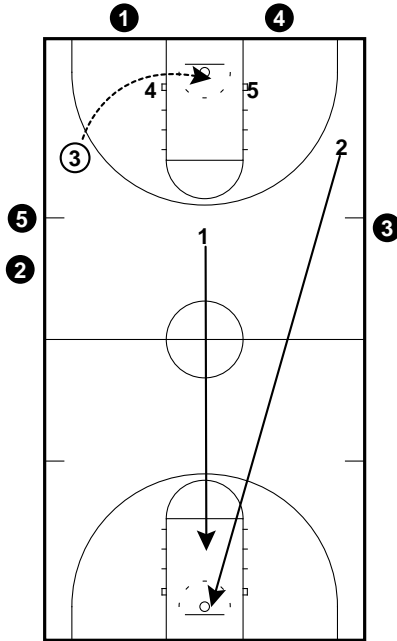


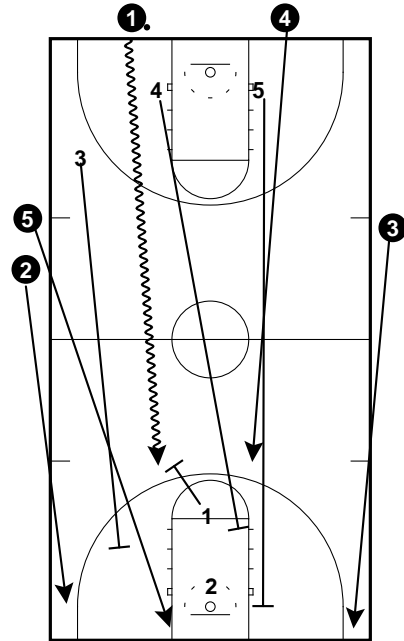
Transition Defense Drills

5 on 0 to Transition D



Team 1 works on 5 on 0 Offense in the half court. Team 2 (Dark Circles) is ready to break the other way on the shot--PG has the ball underneath hoop.

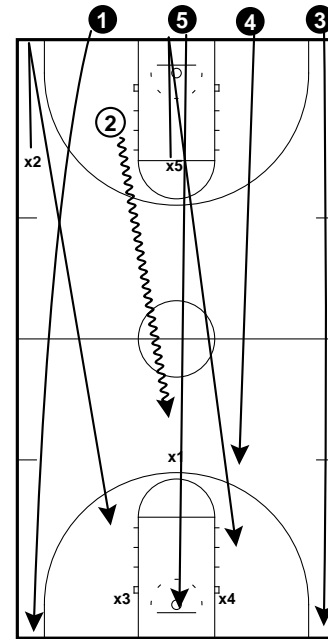
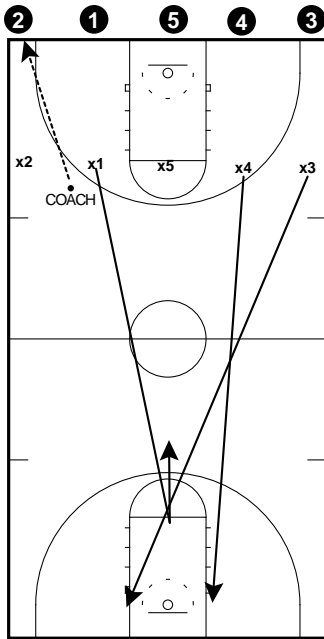
*Team 1 works on flying back to D on shot (4&5 crash)



On shot, PG (Dark 1) breaks the other way. Defense has to get back and get set.

Transition Defense Drills

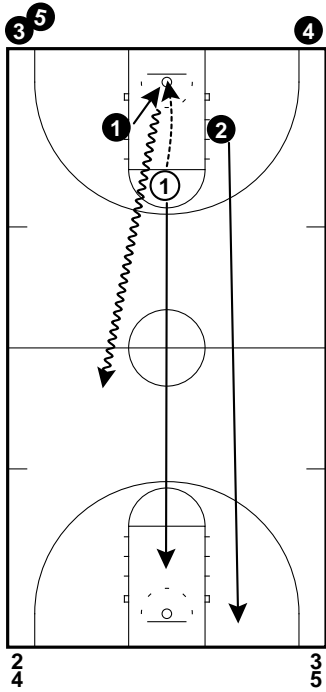
Line Transition Drill



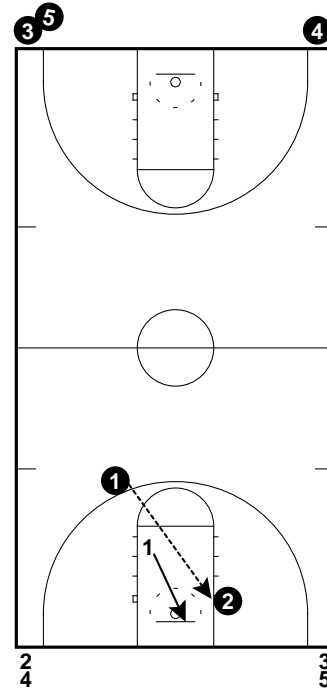
Coach starts with the ball. Throws it to any of the offensive players who immediately break the other way. Whoever the coach calls out (can be 1 or 2 names..in this case x2 & x5) from the defensive team must touch the baseline before sprinting back to defense.

Transition Defense Drills

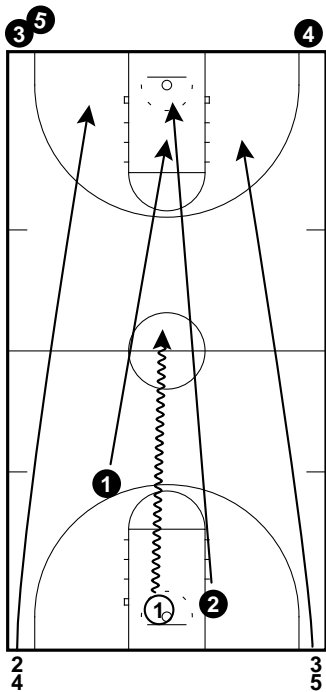
Cincinnati Transition Drill



Drill starts with a FT from Team 1. 2 defenders on the blocks rebounding (Team 2-dark circles). Once FT is shot, the 2 defenders become offensive players leading a 2 on 1 break vs the player who just shot the FT.



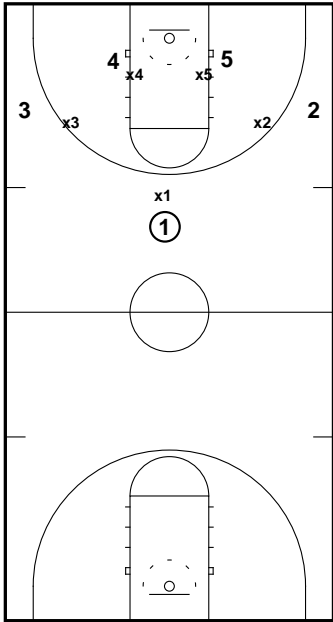
Once a shot goes up on this end, Team 1 will add 2 new players (2 & 3) leading a 3 on 2 break against Team 2 who just shot the ball.



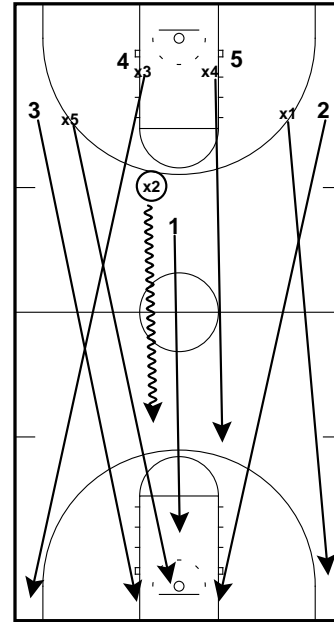
Team 1 leads 3 on 2 break. Once they shoot, team 2 will break on a 4 on 3 break. The drill continues until it becomes 5 on 5. Head coach can decide how many possessions of 5 on 5 to play - or - just reset the drill. Play to a certain score.

Transition Defense Drills

Change to Go



CHANGE DRILL: Offense executes offense vs 5 defenders (trying to score). Whenever coach yells "change", the ballhandler must place the ball on the ground exactly where he is and defense becomes offense (and vice versa). Rule- you cannot pick up the same person who was guarding you (this creates a scramble situation). Now the new offensive team is executing their offense vs the new defense looking for a score.



Progression to CHANGE Drill: GO DRILL

If at anytime, the coach yells "GO" the ballhandler must place the ball exactly where he is...the new offensive team will break the other way in transition and the new defensive team must get back in transition D. (NOTE: I would recommend running change drill several times before adding the "GO" aspect)