



Transitions: Tip Drill to Small Sided Scrimmage Games

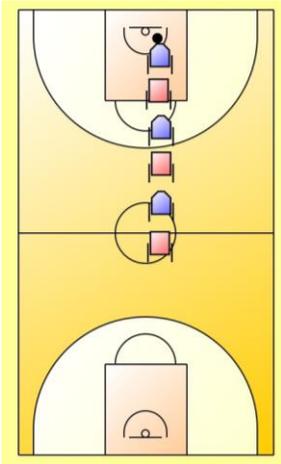


FIGURE 1

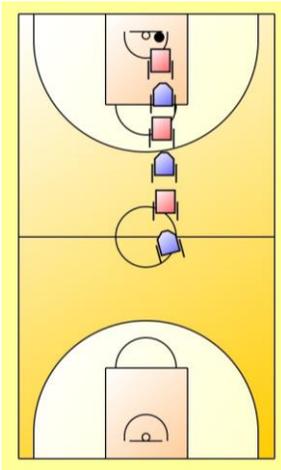


FIGURE 2

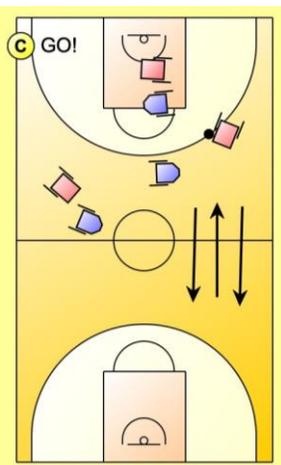


FIGURE 3

OBJECTIVE: To transition quickly and effectively between attack and defense.

Setup: Line teams up in front of backboard in alternating team fashion. Can be played in a group of 4 for 2 on 2 or group of 10 for 5 on 5 (Figure 1).

Instructions:

1. Player at the front of the line tosses the ball (with a shooting motion) up to the top side of the backboard, then moves out of the way to the end of the line.
2. The next player catches the rebound and repeats the motion - essentially it starts as a tip drill. (Figure 2)
3. At some random point the Coach yells 'GO!' or blows the whistle. (Figure 3)
4. Whichever team has possession of the ball is on attack, the opposing team on defense. Teams play full court, starting on the opposite net.
5. Play 3 possessions up and back.
6. Repeat.

Activity Rules / Games Approach:

- Use Score-Stop-Score or Stop-Score-Stop.
- Can keep score and play to 3 SSS's.
- Coach should blow their whistle so that team's alternate possession every tip drill set.

Coaches Key Points:

- Players should communicate shots, passes, and who you are defending.
- Players should transition as quickly as possible to find checks or a pass before chair is stopped on attack.
- Players should stay flat and stop chairs on defense.
- Players should anticipate on both attack and defense who the match ups are.

Variations/Loading:

- Vary the number of possessions played. Play to 3 points.
- Define type of defense to be played.
- Constraints can be added such as: pass only, 2 second possession, etc..

Mental:

- Focus on the moment and on covering the path on defense and communicate on attack.
- Wide external focus for attackers.
- Defense communicates specific actions and directions.