

Numbers Transition

Drill Specifications

Drill Theme: Passing, Shooting, Odd Man
Floor Position: Full Floor

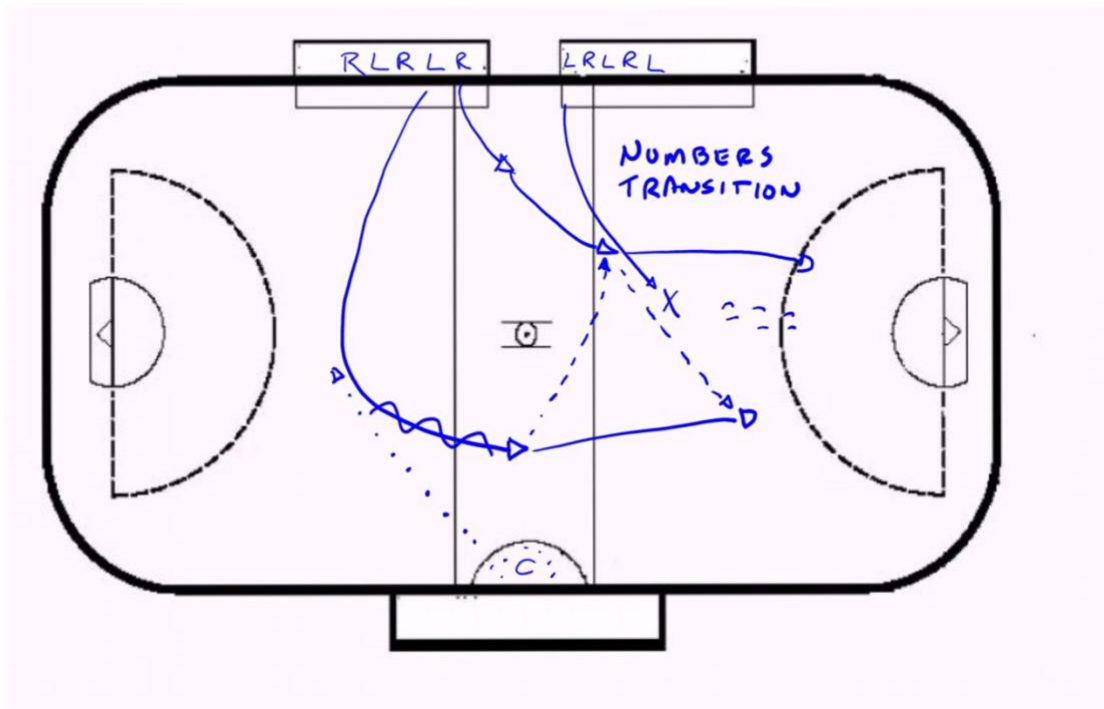
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for developing quick odd man and transition skills.

Drill Description

Form two lines in the benches as shown. The coach yells out a number. Offense sends out number of players coach yells. The defensive line will send one less player (ie. Coach yells five (5), offensive line sends five (5), defensive line sends four (4)). The offense picks up ball and runs the transition. Teams alternate offense and defense.





Skills Practiced

- Passing
- Shooting
- Odd Man
- Transition

Variation

N/A

