



Transitions: 2 on 1 Continuous

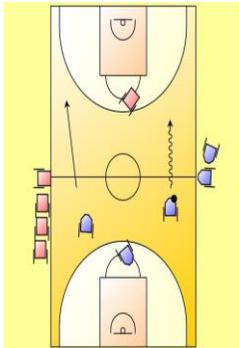


FIGURE 1

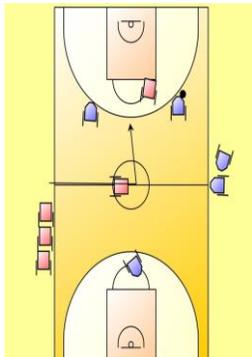


FIGURE 2

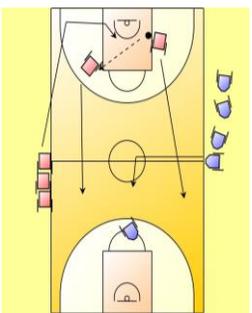


FIGURE 3

OBJECTIVE: To score quickly from a 2 on 1 situation.

Setup: Divide group into equal teams (works best with a minimum of 4 per team). Place a defender at each end respectively. (Figure 1)

Instructions:

1. Blue players start by attacking 1 red player. (Figure 2)
2. Once the ball is across centre line, the first red (the trailer) player in line wheels to the centre circle to help the lone defender. This creates a guaranteed 2 on 1 scenario for the attacker. (Figure 2)
3. One shot is allowed, or a turnover, and immediately the 2 reds attack the other end of the court.
4. Meanwhile the original two blue attackers go off, and a red defender gets in position to defend against the next pair of attackers. (Figure 3)
5. When the 2 red cross centre, a blue trailer from the line touches centre circle and tries to help on defense.
6. The blue defender and the trailing blue then go back the other way 2 on 1 and the pattern repeats.

Activity Rules / Games Approach:

- Only one shot attempts allowed.
- Rebound must be passed to the outlet (i.e. no dribbling out of the rebound).
- Mix up the players who trail or go to the defensive end.

Coaches Key Points:

- Player should always pass the ball to the lead player.
- Two attackers stay wide for as long as possible.
- Players should use fakes to read the defensive player's plan.
- Defenders should play the point of convergence but ensure that the highest threat does not get a good shot.
- Trail defenders should communicate where they are going.

Variations/Loading:

- Change the criteria for the trailer to enter (e.g. on coach's signal, when second player crosses, etc.).
- Require all 4 wheels to be in the centre circle for the trailer.
- Passing only for attackers (i.e. no dribbling).
- Award extra points for process goals met (e.g. staying wide, getting an open layup, etc.).

MENTAL:

- Use broad external focus until it is time to shoot, then narrow external.
- While waiting in line do some breathing and say cue words for focus.