



New Berlin Athletic Association  
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## **TRANSITION**

## **BASKETBALL DRILLS**

## Table of Contents

|   |          |
|---|----------|
| <b>9. TRANSITION.....</b>                     | <b>3</b> |
| 9.1 BALL DOWN DRILL(☺).....                   | 3        |
| 9.2 THREE-ON-NONE(☺).....                     | 4        |
| 9.3 ONE-ON-ONE-ON-ONE TRANSITION GAME(☺)..... | 5        |
| 9.4 TWO-ON-TWO-ON-TWO TRANSITION GAME(☺)..... | 6        |
| 9.5 TWO-ON-TWO FAST BREAK GAME(☺).....        | 7        |
| 9.6 THREE PLAYER FLYER(☺).....                | 8        |
| 9.7 THREE-ON-ONE(☺).....                      | 9        |

## 9 TRANSITION

### 9.1 “Ball Down” Drill

Level: Beginner

This drill is a five-on-five transition drill. It helps if the teams are distinguished by pull-over jerseys, if you have them. Have five players stand on the baseline – they are on “defense.” Have the other group of five players run an offensive play. Let them get most of the way through the play, and then yell “Ball down!” Whoever has the ball at that moment must put it on the ground, and all five offensive players must sprint to the opposite end of the court and transition to defense. When the coach says “ball down” this also serves as the starting point for the five “defenders” on the baseline to go after the ball, pick it up and try to beat the other team to opposite end of the court and score a fast break basket. Have each group of players take at least three turns at transitioning to defense.

After your team gains a basic understanding of this drill (it may take one or two practices) it is a good idea to bring the defense onto the court. Tell the defense that for the purpose of this drill you want them to only “mirror” the offense, moving their feet, but not trying to steal the ball with their hands. Call “ball down” and run the drill the same as described above.

There are two main points from this drill to emphasize:

1. Sprint to the defensive end after a turnover or rebound. This will not be an instinctive response for most kids. It needs to be taught.
2. Stop the ball. Often, young players will run to the defensive end, but then look exclusively for the player they are assigned to guard – forgetting about the ball. They need to be taught that stopping the ball is the most important thing.

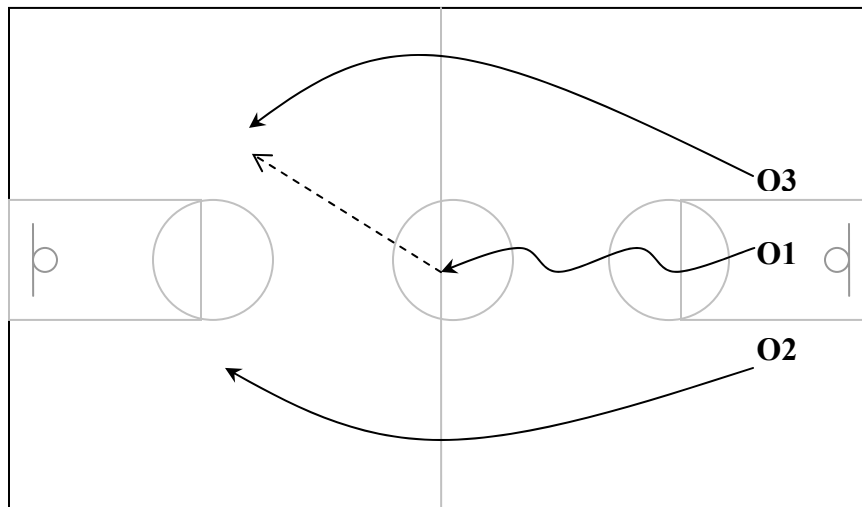
## TRANSITION

### 9.2 Three on None

Level: Beginner

Have three players begin on one end of the court. The coach puts up a missed shot and the player who gets the rebound takes off dribbling up the middle to the other end of the court attempting to fast break. The other two players get out ahead of the dribbler attacking from the edges. When the players without the basketball cross mid-court they look back to the ball for a pass (with one hand raised) but continue running to the basket. When the dribbler reaches mid-court he should make a pass to one of the players approaching the basket, who makes the catch and shoots a lay-up. It is important to emphasize that players should attack the basket from opposite sides, so that passing lanes are filled. Have them return along the outside of the court while the next group does the drill.

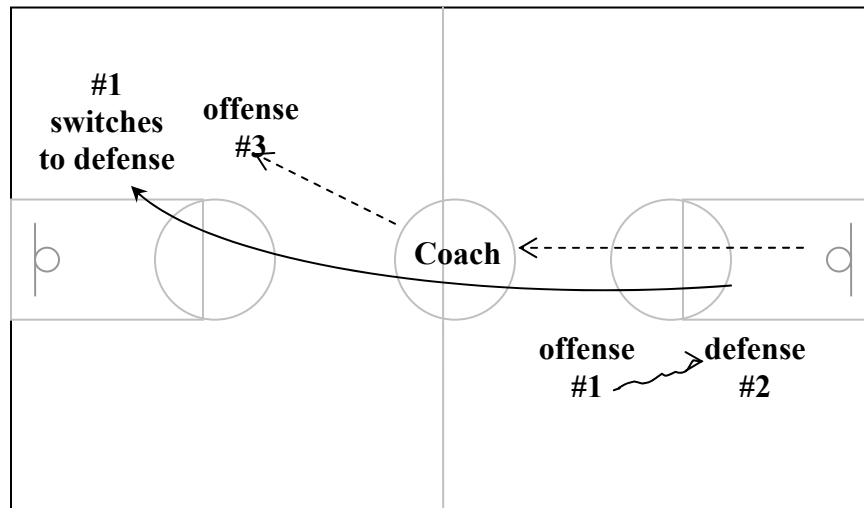
The purpose of this drill is to introduce offensive transition. Learning to look ahead for an open teammate when dribbling in transition is a difficult skill to master.



# TRANSITION

## 9.3 One-on-One-on-One Transition Game

Level: Intermediate



Three players are on the court during this drill. Player #1 starts on offense working against player #2 on defense. Player #3 starts on other end of the court.

When player #1 scores or player #2 steals the ball or rebounds it, the pass goes immediately to the coach at mid-court. Player #1 must transition to defense by running as fast as she can to the other end of the court and guard against player #3. The coach will try to get the pass to player #3 for fast break before player #1 gets back.

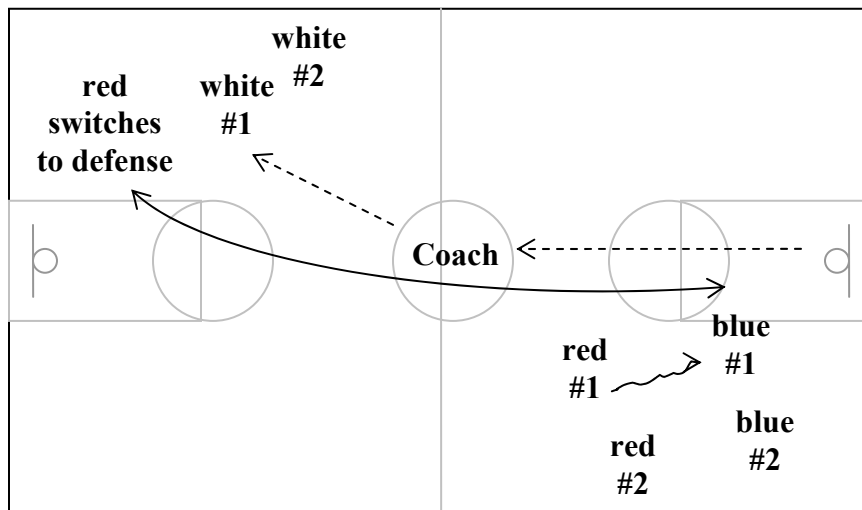
Now reverse the process. Player #3 tries to score against player #1. After scoring, turnover or a rebound, the pass goes immediately to the coach at mid-court. Player #3 must transition to the other end of the court to defend against player #2.

# TRANSITION

## 9.4 Two-on-Two-on-Two Transition

Level: Intermediate

This is the same drill as the 1-on-1-on-1 transition, except now we are playing 2-on-2-on-2. There will be six players on the court at any one time. This game can be confusing, so it is important to give the kids lots of verbal instruction while it is in progress. It also helps to color code the teams. If you have pull-over jerseys, use them. If you have two kids in white T-shirts, put them on the same team. If there are two kids in blue T-shirts, put them on the same team.



Red starts on offense against blue. If red scores, or if blue rebounds the ball, the pass comes immediately to the coach at mid-court, who passes it to white (on offense). Red must transition to defense to prevent the easy fast break basket.

Then, the process is reversed. After white either scores or turns the ball over, the pass goes immediately to the coach at mid-court who passes it to blue (now on offense). White must transition to defense to prevent the easy fast break basket.

This same drill can be done as 3-on-3-on-3. Great conditioning.

## TRANSITION

### 9.5 Two-on-Two Fast Break Game

Level: Intermediate

This is another 2-on-2 transition game that is designed to give the offense a slight advantage in trying to execute a fast break. O1 starts at the baseline with the ball and O2 starts at the wing. D1 starts at the bottom of the arc and D2 starts on the baseline.

O1 overhead passes to O2 to start the drill. O1 should dribble the ball toward the basket and either take it in for a lay-up, or if covered pass it to O2. The two offensive players should attack on opposite sides of the basket. The idea is to make it difficult for one defender to guard the two offensive players. The other benefit of attacking from opposite sides is to have more area covered in the event of a rebound.

As the drill starts, D1 should sprint back to the defensive end, to about the bottom of arc and defend the basket. D2 can not start running to the defensive end until the first offensive player crosses mid-court. The intent is to give the offense a 2-on-1 advantage as long as they attack quickly. If they wait too long, the second defender will catch up. Have the players return along the side court while the next group does the drill.

The purpose of this drill is to instill a *sense of urgency* in executing the fast break.

