

FDBA Domestic Coaches Drill Book: Transition

Name: 2 v 1 Turn the Cone

Drill No: H2

Description:

This drill can be used for Transition and also to teach decision making.

Line the players up in three lines with the two outside lines being on offence and the middle line on defence.

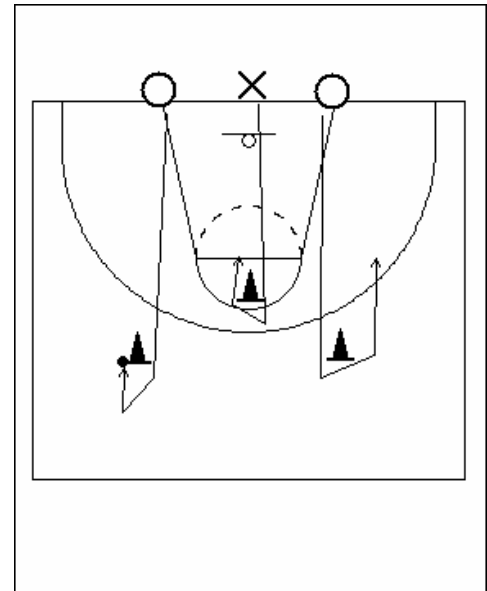
All players must sprint around the cone before picking the ball up to play.

Players attack the single defender looking to get an easy basket.

Variations:

2 v 1 full court with no cones

Diagram A.



Points of Emphasis:

1. Run on the inside of the cone and turn to outside for good spacing between offensive players
2. Maintain spacing
3. Attack the hoop, draw the defender then look to pass
4. Must get a shot inside the key