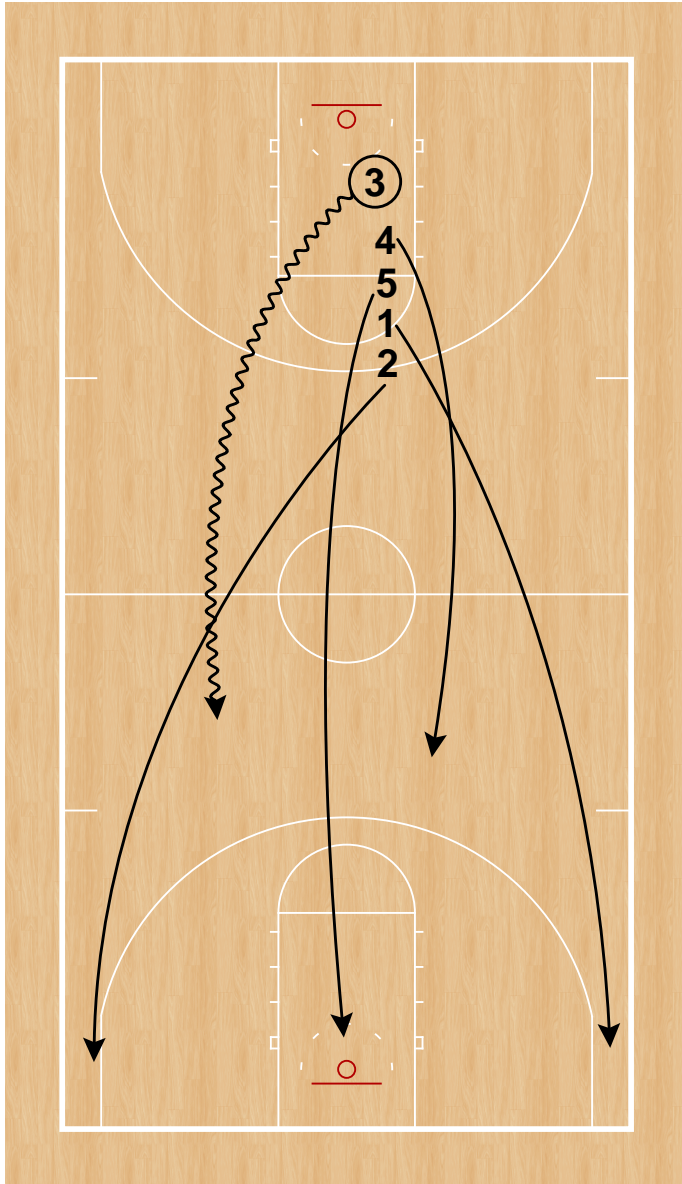


1 - Set Up, Two Touch the Baseline

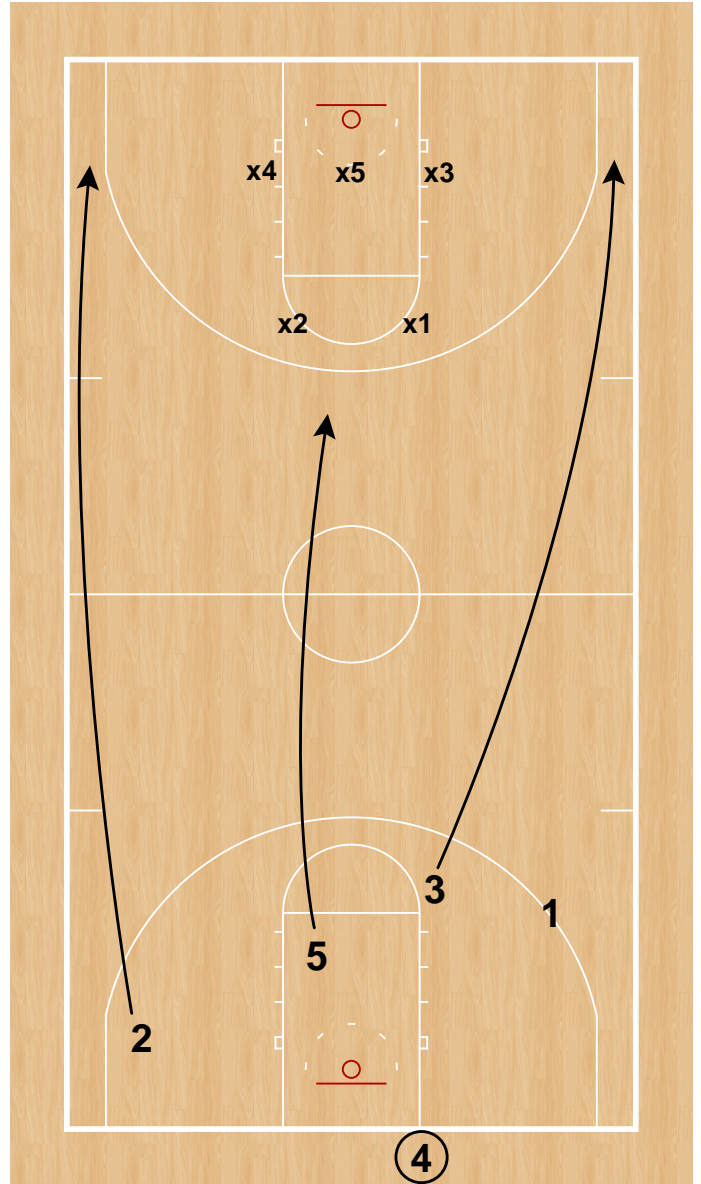


2 - Play it Down & Back

1.0 Trips Backboard Toss Transition Flow



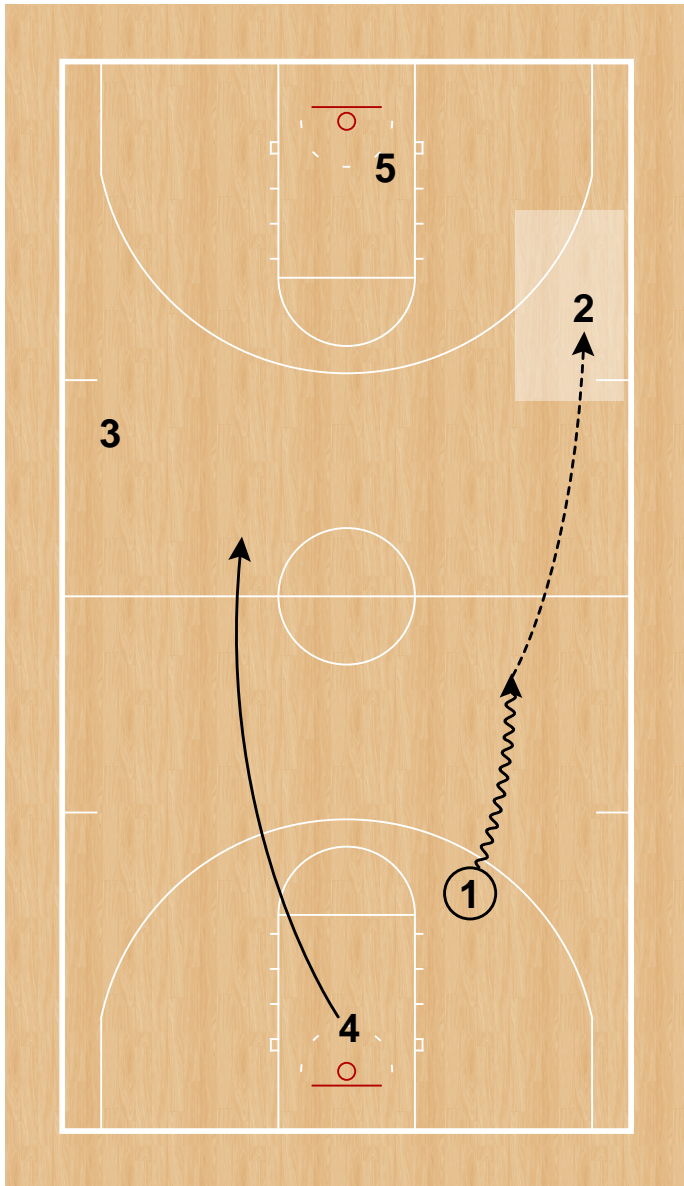
1 - Backboard Toss in a Line, Coach Says "Go!", 5/0 Possession



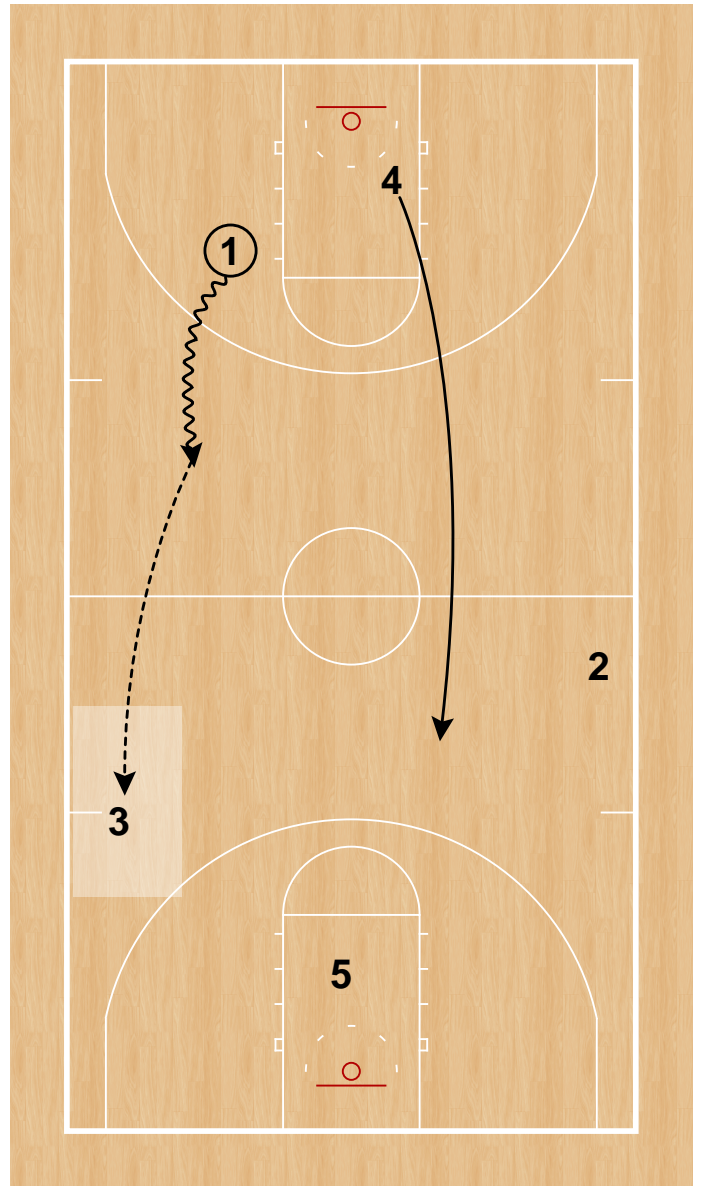
2 - Play it Back 5/5

2.0 Trips

Scheme, Progression



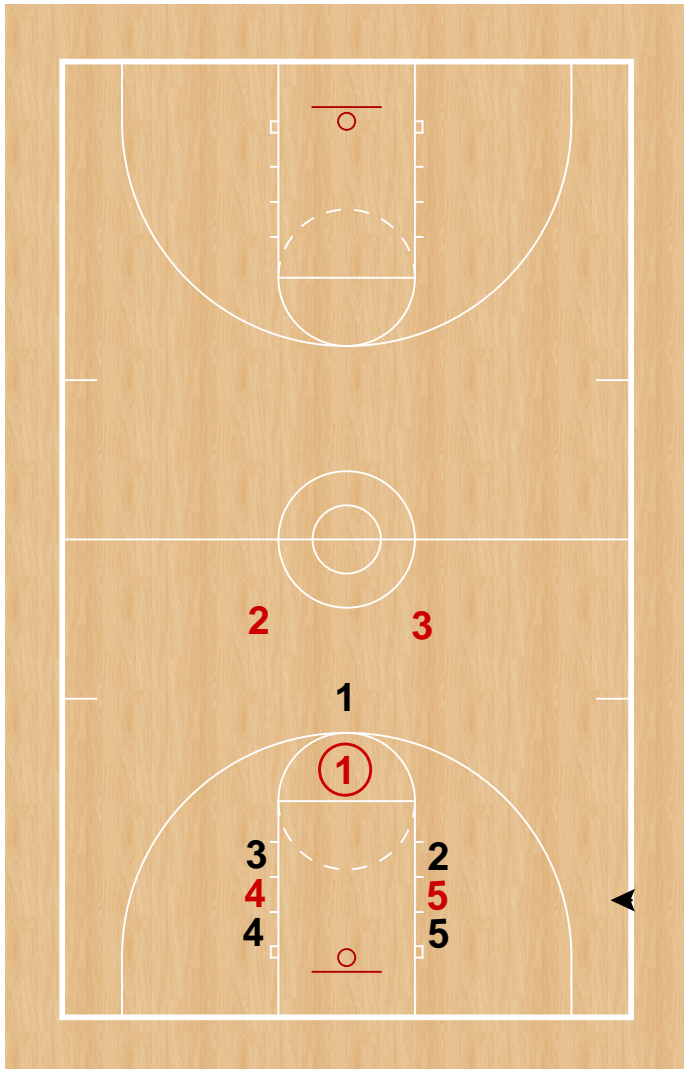
1 - 5/0 Pitch Ahead Sideline



2 - 5/0 Pitch Ahead Sideline

5/5 Free Throw Start

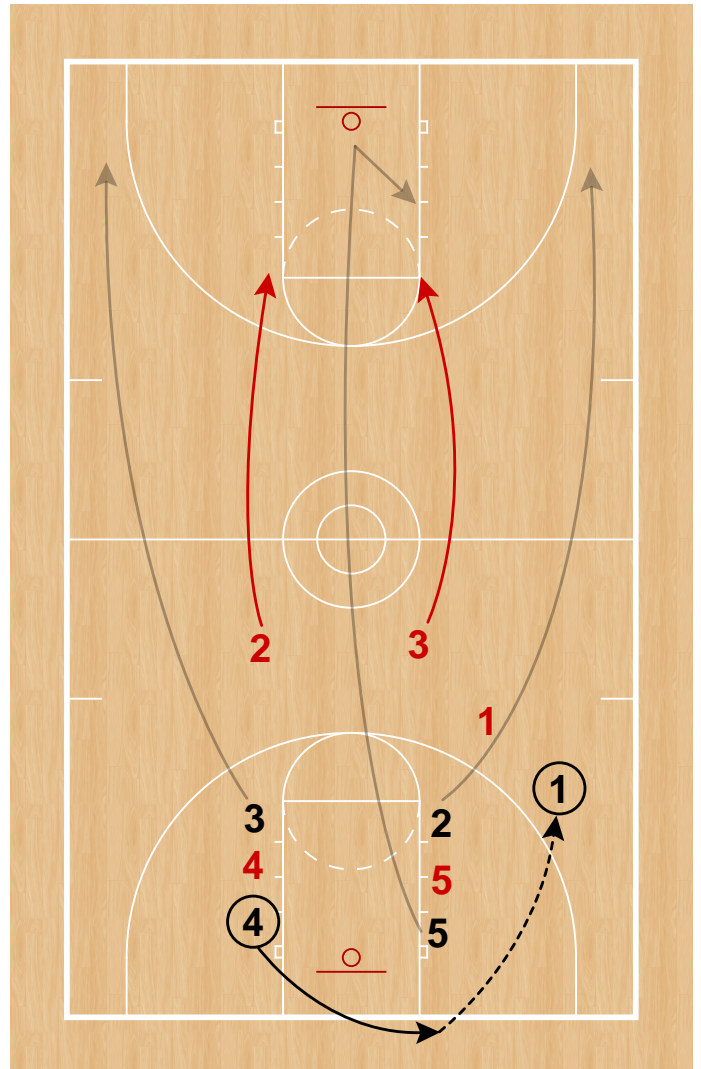
Scheme, Progression



1 - 5/5 Free Throw Start

Free Throw Alignment - The Defensive Free Throw Alignment is Organized to Quickly get the Ball to the Outlet & Up the Floor.

- 5 - Always on the Left Block (Quick OOB Entry)
- 4 - Always on the Right Block
- 2/3 - On the Top Spots
- 1 - Top of Key (Quick Breakout to Outlet Box)

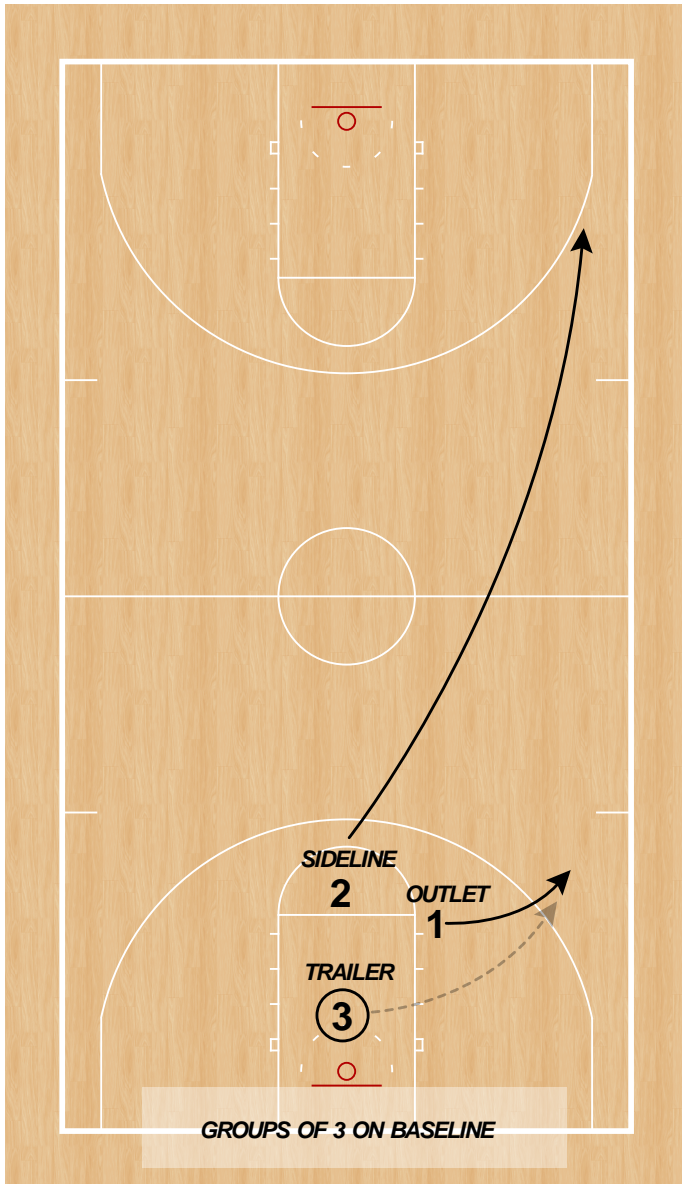


2 - Emphasis on Outlet Speed -

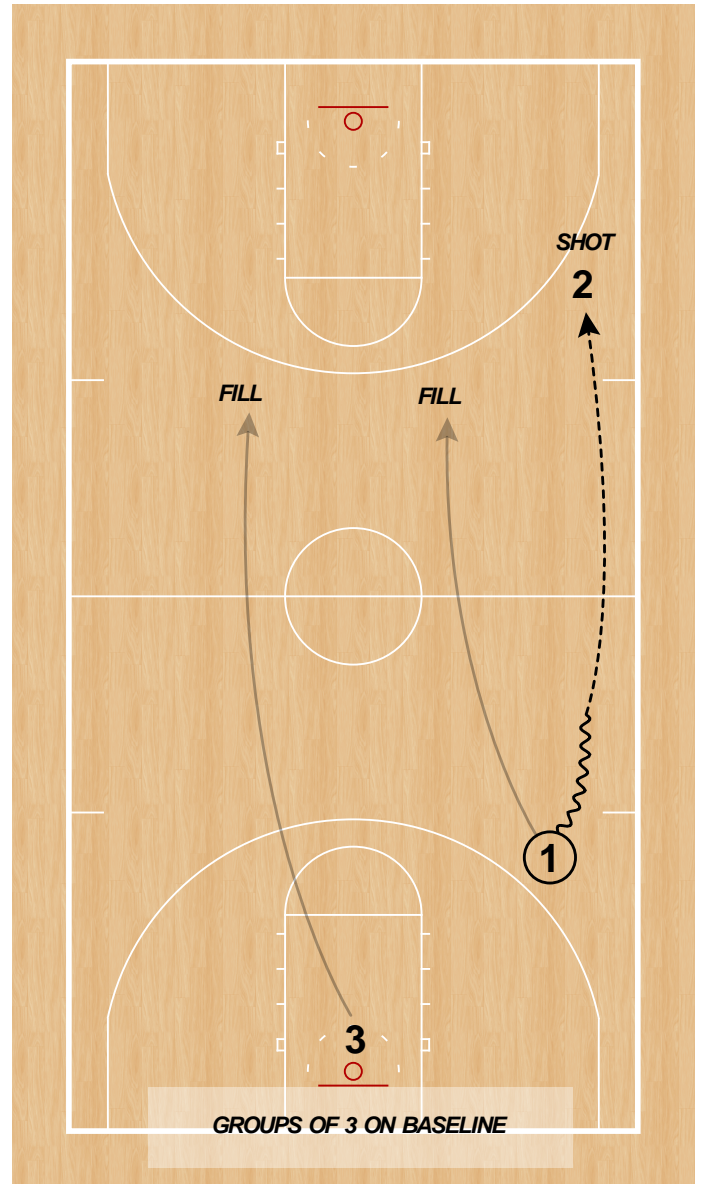
- 1. 5 Gets it Out Quick.
- 2. 1 Sprints to Outlet Box & Pushes It.
- 3. 2, 3 & 4 Sprint Ahead in Lanes.

We're Playing this Live Down & Back Twice.

Pitch Ahead Shooting Scheme, Progression



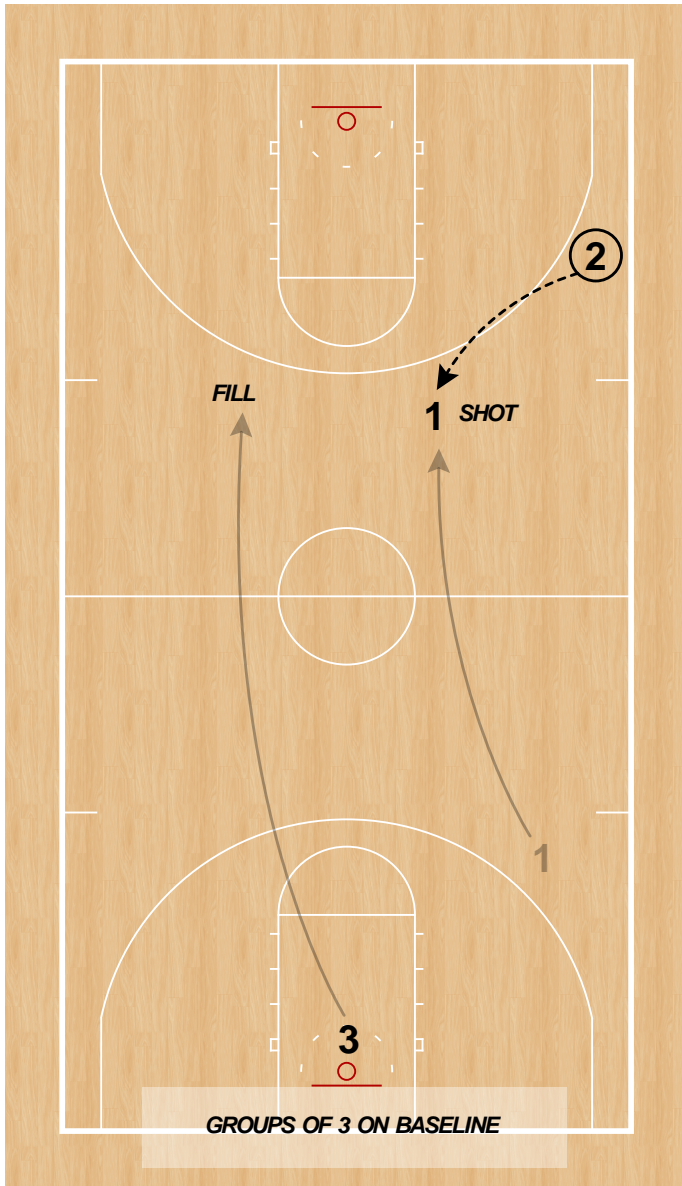
1 - Pitch Ahead Shooting Setup



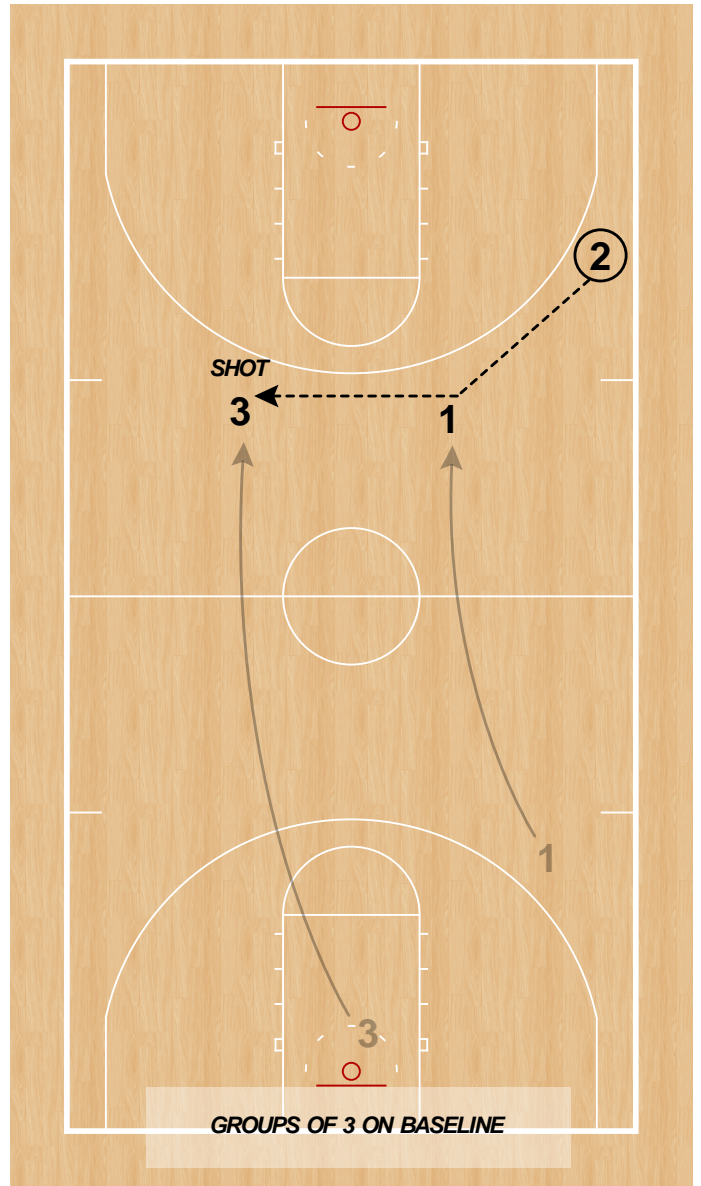
Shot #1 - Pitch Ahead Shot

1. Get into Groups of 3
2. Once a Group Finishes they Stay down the Other End

Pitch Ahead Shooting Scheme, Progression



Shot #2 -Return Shot for Passer



Shot #3 - Trailer Shot