

FDBA Domestic Coaches Drill Book: Transition

Name: Scripted Transition

Drill No: H9

Description:

This is a scripted transition drill designed to practice the different scoring possibilities out of transition.

The offense will run 3-5 trips with the coach calling out a sequence of passes for the offence to complete before scoring.

Eg. Coach call 1,2,3 = 1 passes ahead to 2, who then skips the ball to 3 for a shot or drive.

Points of Emphasis:

1. Sprint the lanes
2. Concentrate & listen to instructions
3. Communicate and help each other execute.

Diagram A.

