

# Drill

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**Drill: Five Man Fast Break (Transition Phase A)**

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**Goal:** Learning Goal: Pass, dribble & score in transition. Point of Emphasis: Move the ball down the court from the first pass to the three-point line in under four seconds.

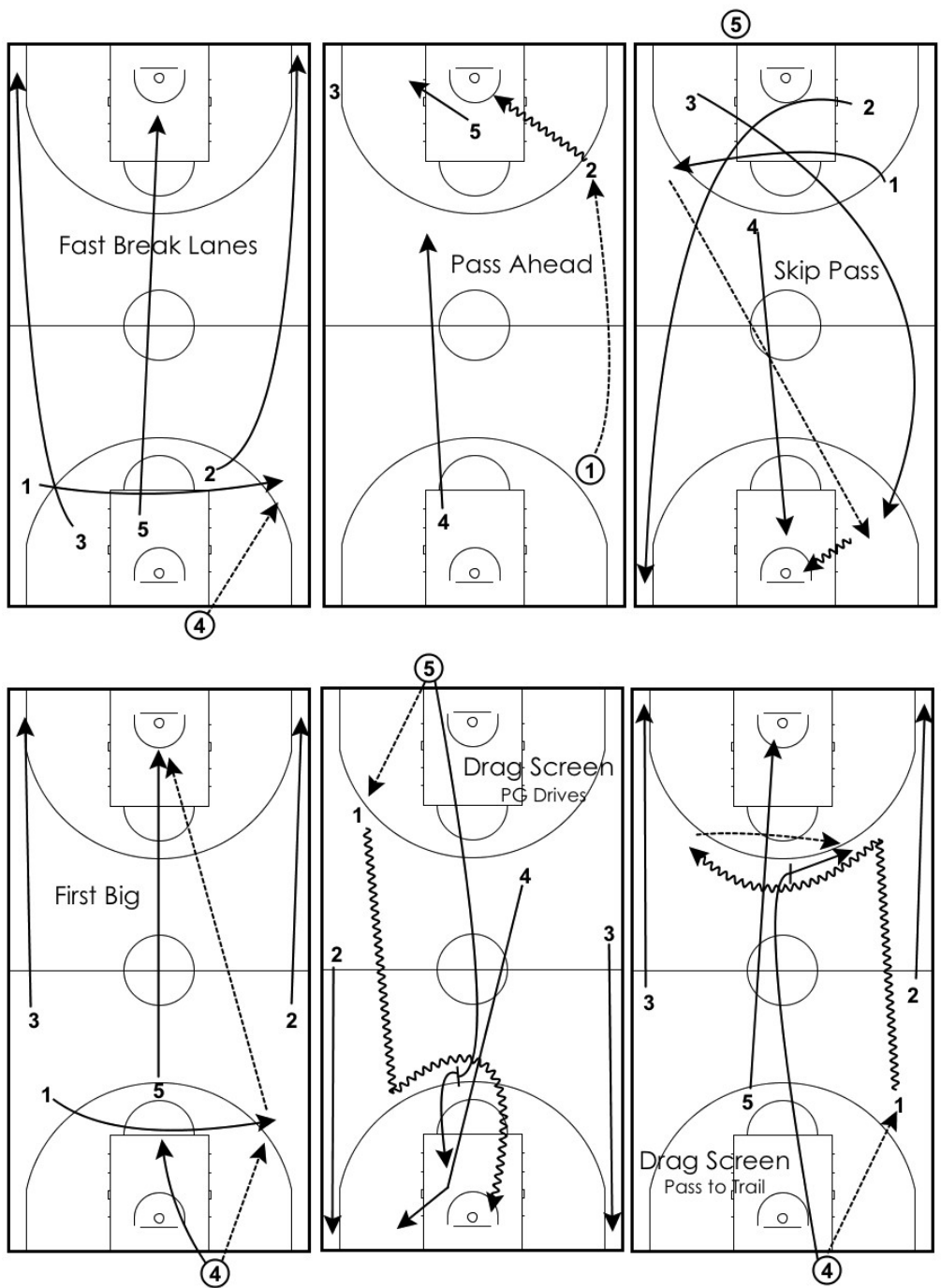
**Equipment/# players needed:** - squads of five players (2-3 per team of 12-15)  
- 1 ball per squad

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**Sketch:**

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**Diagram:**



**Description:** Squads of five players go up & down the court six times (three trips there & back). One of the posts grabs the ball as it goes through the net & takes it out of bounds on the baseline. The other post runs to the rim. Two wings run wide & deep. The point guard makes a C-cut along the foul line extended & catches the outlet pass with their back to the sideline. The inbounder fills the trail position.

For the first five possessions, everyone gets a shot:

- 1) Pass the ball ahead up the sideline
- 2) Throw a skip pass to the opposite wing

- 3) Feed the player on the rim run
  - 4) The trail sets a drag screen & the point guard drives
  - 5) The trail sets a drag screen & receives a pass after popping or rolling.
- It doesn't matter what order the shots are taken. To give the posts more touches, they should finish any missed shots. For the sixth position, run the early offense or a play called by the coach or the point guard.

Progression: The coach can throw the ball off the rim & encourages whoever rebounds the ball to push it. Players can circle around the coach before the drills so they must adjust to different lanes & spacing. For the last possession, the next squad can enter the drill & play guided defense to provide a read.

Time: 6 minutes. Work:Pause Ratio: 1:1

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

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

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

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**Phase(s):**  A  B  C  D