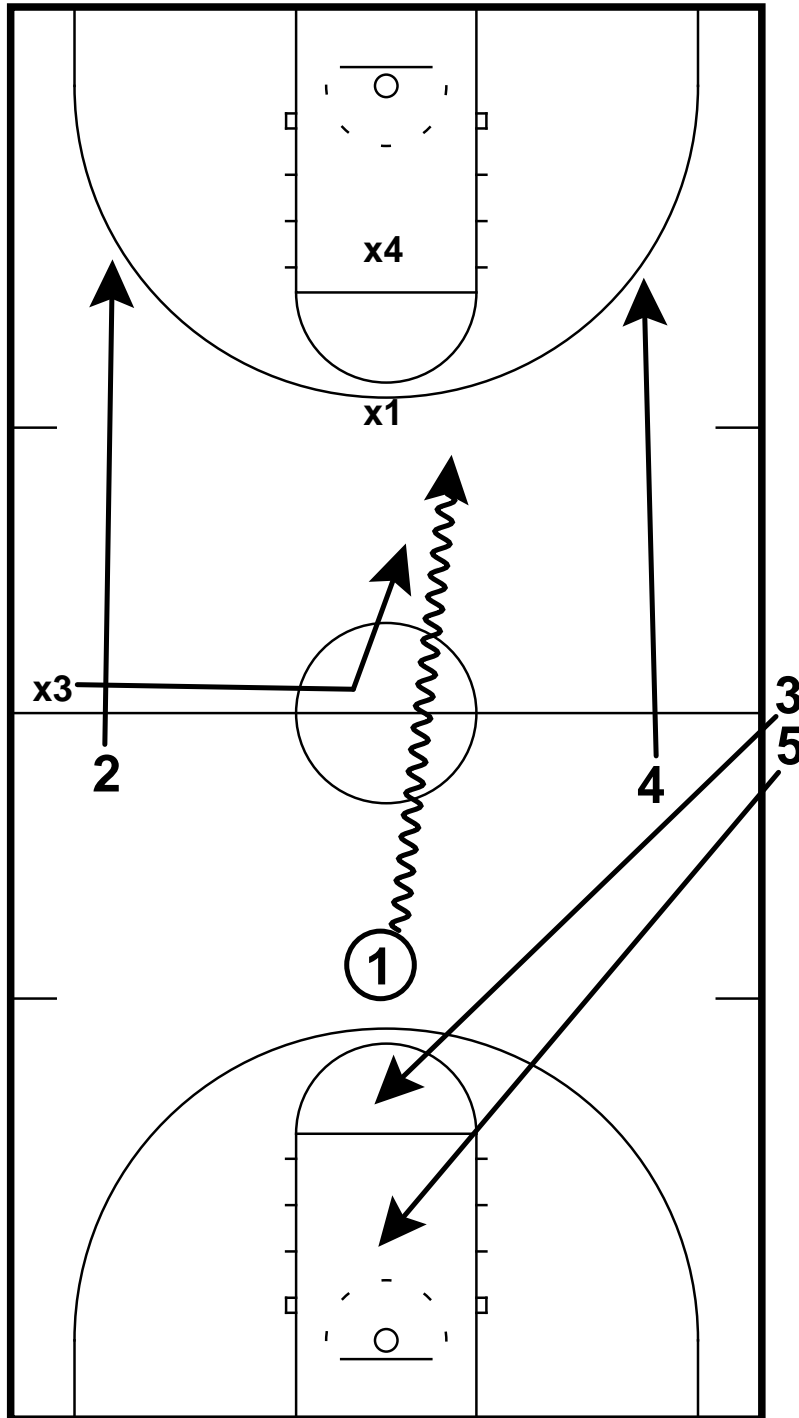


3 on 2 Continuous Defensive Transition



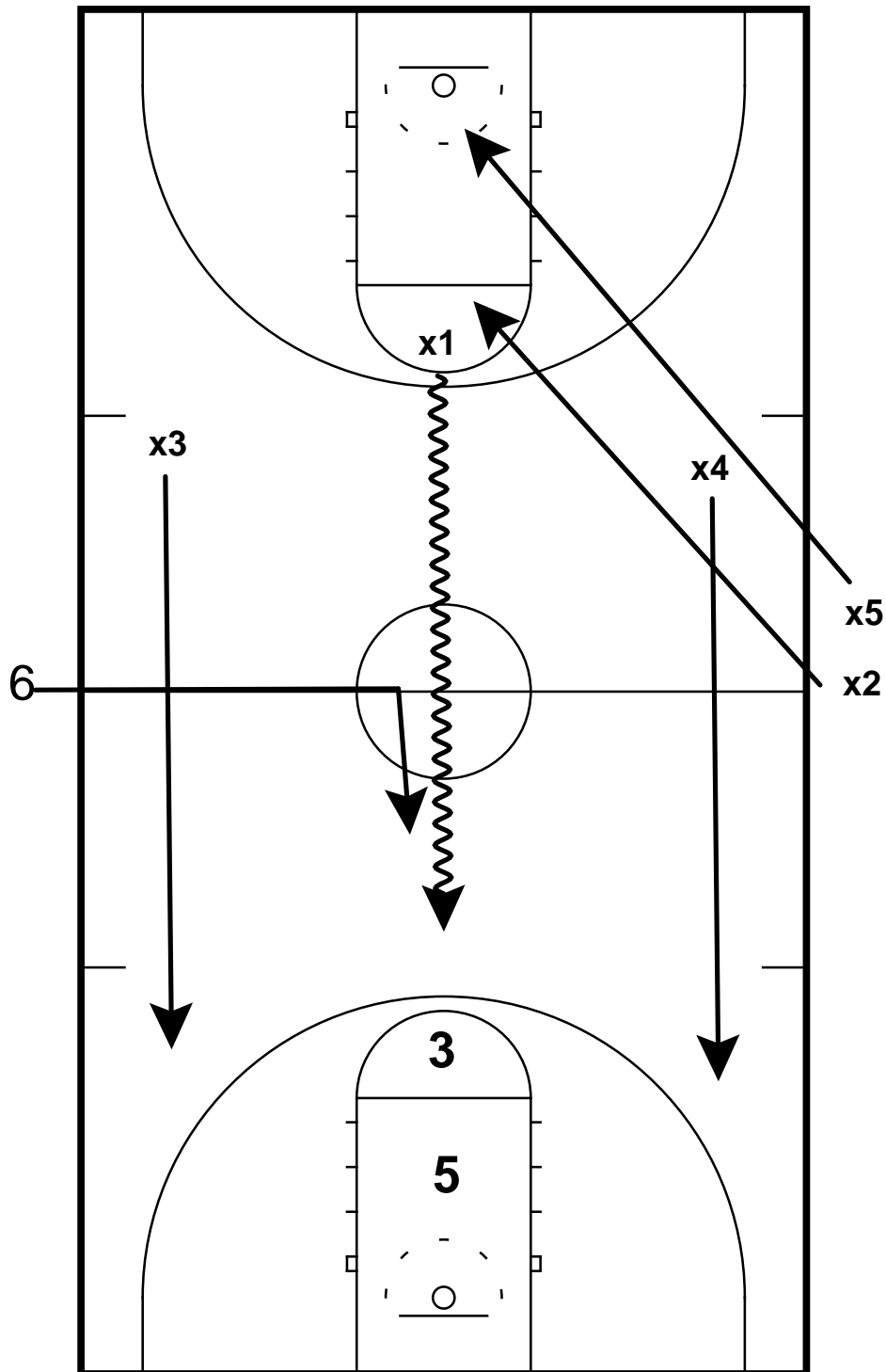
Transition Defense: 3 on 2 Continuous

Positions:

Defense - (x1) and (x4) start in a defensive tandem. (x3) starts at half court.

Offense - (1), (2), and (4) start behind court and are spaced properly to attack 3 on 2 situations.

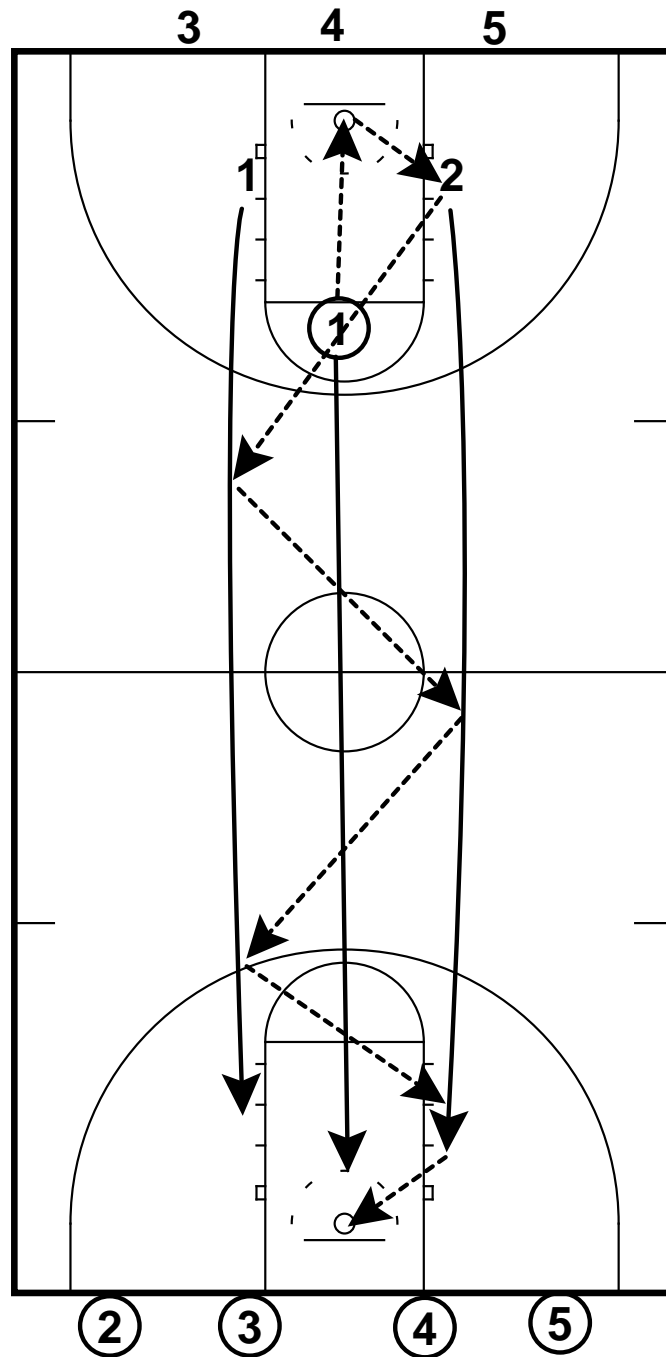
3 on 2 Continuous Defensive Transition



Drill:

(1), (2), and (4) vs. (x1), (x4). On the whistle, (1), (2), and (4) go on (x1) and (x4). As soon as (1) dribbles over half court, (x3) touches the center circle and is in the play. On the rebound, score or turnover, (x1), (x4), and (x3) break out and go 3 on 2 vs. (3) and (5). (6) is ready to touch the center circle when (x1) dribbles over half court. The drill remains continuous for time.

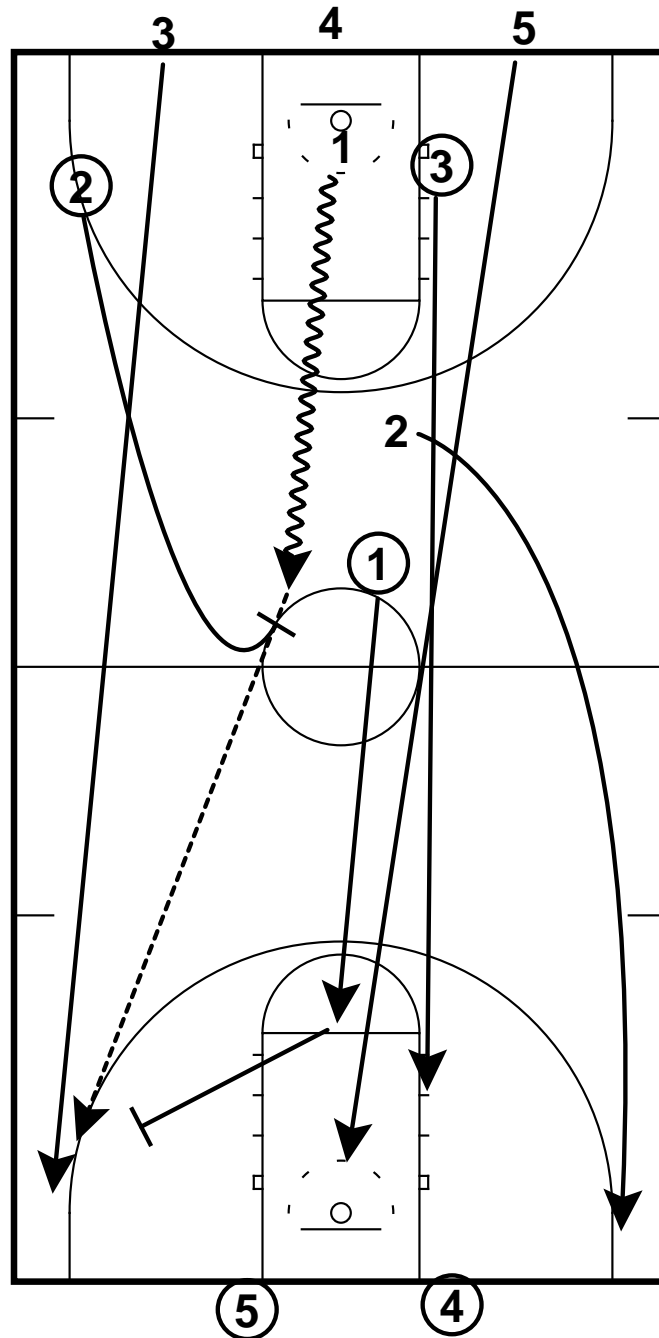
Hawk Transition Defensive Transition



2 v 1:

1. The drill begins with a Free Throw.
2. The ball is rebounded and then transition takes place 2 v 1.
3. Points are awarded on the value of the shot scored. Additional points can be given for other things such as offensive rebounds, etc.

Hawk Transition Defensive Transition



4 v 3:

1. Play continues when the defense obtain possession and two players add to make the transition 4 v 3.
2. This pattern continues to 5 v 4 and then finishes on the 5th trip of the floor 5 v 5.
3. The drill then resets and the opposing team starts with the free throw.
4. Scores are recorded for a final winner when the drill ends.