



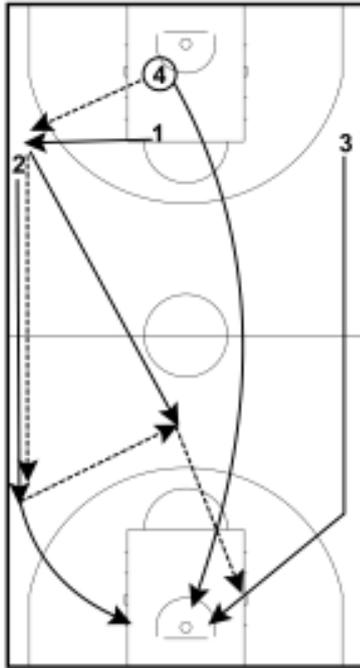
DRILL OF THE WEEK

“FOUR MAN TRANSITION DRILL”

DRILL PURPOSE

This is a drill that emphasises the importance of offensive transition, floor spacing, lane running, passing and finishing at the rim with a heavy dose of conditioning. It is a drill used by many coaches on a daily basis including NBA Hall of Fame Coach Larry Brown.

INSTRUCTIONS:



1. This drill requires a minimum four players a ball and a full court
2. Start with all four players inside the keyway at one end
3. 4 man throws the ball up against the backboard and all players immediately begin moving to their positions in transition
4. 4 man rebounds own pass off the backboard
5. 1 gets their backside to sideline and receives outlet pass
6. 2 sprints to the right half court axis at full pace then down the sideline
7. 3 sprints to the right half court axis at full pace then down the sideline
8. After making the outlet pass, 4 runs slightly left of the middle of the floor (outside the centre circle)
9. 1 kicks ball up the sideline to the 2 and then sprints towards the top of the keyway
10. 2 kicks the ball back to the 1
11. 1 kicks the ball to the 3 for a lay-up

12. 4 running the length of the floor rebounds the ball before it hits the floor
13. 2 & 3 crossover sides of the floor and sprint to the half court access then down the sidelines
14. 1 get's to the outlet position, backside to the sideline and receives the inbound / outlet pass from the 4
15. Players repeat the transition routes going back the other way



POINTS OF EMPHASIS

1. The ball is not to hit the ground at any time
2. Rebounder to pivot outwards and perform correct outlet passing technique
3. 2 & 3 should sprint to half court axis before peaking over their inside shoulder to look for the ball
4. 1 must receive the ball backside to sideline on outlets so they can see the whole floor for kick ahead passes

ALTERNATIVES

1. Start with your group performing 2 lay-ups (up and back), then 4 lay-ups continuous (2 X up and back), then 6, and finally 8 lay-ups continuous
2. Have the trailing 4 man finish the final two baskets when performing 8 lay-ups as reward for running the floor hard.
3. If the players miss lay-ups or the ball hits the floor – 5 push-ups for each indiscretion