

Transition Breakaway Pass

Drill Specifications

Drill Theme: Passing, Shooting, Transition

Drill Style: Skills

Floor Position: Full Floor

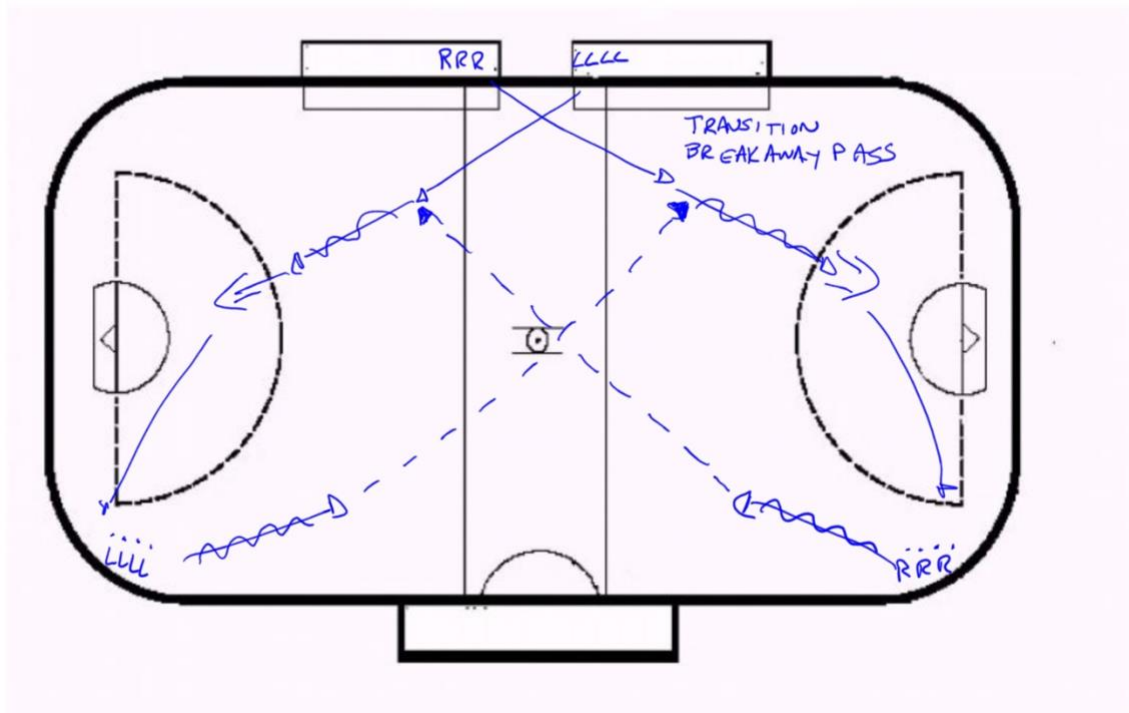
Time Needed: 10

Objective

This drill is excellent for developing simple transition skills.

Drill Description

Form two lines in the corner as shown with left-handed players in one corner and right-handed players in the other. Form two lines split between lefts and rights as shown. The drill will happen simultaneously with L1 and R1 break up the floor with a ball, as R2 and L2 break from the bench in opposing directions. The two ball carriers will make a breakout pass to the player off the bench for a breakaway shot.





Skills Practiced

- Passing
- Shooting
- Transition

Variation

N/A

