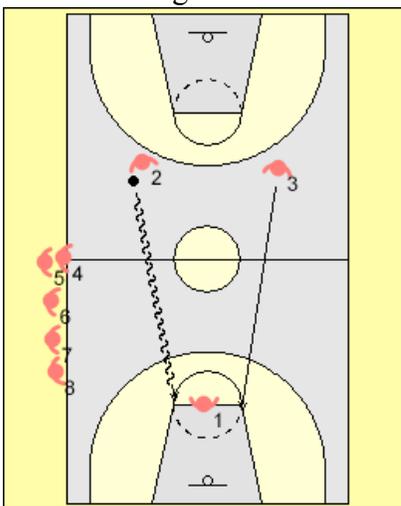


## Games approach to transition drills

I have done a few sessions with coaches recently on using a games approach to guide player's learning. Coaches are often amazed to see how they can take one drill and drastically change the outcome by changing one rule. By not changing the drill, you do not have to teach a new pattern or rotation. You cut down on explanation time. The players can focus on the new rule, which emphasizes the skill or concept the coach is teaching. I will use a transition drill that Mark Walton, our NEDA women's head coach uses. It is a very good 2-1 to 3-2 drill that can be loaded with various games approach rules.

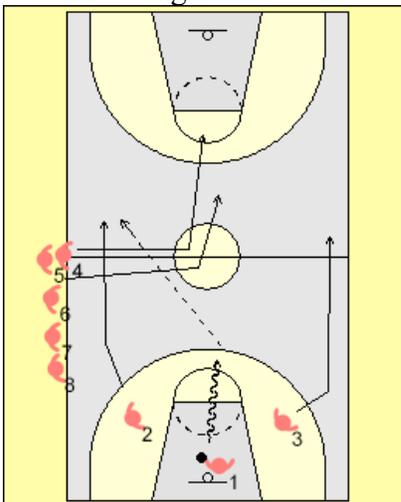
Diagram 1



### 2-1

The drill starts with two players going on offence against one defender. The extra players line up on the sideline at half. It is important that these players pay attention, as they will be coming on the floor as the next defenders. Sometimes it is one player some times it is two.

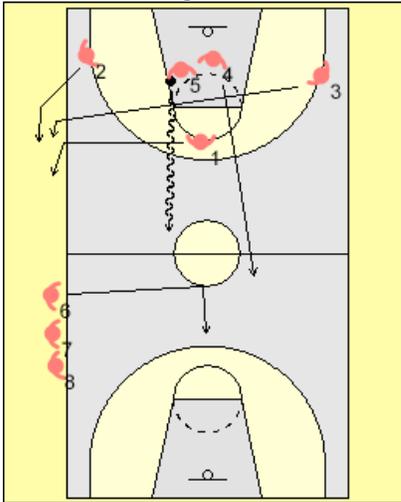
Diagram 2



### 3 on 2

Once the ball is scored or the defender gains possession these three players now attack the opposite basket on offence. The first two subs come on the floor as the two defenders.

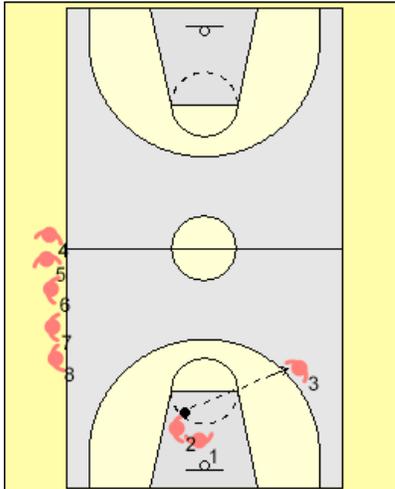
Diagram 3



When the ball is scored or the defence gains possession the two defenders now go on offence attacking the other basket. One sub comes in from half as the new defender. The three offensive players go off the floor to the end off the sub line.

When first using the drill players will look to attack for lay ups. This is what many of us teach in advantage situations. By changing the rules we can change the nature of how they run the drill and also the skills and concepts they need to use.

Diagram 4

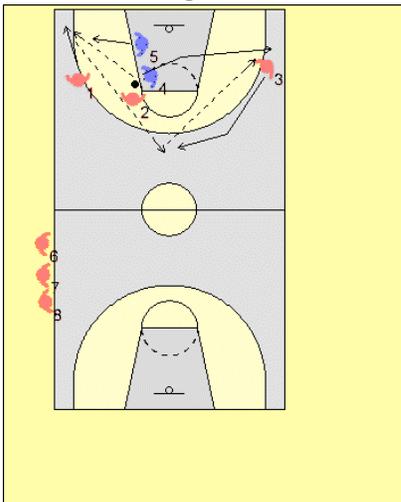


**Rule 1: All passes must be made to someone outside the three-point line.**

This is an excellent rule to work on spacing and being able to penetrate a kick for a three. It also forces the players who have passed the ball to sprint to space after passing. There is no sense standing in the key because who cannot receive the ball.

This does not mean they can only score three-point shots, although that will be what players dominate with at first.

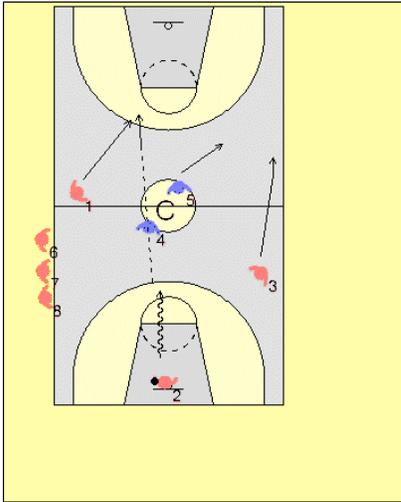
Diagram 5



**Rule2: No contested shots**

We want players to learn to pass when help comes. This also encourages making the pass pass that leads to the wide open shot. If a player violate the rule call violation and the play quickly changes to going the other way.

Diagram 6



**Mix up when the defence can go**

By changing the time when the defenders enter the drill you mix up the reads and therefore the decisions and skills the players must use. In diagram 6 the coach is standing in the centre circle. The coach instructed #5 to take #3 and #4 to take the ball. #1 made the right decisions and attacked the open basket. #2 shorten the distance by dribbling to make an easier pass. If the defence is always set you always get the same reads, it is just different players.

This is just one example of how you can take one excellent drill and load it to teach a number of different concepts with a simple adjustments. When you see a skill or concept, you need to work on change the rule.

One problem you may find see with transition drills is that players do not develop the in-between game. It is either the lay up or the three-point shot. If this is the case, add a rule that you can only score off the dribble between the three-point line and the key.

In addition, you can add that the only three point shot is allowed when it comes from a pass pass.

Please note I am not saying that in a game you want your players taking these types of shots when faced with advantage situations. What we are doing is challenging the players to simulate different situations. It also makes the drill fresh and challenging. If you run the same drill the same way every time the players get good at the drill but you do not continue to challenge them to grow as a player.