

FULL – COURT 1 V 1 TRANSITION DEFENSE

In these drills, I want my players to be able to play aggressive 1 v 1 full court defense without relying on any help and would like them to be executing our transition defense principles.

Drill # 3, Diagram # 10: In this drill, we would like to work on 'short safety' rule. Drill starts with defensive player handing out the ball to the offensive player and they play 1 v 1 full court. Main idea is to make sure defensive player keeps the ball - handler on the side of the court all the time during the drill.

Diagram # 11 As a continuation of diagram #10, drill continuous with '4/3 man' inbounding the ball to the new offensive player at the free throw line extended. The player who just make/miss/turnover the ball turns into a defensive player.

DIAGRAM # 10

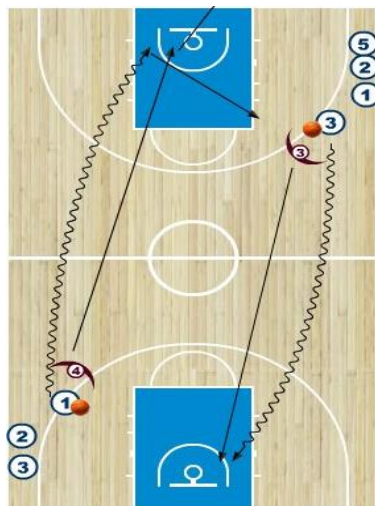
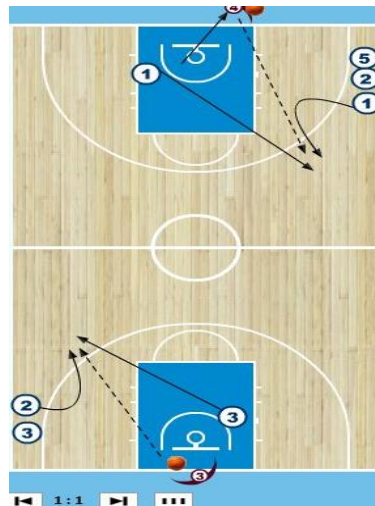


DIAGRAM # 11



2 v 2 CONTINUOUS TRANSITION DEFENSE

In this drill I would like to focus on 2 v 2 scenarios and would like to run the same drill that we run at drill # 3.

Drill # 4 (Diagram # 12, Diagram # 13): When the defense gets the ball, it is passed to the next two offensive players. The two player who were on offense must quickly become the long and short safety. The players who were on defense fill in as the next subs.

DIAGRAM # 12

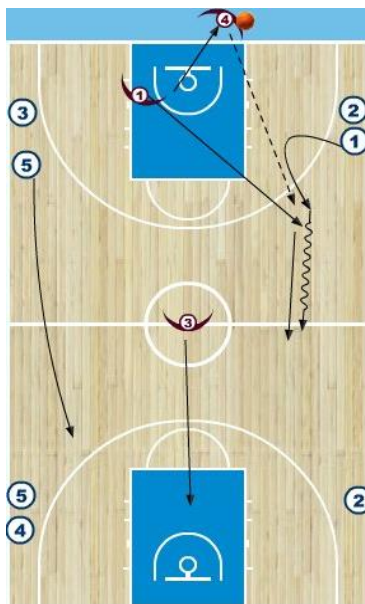


DIAGRAM #13

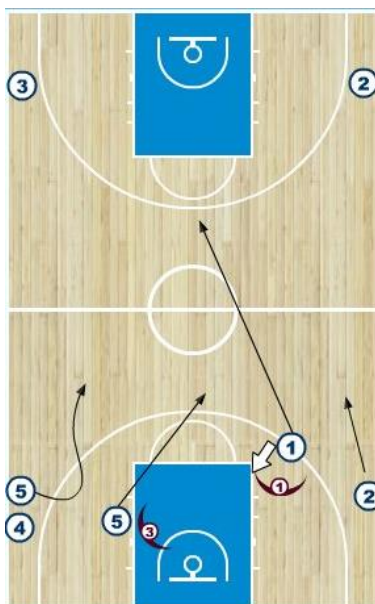
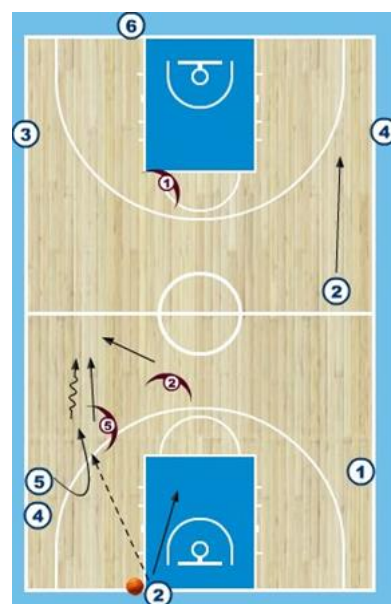
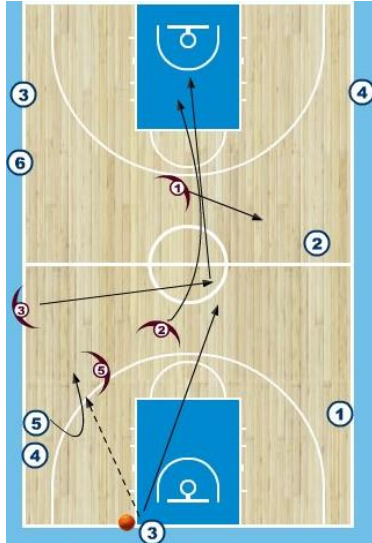


DIAGRAM # 14



3 V 3 CONTINUOUS TRANSITION DEFENSE

Drill # 5, Diagram #14: In this drill we would like to add the 3rd offensive and defensive player into the game. Once we start playing 3 v 3 full court game, that's the time I would want my team to focus on executing 'shadow' transition defense principles. As to keep things simple and understandable, I would like to keep building on the same drill that we have had so far. In this drill the third player is standing out of bounds ready to inbound the ball. This allows the team to practice the shadow technique. The player guarding the inbounder can stop and help since the inbounder is trailing.



RELEASE INTRODUCTION Drill # 6, Diagram # 15:

Adding the third offensive player up to the floor, it forces the defense to practice the release technique as this offensive players run to the rim. This player must run through the centre circle to simulate as a first big. The long safety cannot give up the basket until the other player comes back to release.

4 V 4 V 4 TRANSITION DEFENSE

Drill # 7, Diagram # 16/17/18: In this drill, I divide the team into 3 groups by 4 players. This drill represents the idea of possible real game situations and also allows me to go through all the transition defensive principles. In this drill, when the team on offense gives up the ball, they must quickly match the team that is out of bounds. The defensive team must sprint the floor to set up in the spots out of bounds for when possession of the ball changes.

DIAGRAM # 16

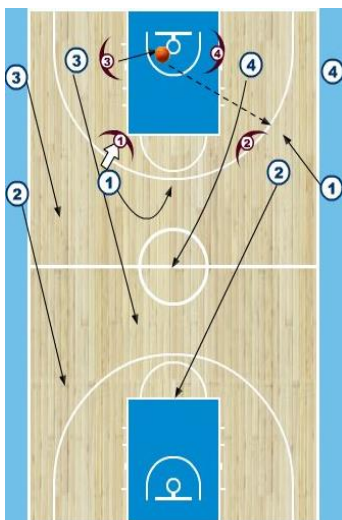


DIAGRAM # 17

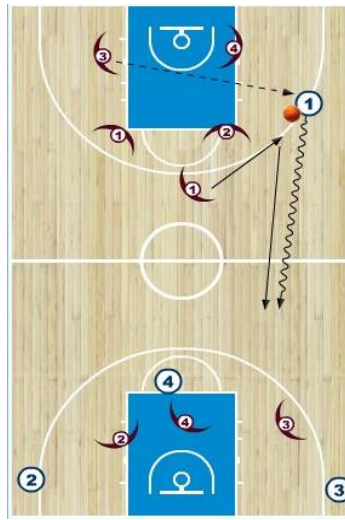


DIAGRAM # 18

