

Transition Offense Drills



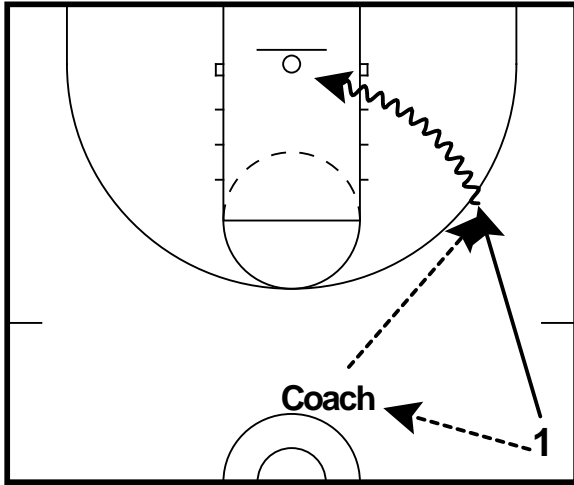
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Transition Finishes

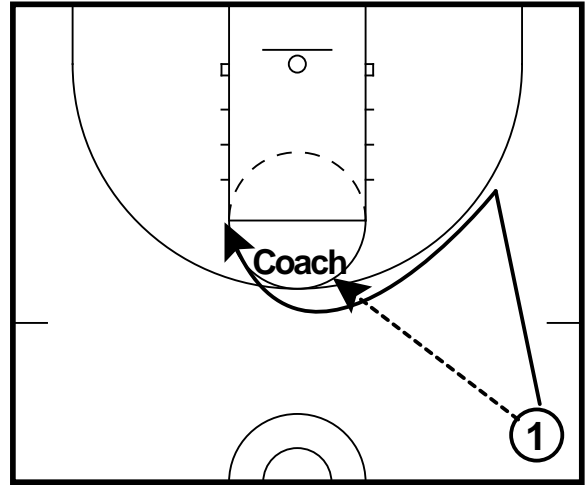
Finishing Drills

Transition Finishes
Frame 1



Offensive player sprints from half-court.
Coach passes to player.
Player catches and jump stops, sweeps, etc. and finishes at the basket.
Player gets own rebound, gets in line on the other end of the court with another coach, and repeats.

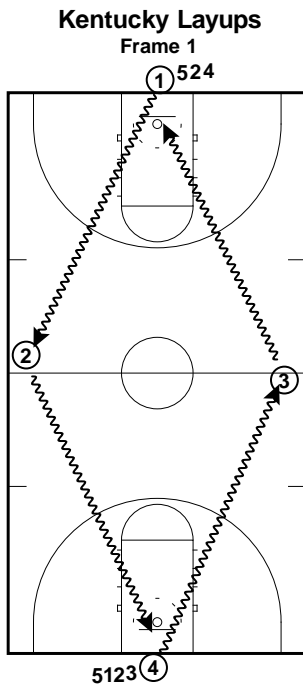
Transition Finishes
Frame 2



Variation:
Player passes to coach, cuts down sideline, then comes off coach for a hand off.

Kentucky Layups

Finishing Drills

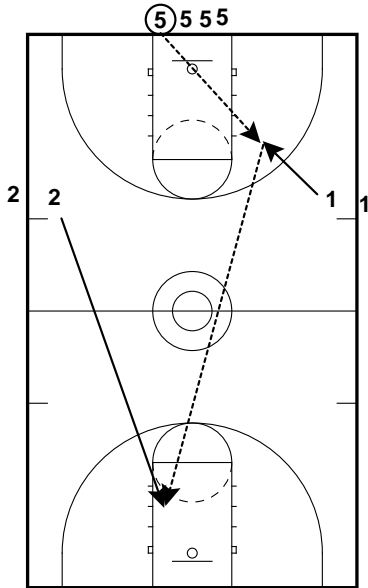


- Full Court Layup Drill - 4 balls.
- 2 Minutes on the clock.
- Goal is to make as many layups as possible.
- Drill starts with two balls start at half court facing each way and the other two balls start on the baseline. After a player shoots a layup the next person in line goes.
- Drill continues for 2 minutes to see how many makes they can get.

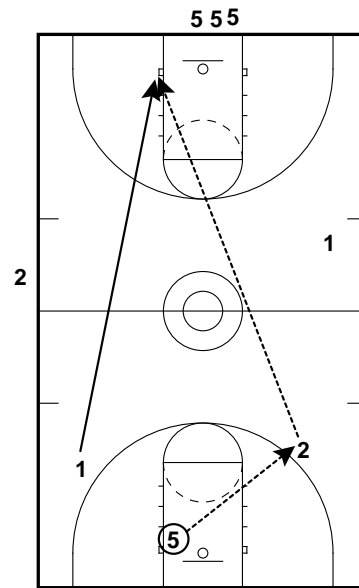
Long and Short

Transition Drills

Long and Short
Frame 1



Long and Short
Frame 2



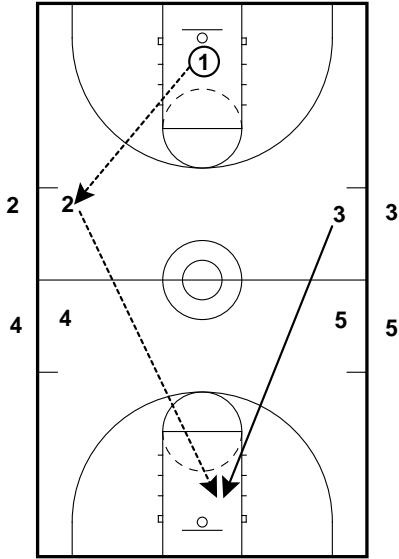
Posts under basket, guards at half-court lines.
 5 takes ball out, outlets to 1, 1 hits a streaking 2.
 5 must get ball out of the net before it hits the floor.
 5 sprints down floor, 1 comes to elbow.

5 gets rebound, outlets to 2, who throws deep pass to 1 for layup.

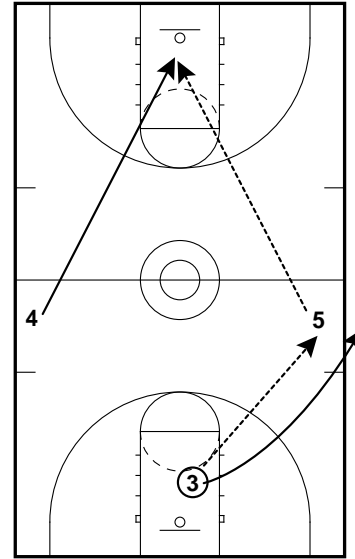
Mountaineer Layups

Transition Drills

Mountaineer Layups
Frame 1



Mountaineer Layups
Frame 2



There are 4 spots (each hash mark, basically) once the drill gets going. Players
 1 outlets to 4.
 4 throws ahead to 3 for the layup.

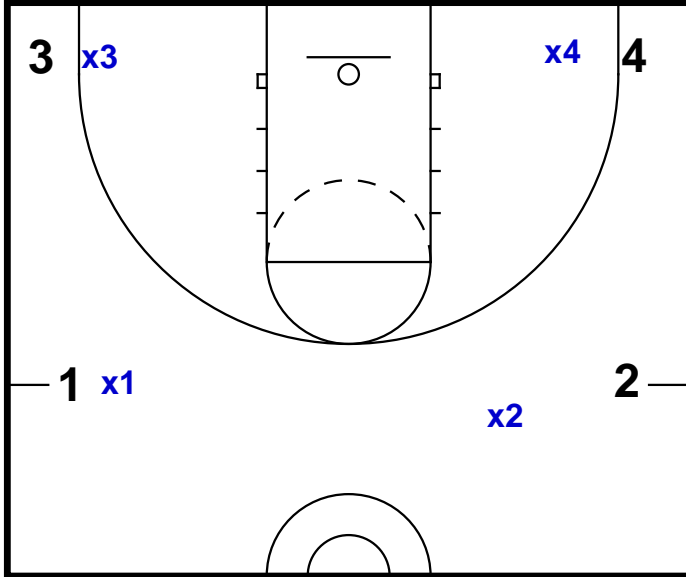
3 gets his own rebound and outlets to 5.
 5 throws ahead to 4.

Rotation continues.

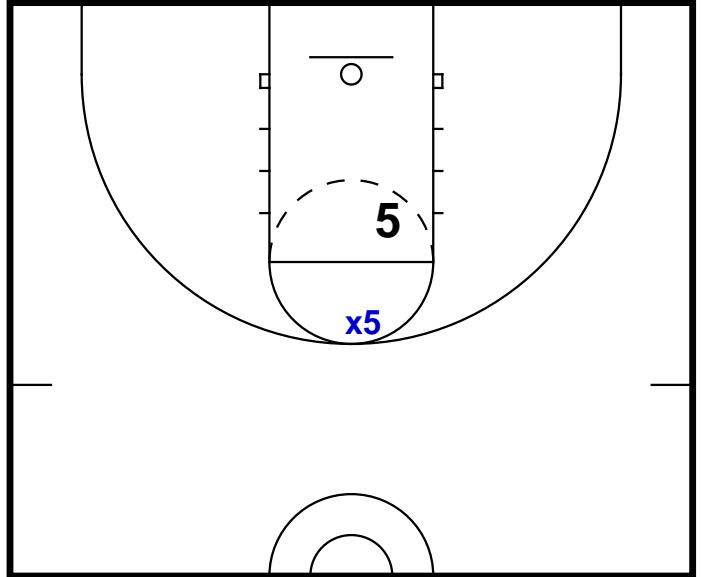
Navy Transition

Transition Drills

Navy Transition
Frame 1



Navy Transition
Frame 2

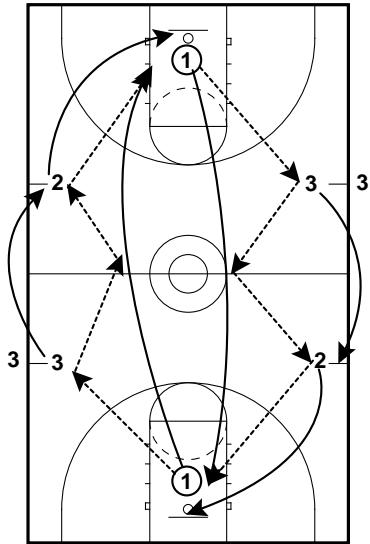


Whoever the coach throws to is on offense going the other way. You can choose which team is always offense OR you can have players fight/scrap for ball and possession.

101

Toughness Drills

101
Frame 1



5 minutes to make 101 layups:

1 passes to 3, 3 passes back to 1, 1 to 2, 2 back to 1, 1 shoots layup.

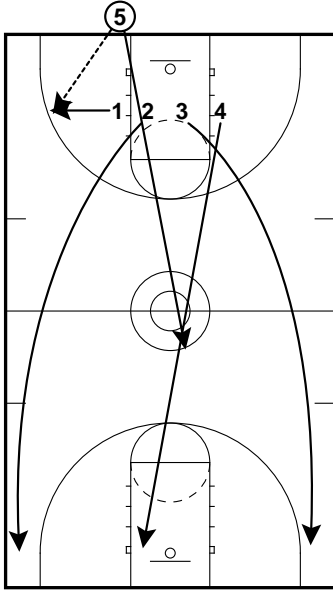
After you pass, you follow the ball to the next spot.

3 takes 2 spot. 2 takes 1 spot. 1 takes 3 spot.

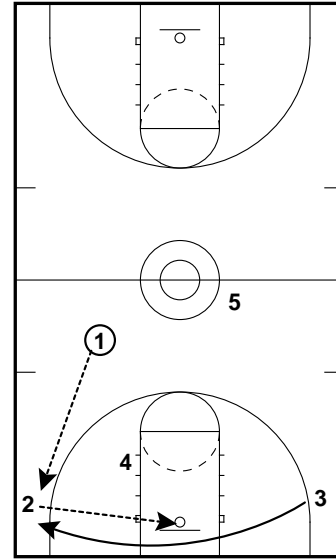
Transition Cycles

Transition Drills

Transition Cycles
Frame 1



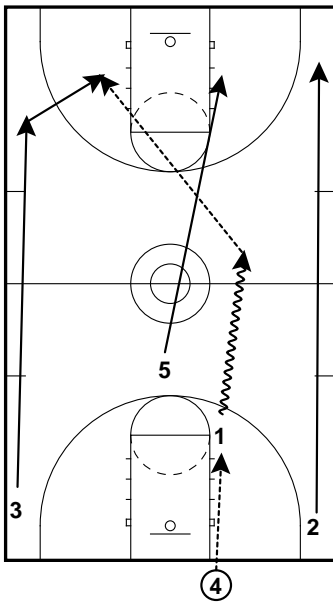
Transition Cycles
Frame 2



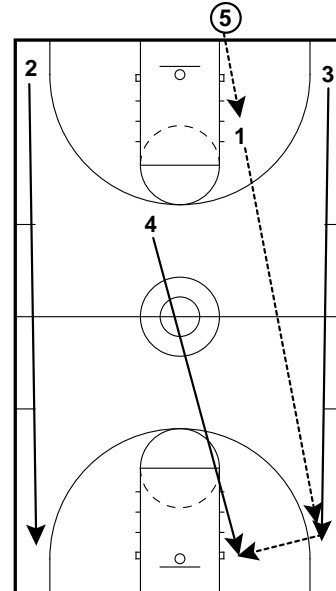
Coach throws to 5.
On 5's catch, the wings (2, 3) run WIDE down the sidelines, 1 breaks for the outlet, 4 rim runs, and 5 trails the break.
Note: Wings must CROSS underneath each time through.

1st Read: 1 pitches ahead to 2, 2 shoots a layup. 4 rebounds and outlets to 1.
Drill continues, but now 5 is the rim runner and 4 is the trailer (see next)

Transition Cycles
Frame 3



Transition Cycles
Frame 4



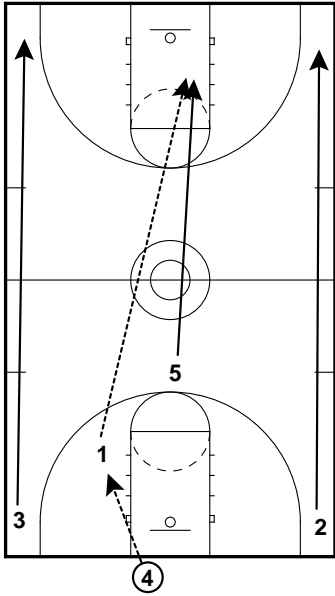
2nd Read: Everyone runs their lanes. Now, 1 throws a cross court pass to 3 for the layup.

3rd Read: 1 pitches ahead to 3. 3 throws it to 4 in the post. 4 finishes.

Transition Cycles

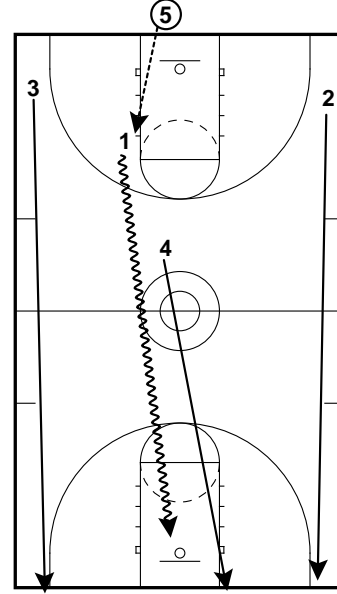
Transition Drills

Transition Cycles
Frame 5



4th Read: 4 inbounds to 1.
1 passes to 5 streaking down the floor.

Transition Cycles
Frame 6

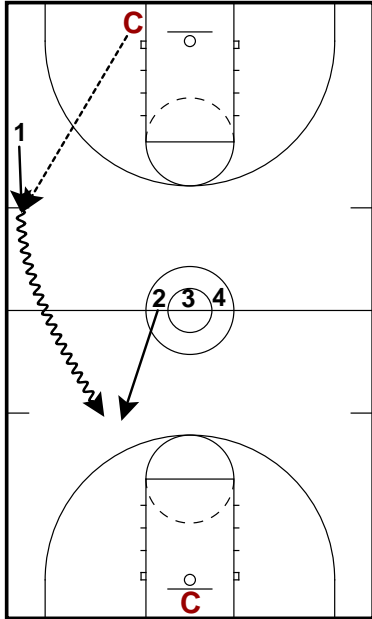


5th Read: 1 gets inbounds and goes coast to coast.
Drill doesn't end until everyone touches end line.

Iona 1v1

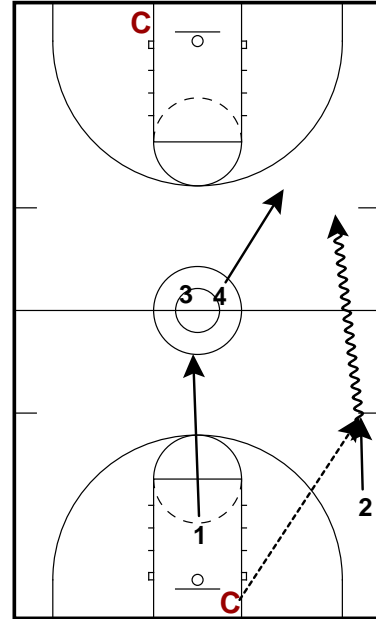
Finishing Drills

Iona 1v1
Frame 1



- 1 takes off.
- Coach passes to 1.
- 2 defends as soon as 1 crosses half.
- Whoever wins gets to go on offense the other way.

Iona 1v1
Frame 2

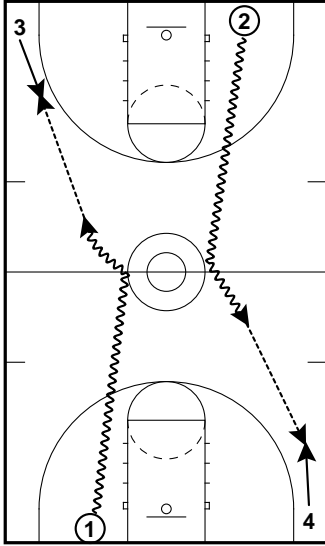


- Can run drill for time (most points wins).
- Can run drill as elimination (you lose and you're off)
- Can run drill until someone scores a set amount

Italian Drill

Transition Drills

Italian Drill
Frame 1



1 and 2 dribble to half-court, cross over, and then pitch ahead.

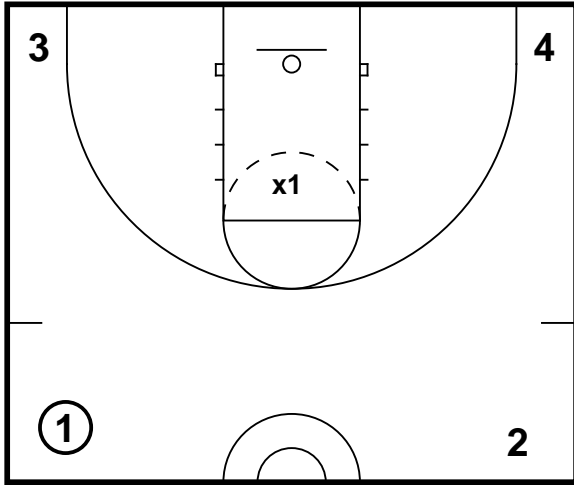
Sequence:

1. Pass ahead 3
2. Pass ahead, drive, kick back
3. Pass ahead, drive

Half Court 2-on-1

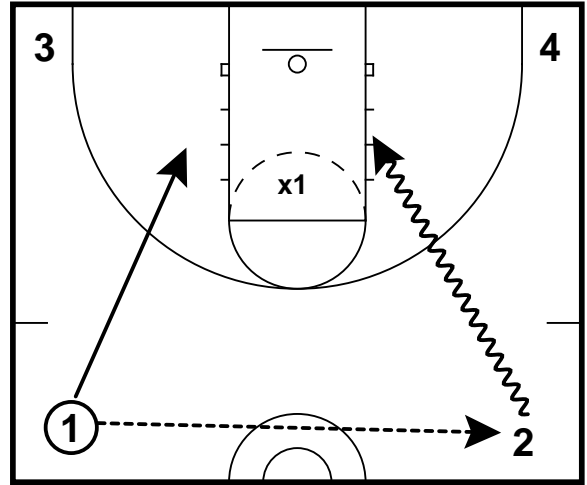
Transition Drills

Half Court 2-on-1
Frame 1



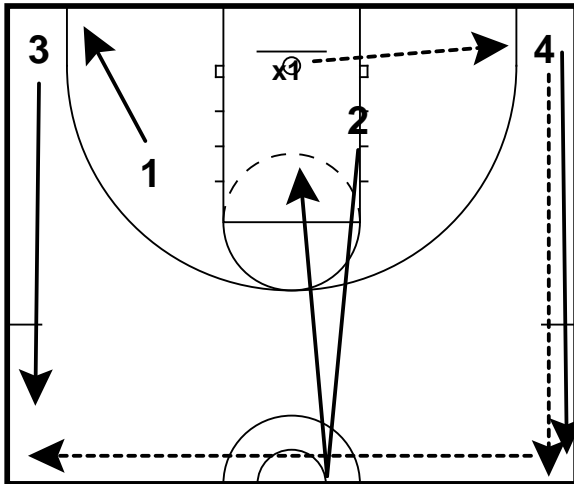
Initial Set Up

Half Court 2-on-1
Frame 2



1 skips the ball to 2.
2 and 1 try to score on x1.

Half Court 2-on-1
Frame 3

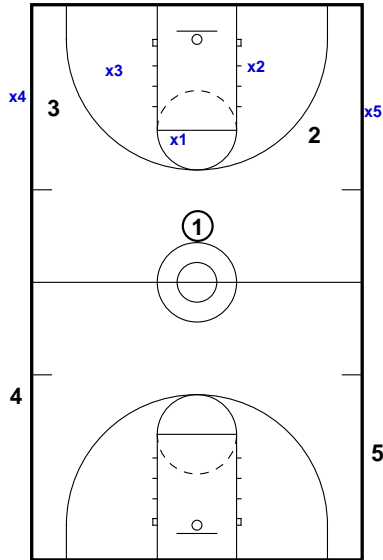


Shooter (2 in this instance) runs to touch half court and is now on defense.
Defense gets rebound and outlets to 3 or 4 (4 in this case).
4 then outlets to next man waiting, who skips the ball, and the drill continues.

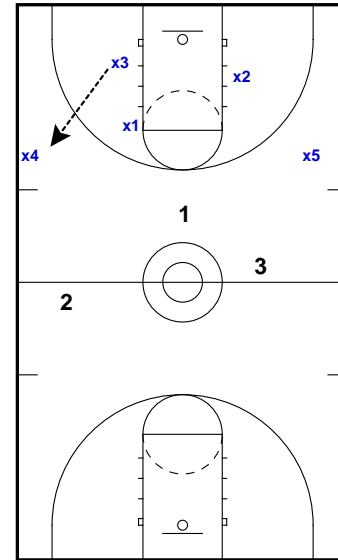
3 on 3 Continuous

Transition Drills

3 on 3 Continuous
Frame 1



3 on 3 Continuous
Frame 2



Play 3v3. Whether the offense scores or not, they are getting back on defense. Offense always converts to defense before coming off.

Whichever defensive player who rebounds the ball outlets to closest side and stays on the floor for transition. The other two go to opposite lines.

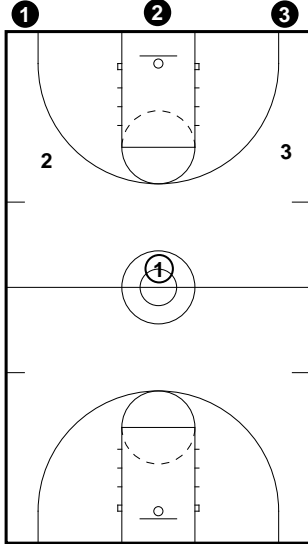
For instance, x3 got the rebound and outletted to x4. Now x3, x4, and x5 are on offense the other way against 1, 2, and 3.

Drill continues in this pattern.

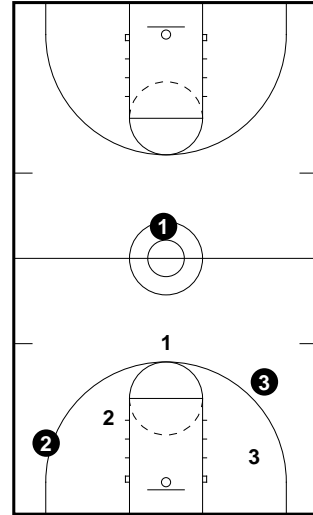
76ers Transition Drill

Transition Drills

76ers Transition Drill
Frame 1



76ers Transition Drill
Frame 2



1, 2, or 3 score
Each player must get inside lane and sprint back.
Black team rebounds and attacks.
EMPHASIS on pitching ahead and attacking.

Drill repeats. Black team is now getting back on defense (everyone must touch inside lane)

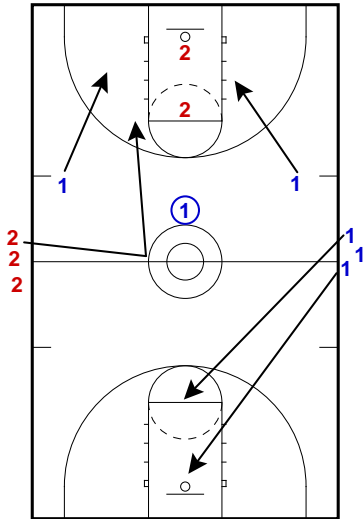
Go 4 times and then switch teams

POINTS
- 1 for missed layup, violation
+ 1 for steal, OR
Regular points scoring

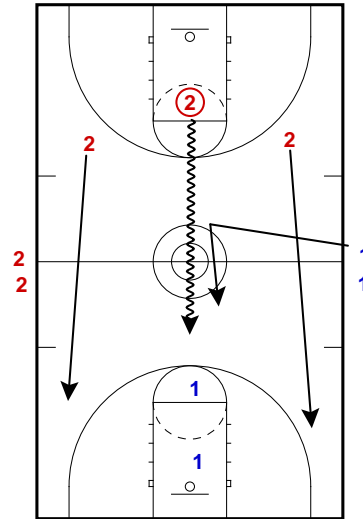
UCLA

Transition Drills

UCLA
Frame 1



UCLA
Frame 2



This is a one shot drill (8:00 minutes)
2 or less passes

Team 1 goes 3-on-2 against Team 2.
Once the ball crosses half-court, an extra defender from Team 2 comes in to help (he must go to the half-court circle before he can enter the play).

Once the shot goes up, 2 players on the sideline for Team 1 sprint to other end to prepare to play defense.

Team 2 comes back after they rebound.

Now a player from Team 1 is recovering.

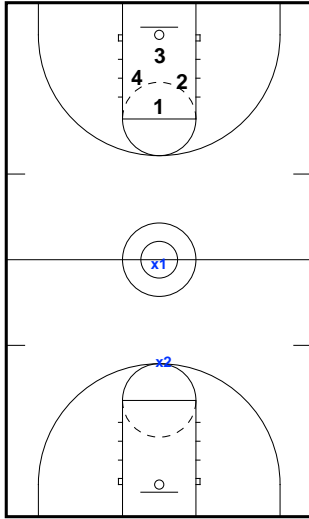
Repeat for 8 minutes.

Coach decides how to do scoring (how much a 2 is worth, how much a layup is worth, how much a 3 is worth, whether or not to take away points for turnovers, etc.)

4v2 Transition

Transition Drills

4v2 Transition
Frame 1



Constraints:

- 1 - Early and Opposite
- 2 - Early and Up
- 3 - Dribble and Push
- 4 - Read the Nail

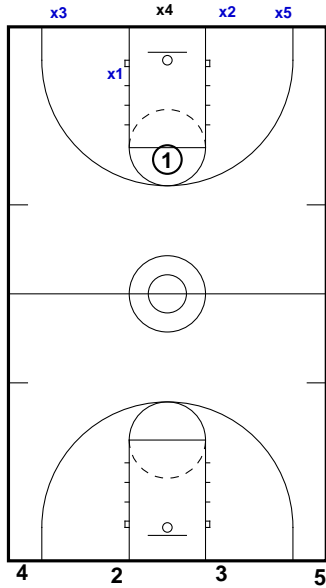
Shooter and Passer become next defenders.

On Offensive Rebound, no dribble allowed. Either put back or kick out. 1 extra shot allowed.

Nets Transition

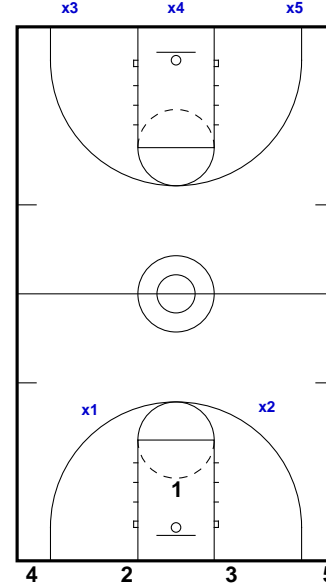
Transition Drills

Nets Transition
Frame 1



1 shoots free throw
When x1/x2 rebound, they bring it down the floor against 1

Nets Transition
Frame 2

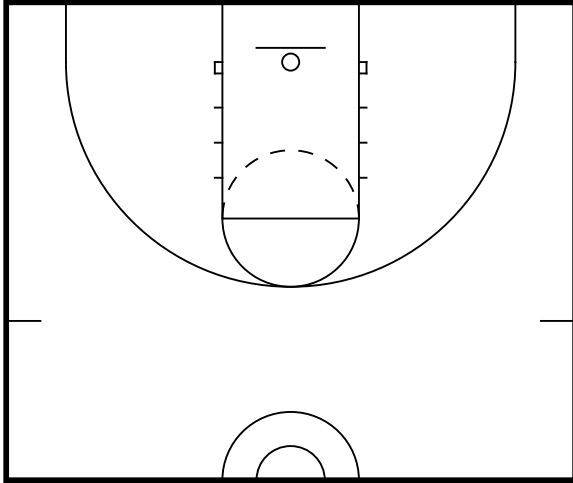


Once 1 secures the rebound, 2 new players jump on the floor on offense (this happens every time)
x1 and x2 sprint back on defense.
Drill continues until it's 5v5.
Play for 8:00 minutes

Quick Strike

Transition Drills

Quick Strike Frame 1

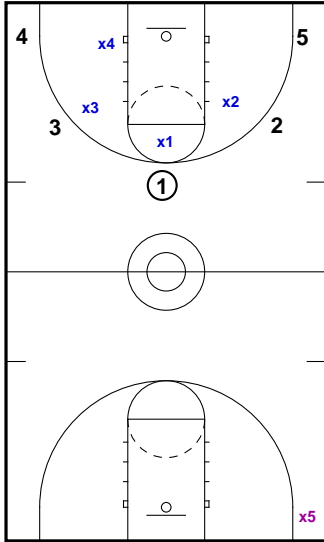


Put 24 seconds on the clock. However much time is left on the clock when a team scores is how many points they get. If you foul, the offense gets a free throw worth the amount of time on the clock. Pick a score and play to it.

Ohio Transition

Transition Drills

Ohio Transition
Frame 1



5v4 live on one end.

Defense has a guy all the way back.

Layup = 4 points, 2 = 2 points, 3 = 3 points

Play to 9.

Go 2 trips and then reset.