

## FDBA Domestic Coaches Drill Book: Transition

Name: Run the Circle Transition

Drill No: H6

### Description:

This is a drill designed to practice recognizing what lanes to run on a rebound.

Four offensive players run around the circle until the coach shoots.

When the coach shoots the players fill the closest lane.

3 is the closest to the opposite end so he runs the middle lane right to the hoop.

2 runs the left lane and 1 receives the ball on the right side and dribbles the ball towards half court inside "Main Street"

4 has rebounded and made an outlet pass to 1, then fills the free lane on the right hand side.

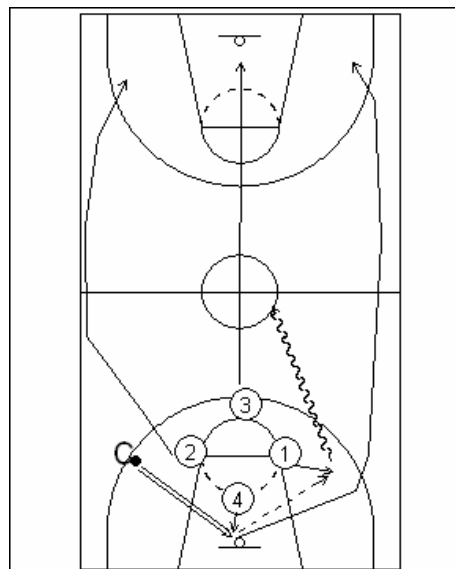
Here are some scoring options:

Pass to 3 running middle

Pass to 4 or 2 running outside lanes who can lay it up or bounce pass to other wing

Pass to outside lane and get it back for shot

Diagram A.



### Variations:

Play 4 trips, for different shots.

### Points of Emphasis:

1. Communicate what lane you are running as soon as the ball is secured
2. SPRINT
3. Maintain court balance - spacing
4. Point guard call for outlet