

FDBA Domestic Coaches Drill Book: Transition

Name: UNLV Transition

Drill No: H7

Description:

This is a drill designed to practice running a 5 man transition.

The five players on court will each get a layup and run the length of the court 5 times.

Each player will run the same lane for each trip down the court.

Diagram A.

4 outlet passes to 1 who will take one to two dribble and make a pass to 2 for the lay-up

2 & 3 run the lanes wide down the court.

5 will always run to the ring as the "Deep Catch"

After passing 4 always runs opposite 1.

Diagram A.

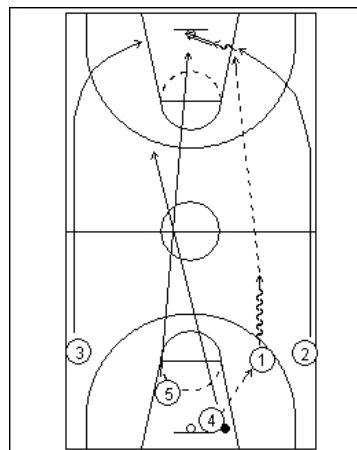


Diagram B.

On the second trip 1 circles around and receives the pass from 4, who will take the ball out of bounds after a made lay-up.

1 will advance the ball with 1-2 dribbles and pass to 3 who is running the same lane, as are all other players.

Diagram B.

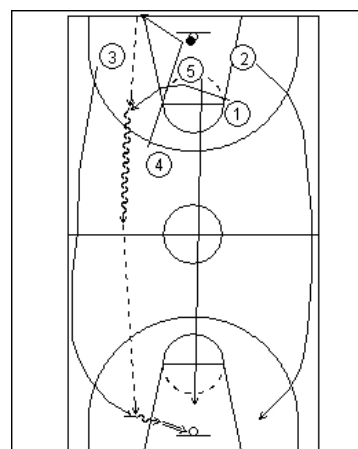
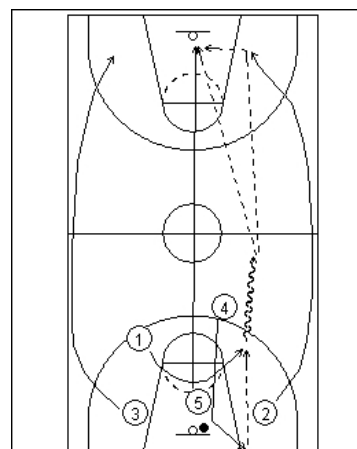


Diagram C.

Players runs lanes same as previous and now 1 will pass straight to 5 for the layup, or to 2 who will pass to 5 for the lay-up.

Diagram C.



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Diagram E.

1 Passes ahead, cuts and then receives ball back for a lay-up.

Diagram E.

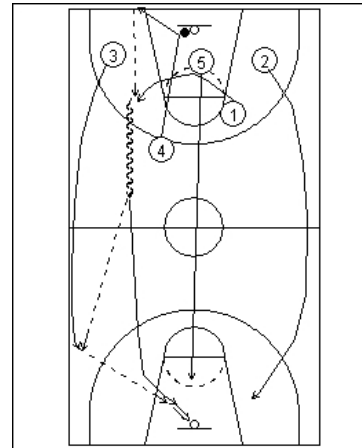
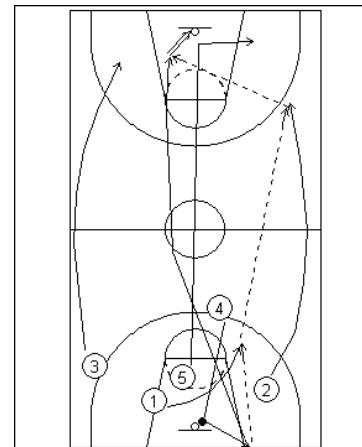


Diagram F.

1 pass ahead to 2, who will throw the ball to 4 for the final lay-up.

Diagram F.



Variations:

Add one dribble moves for the perimeter players and post moves for 4 & 5.

Time how long it takes to make 5 lay-ups and aim to beat the time every time you run the drill.

For conditioning run a "double" where the players do 10 trips.

Points of Emphasis:

1. Keep spacing, 2 & 3 get a piece of the sideline
2. SPRINT
3. Communicate which lane you are running
4. Made shot, 4 take the ball out of bounds, missed shot - rebound and run.