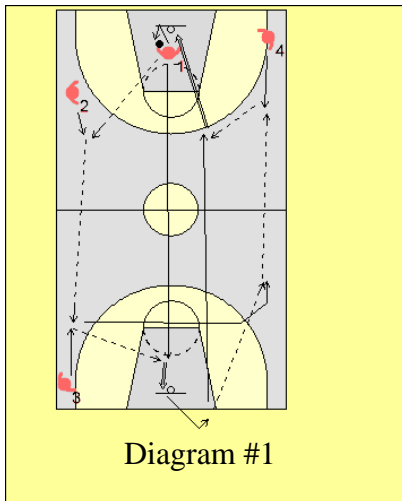


Transition passing

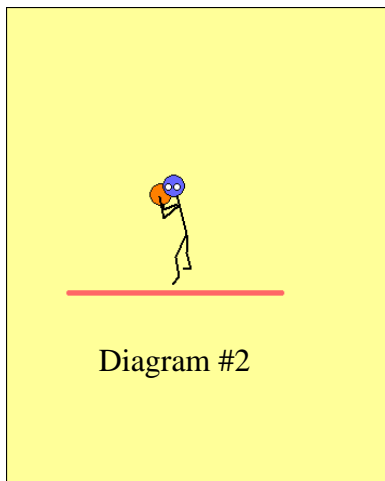
This is a drill Mark Walton did with the NEDA girls to teach passing in transition.



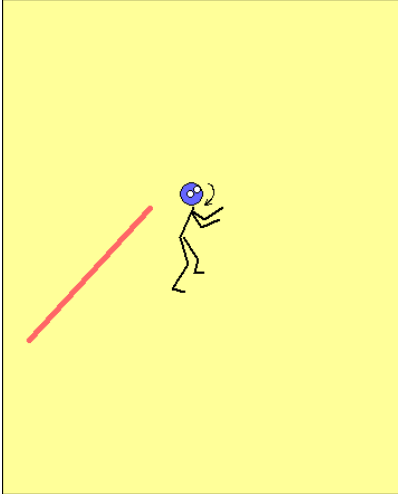
There are four lines:

- #1 starts with a ball facing the backboard
- #2 is the outlet
- #3 is in the far corner (all of the extra players are lined up here out of bounds) on the same side as the outlet
- #4 is in the near corner opposite the outlet.

There is only one person in lines 2,3 and 4. The players will rotate from line 1-2 (after going down and back), 2 - 3, 3 - 4, 4 - 1,



#1 tosses the ball after the backboard and lands like a quarterback. This means the player's feet are perpendicular to the baseline and the ball is up by the ear. This allows the ball to be thrown long. It is also protected.



#2 does a quick shoulder peak. If floor is open in front of her she starts to go long to receive the pass on the run. We want to get this pass as far down the floor as possible and be moving.

After passing the ball #1 runs hard rim to rim. #2 passes the crisply up the floor to #3 who has basted back to the ball to catch it at the wing spot. Players need to work on the timing of this cut and the speed at which this pass can be delivered. At first they may need to dribble. If so the corner player cannot cut immediately. After passing the ball #2 will become the next #3.

The ball is passed to #1 so she can score a lay u with out a dribble. #3 after making the pass sprints to the other side of the floor to be the next outlet. #1 takes the ball out of the net and makes an inbounds pass. Again, be a quarterback, as you take the ball out of bounds see the floor and be ready to throw long.

#1 continues to run hard trailing up to shoot a three point shot. #3 passes the ball up to #4 who blasts out of the corner.

Load the drill

- Add a guided defender on the rebound. #1 must decide to pass or use a break out.
- Add a defender to the inbouncer. #2 must circle cut if the defender is tight.
- Add a defender to #3. This forces the proper timing and pass.
- Add a coach with a football shield for #1 to seal at the front rim. #2 trails up to form a relay pass if necessary.
- You can have the same guides on the return side.