

FDBA Domestic Coaches Drill Book: Transition

Name: 3 on 2, 2 on 1

Drill No: H4

Description:

This drill teaches players how to play offence and defence with a number advantage/disadvantage. It also works on playing offence then converting to defence

Line the players up in three lines with each line being on offence. Send two players down the other end of the court to play defence.

The three players transition down the other end of the floor and play 3 on 2. Allow the offence one shot only.

The offensive player who shoots or turns the ball over now sprints back to play defence against the two defenders who now play offence 2 v 1.

Variations:

Limit the amount of passes.
Allow no dribbles.

Points of Emphasis:

1. Attack the hoop
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.

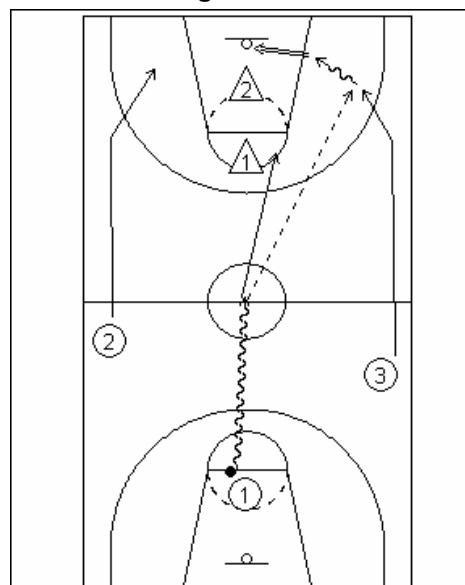


Diagram B.

