

10. Team Transition D

Purpose:

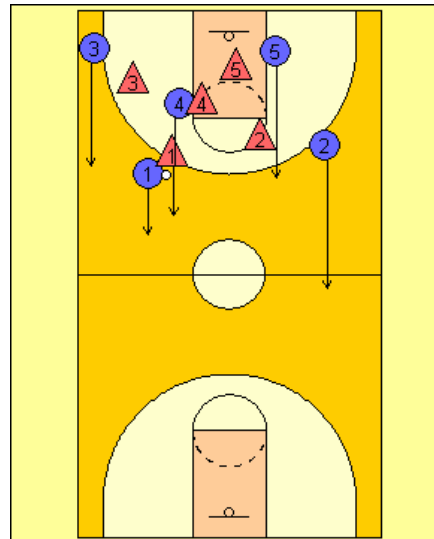
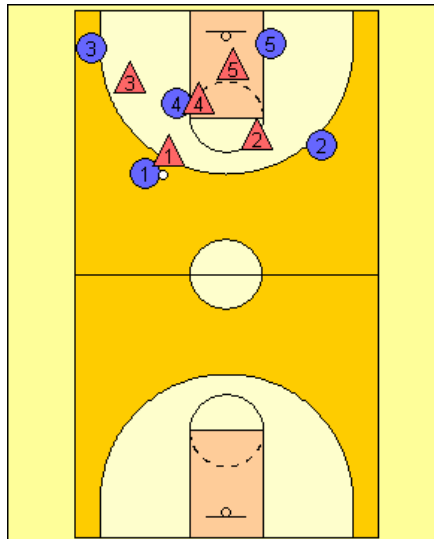
This drill is designed to help your team recover quickly after a turnover or made basket and prevent fast break points.

Setup:

Divide your squad into teams of five.

Execution:

- * When the coach blows the whistle, the offensive player with the ball will set the ball down. This will be treated as a turnover, and the offense will have to hustle back to play defense.
- * The defender closest to the ball will pick it up and get it to the point guard. The point guard will push the ball up the court and try to get a quick fast break basket.
- * If a basket is scored, play it like a regular game. If not, set up the offense and repeat the first three steps.



Coaching Tips:

- * Continually tell your players to...
 - Keep sight of the player they are guarding.
 - Make the extra pass to get an easier shot.
 - The defense should always stop the ball.
 - The defense should always sprint back to the lane and then locate their man.
 - Talk on defense – call out the person you are guarding.