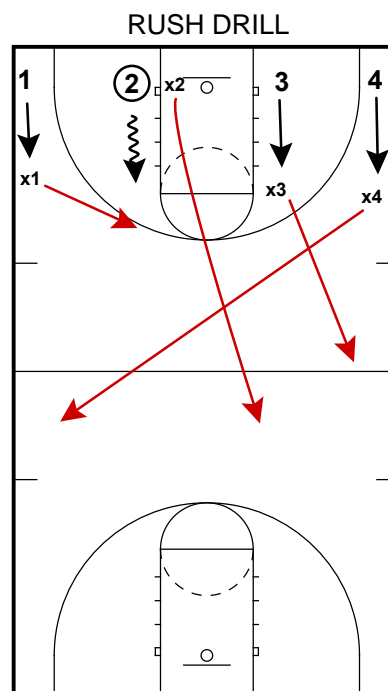


This drill is called RUSH transition. You can do it with anywhere from 3-5 players. You have your offense lined up on the baseline with a defender about 15ft away from them. A coach will pass the ball to anyone he chooses. If you are the defender on the ball then you have to go touch the baseline. The coach will call out which way he wants the defense to rotate.



For this drawing we rotated to the right. So now the primary job for X1 is to slow the ball down. This allows everyone to sprint back and allow X2 to get back in the play. This drill requires lots of communication amongst the defense.