

FDBA Domestic Coaches Drill Book: Transition

Name: 3 v 2 Turn the Cone

Drill No: H3

Description:

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

Line the players up in five lines with the one middle and two outside lines being on offence and the other two lines on defence.

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

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

Variations:

2 v 1 full court with no cones

Points of Emphasis:

1. Run on the inside of the cone and turn to outside for good spacing between offensive players
2. Maintain spacing and own area of the court
3. Pass the ball early
4. Point Guard must stay above dotted circle line

Diagram A.

