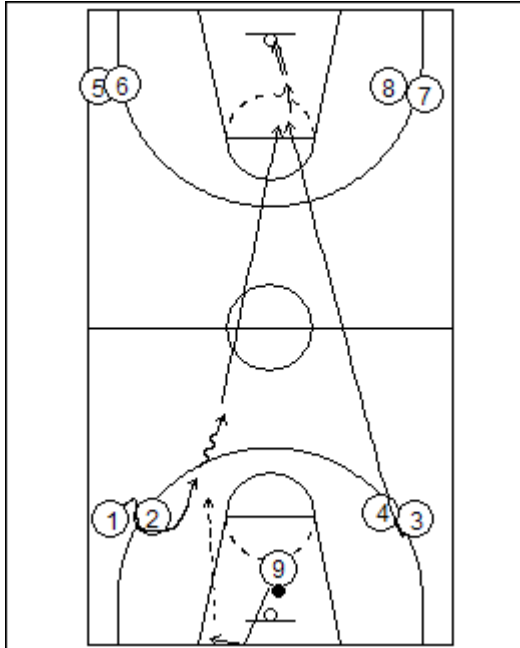




Transition



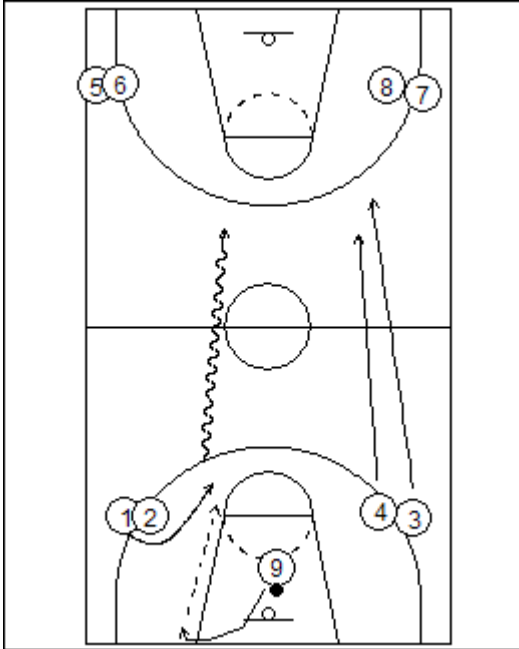
Circle cut to 2 on 0

1

#9 scores the lay up and takes the ball out of bounds (away from under the basket). #1 reads that the inbound is on his/her side and runs a tight circle cut to get the pass from #9. #3 reads that the inbounder is going away from him/her and sprints hard to become the first big.

Each player is allowed only two dribbles maximum. This can be reduced down to one and with elite players no dribbles.

3 scores the basket and #1 must trail up to be the inbounder at the other end for #7 and #5 who are headed the other way.

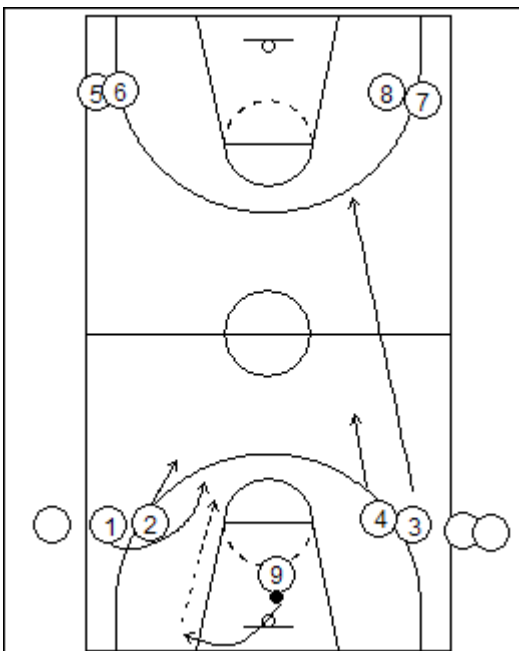


Circle cut to 2 on 1

2

In this version of the drill The player on defense away from the inbounder is live. This forces the ball handler #1 to "read"; do I keep my dribble or do I pass the ball.

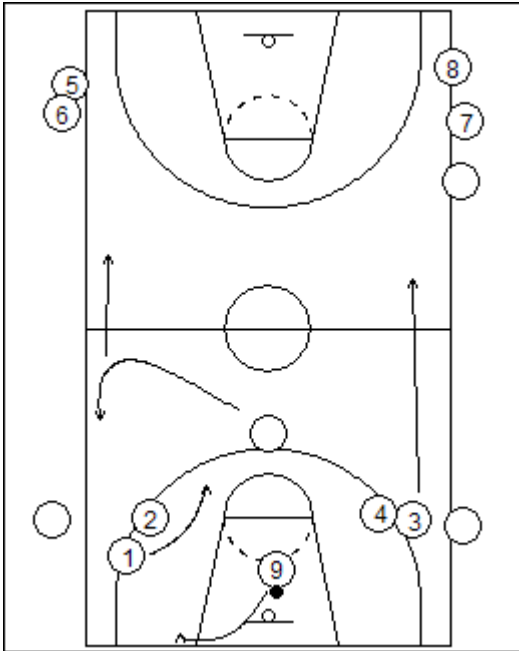
The players must quickly fill the open spots.



Circle cut to live 2 on 2

3

Now the drill is run live with #1 and #3 playing live against #4 and #2. The team loses points if there are too many dribbles.



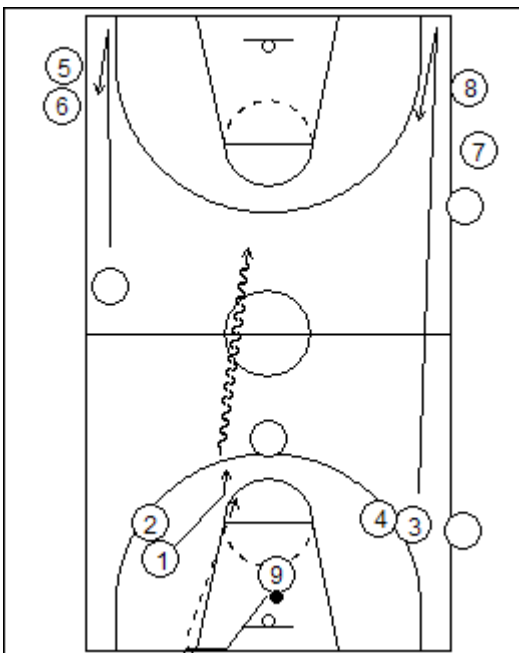
4

3 on 0

We now add a third player. This player must also read the inbounder. He/she wants to go to the side in which the ball is being inbounded.

If the ball is passed to #1, this player runs the lane. If the pass is not open he/she must cut to fill the open space.

The other players must stay off the floor. Until the ball is scored.



5

Finish 3 on 0

One way to finish is working on bumping the baseline. The two wing players run hard to the baseline. When the guard is able to make the pass cut to the ball.

We can work on a pass entry and a dribble entry.

The next step is to add guided defense. The player who scores the basket can put pressure on the inbounder.