

# Drill

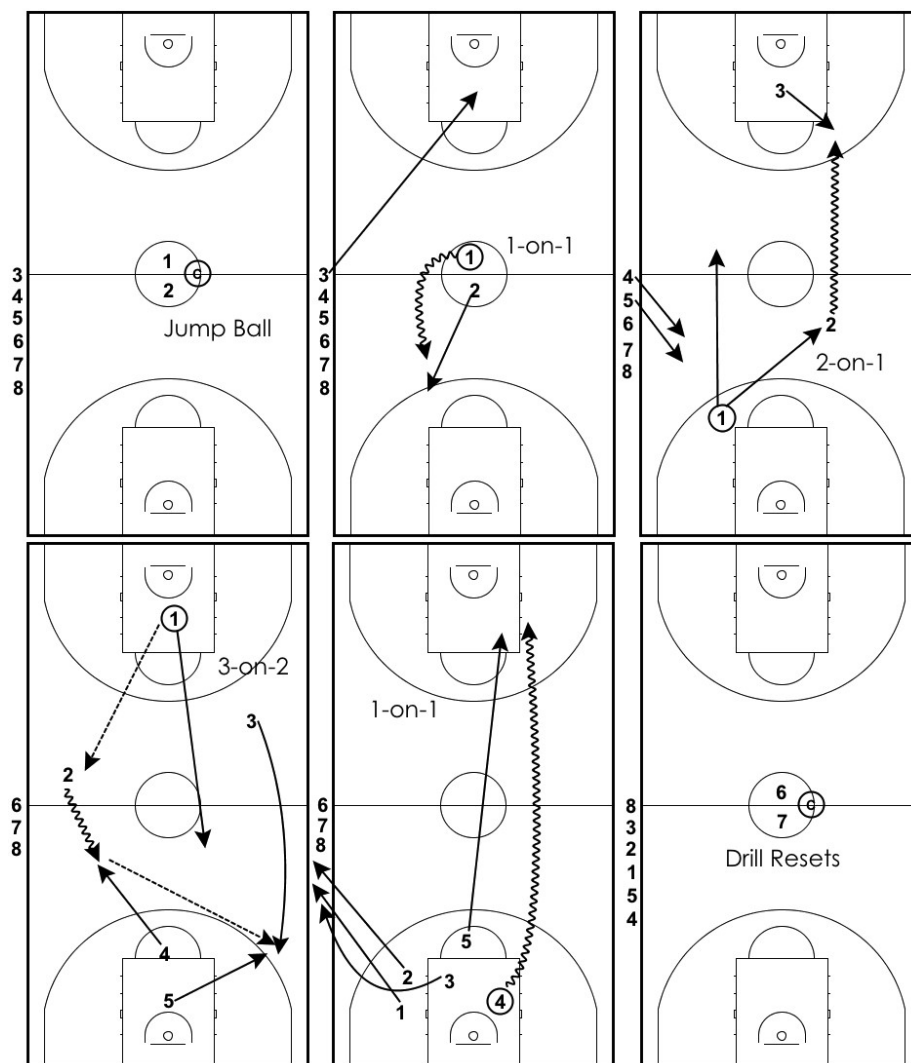
**Drill: Transition Progression (Transition Phase B)**

**Goal:** Understand transition spacing for a variety of situations.

**Equipment/#** - 6-8 players - 1  
**players** basketball - 1  
**needed:** coach

**Sketch:**

**Diagram:**



**Description:** This is an excellent drill for teaching younger players & providing a number of reps in diverse situations. The players form a line at midcourt. Two players line up for a jump ball with the coach. The player who secures the ball attacks the other 1-on-1. Meanwhile, the first player in line assumes a defensive position at the other end. After the 1-on-1, those two players attack the defense 2-on-1.

When that possession concludes, all three players attack two new defensive players 3-on-2. After the 3-on-2, whoever gets the rebound attacks the other defender 1-on-1. The players go to the end of the line & two new players step forward for the jump ball. Focus on understanding how to make good decisions in transition rather than keeping score.

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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

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