

## FDBA Domestic Coaches Drill Book: Transition

Name: Navy Transition

Drill No: H8

### Description:

This is a drill designed to practice defending in a momentary disadvantage situation in transition.

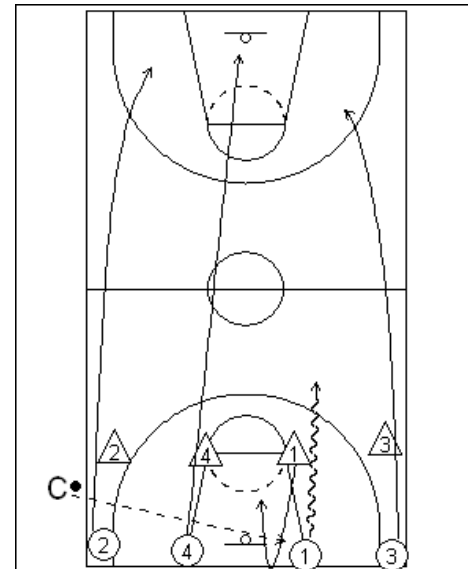
The offense will line up on the baseline ready to attack the opposite basket.

The defence will match up opposite their player and stand on the foul line extended.

The coach will pass the ball to an offensive player, once this happens the offence has a momentary advantage as the player defending the receiver must touch the baseline before being allowed to play defence.

In this instance the ball is passed to 1, so the defender must touch the baseline before being allowed to run back on defence. This leaves defenders 2,3,4 to defend the four offensive players until their teammate gets back.

Diagram A.



### Variations:

5 offense and defence with 1 player touching the sideline.  
5 offense and defence with 2 defenders (one either side of the receiver) touching the baseline for a 5 v 3 advantage to the offense.

### Points of Emphasis:

1. Defence - Communicate and pick up the nearest threats first - ball & basket.
2. Offense - run wide and look to create early layups.
3. Offense - Maintain court balance - spacing