

## FDBA Domestic Coaches Drill Book: Transition

Name: 2 Man Break Shooting

Drill No: H5

### Description:

This is a fast paced drill that will get players used to sprinting up the floor, passing on the run, and shots/lay-ups when running the floor hard.

Divide your squad into two teams.

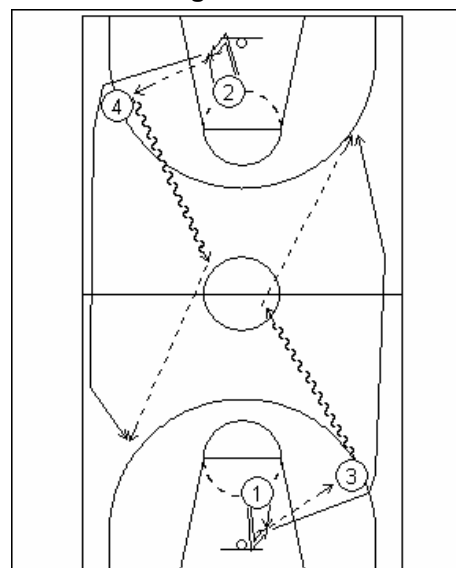
Put one team on one baseline, the other on the opposite baseline.

Have the front player in line go out to the wing, and have the next player in line grab a basketball.

The player with the ball will pass off the backboard, rebound then outlet pass the ball to the wing player and will sprint to the other end of the court.

The wing player will dribble to the middle of the court and fire a pass to the sprinting rebounder. The rebounder will then take a shot or lay-up

Diagram A.



### Variations:

Change the types of shots - Power lay-up, bank shot etc.

### Points of Emphasis:

1. SPRINT
2. Make a good pass to the shooter
3. Shop on balance for the shoot
4. Point Guard must stay above dotted circle line