

Drill

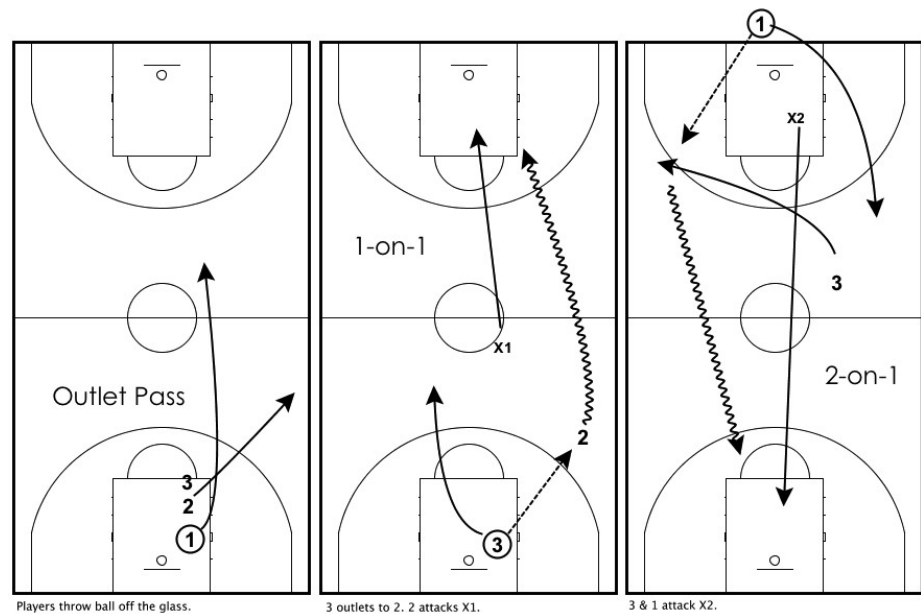
Drill: 2-on-1 Outlet (Transition Phase B)

Goal: Learning Goal: Push the ball downhill.
Point of Emphasis: Stay under control
& finish.

Equipment/# - 1
players basketball
needed: - 3-5
players

Sketch:

Diagram:



Description: Three players line up under the basket. The first player throws the ball off the backboard & sprints back to midcourt. The second player tips the ball to keep it alive & runs to an outlet position. The third player rebounds the ball & outlets it for a 1-on-1. After the 1-on-1, the defender rebounds the ball & outlets to the third player (the player who rebounded the ball at the other end & threw the outlet pass). Those two attack the player who was just on offense 2-on-1.

Progression: Add more players to create different situations, such as 2-on-1s & 3-on-2s. Coaches can steal bad outlet passes & keep track of turnovers. For a game situation drill, have the defenders safely give the âpro foulâ to stop the fast break at the other end.

Time: 6-8 minutes. The players could be divided into squads & the manager could keep score during the drill. Work:Pause Ratio: 1:2

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s): Ball Handling Defense Dribbling
 Dynamic 1 on 1 Footwork
 Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens
 Shooting Static 1 on 1

Phase(s): A B C D

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