

11. One-on-One Transition D

Purpose:

This drill is designed to help a player recover quickly after a turnover or made basket and prevent fast break points.

Setup:

Two players – player 1 is on the baseline without the ball (defender). Player 2 is on the baseline with a ball (fast breaker).

Execution:

- * Coach blows the whistle and Player 2 takes off dribbling down the court.

- * Coach blows the whistle again and defender hustles down to catch up with the fast breaker.

- * Player 1 tries to make a layup before Player 2 catches up to them.

- * Player 2 tries to either steal with ball from behind or get in front to defend the layup.

Coaching Points:

- * The emphasis for the defender is HUSTLE! Either tap the ball from behind or get in front of the fast breaker and into defensive position.

- * The emphasis for the fast breaker is dribbling under control and staying calm under pressure.