

Transition Breakaway Trailer Pass

Drill Specifications

Drill Theme: Passing, Shooting, Transition
Floor Position: Full Floor

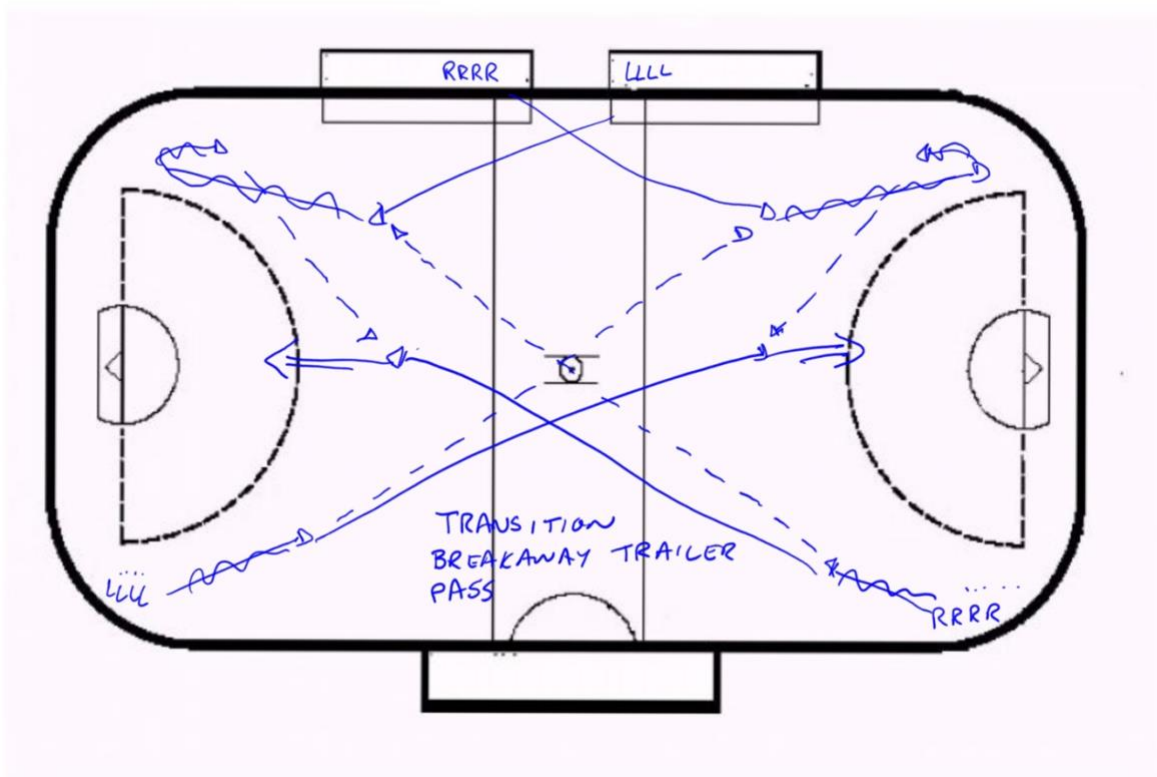
Drill Style: Skills
Time Needed: 10

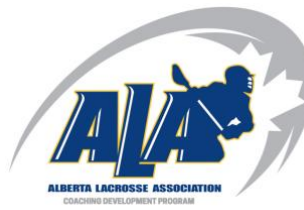
Objective

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. As the players off the bench receive the pass, they will curl to the outside and hit the initial ball carrier who cuts to the middle.





Skills Practiced

- Passing
- Shooting
- Transition

Variation

N/A

