

FDBA Domestic Coaches Drill Book: Transition

Name: 3 Trips, 3 Shots

Drill No: H1

Description:

This drill is used to teach shot selection, running the lanes and spacing in transition.

Cones are used to teach the two outside players to run hard and wide and then middle players to stay in "Main Street" so as not to limit his passing options.

The drill starts with three players who will make three consecutive trips to finish the drill.

Diagram A. shows the point guard dribbling up the court then passing to the left lane runner for a lay-up

Diagram B. shows the point guard dribbling and passing ahead to the left lane runner who then bounce passes the ball to the right lane runner for a lay-up.

Diagram C. shows the point guard passing ahead to the right wing who attacks the hoop then passes back to the point guard for a shot.

Variations:

Shoot the lay-up with no dribble
Only Dribble with weak-hand

Points of Emphasis:

1. Sprint the lanes
2. Pass the ball to the advantage of the receiver (ahead)
3. Dribble with eyes looking at far hoop
4. Stay in lanes to maintain spacing

Diagram A.

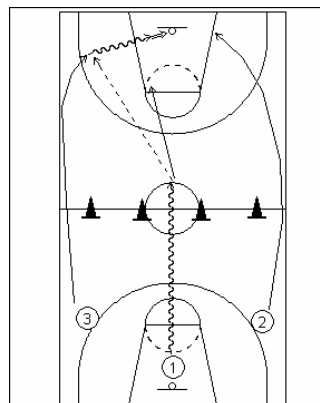


Diagram B.

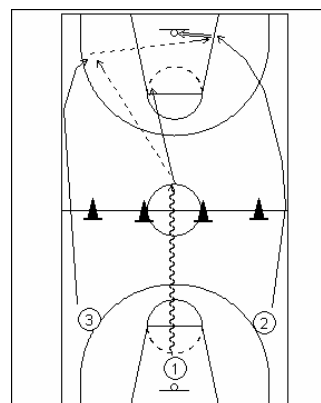


Diagram C.

