



Transitions: Whistle Game



FIGURE 1

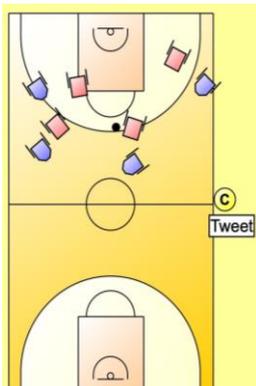


FIGURE 2

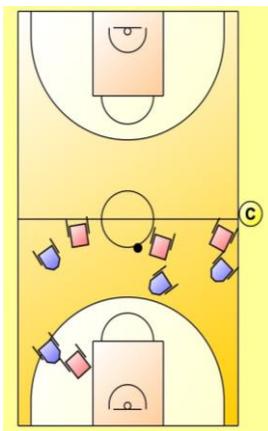


FIGURE 3

OBJECTIVE: To transition quickly from random locations and situations.

Instructions:

1. One team starts with possession. (Figure 1)
2. Randomly, the coach will blow the whistle. (Figure 2)
3. When the whistle blows, the ball must be immediately given to the nearest opponent.
4. Play continues back the other way until the next whistle. (Figure 3)
5. Repeat the change of possession and quick transition whenever the whistle goes.

Activity Rules / Games Approach:

- Ball must be given immediately AND nicely to the nearest opponent.
- Focus is on quick transition from defense to attack, or attack to defense.
- Extra points can be awarded for rapid transition for either team at coach's discretion.

Coaches Key Points:

- On a change of possession, defense should recognize the nearest check or threat and cover their path.
- Attackers should look for the ball, open space and picking opportunities.
- Focus on making the transition as quick as possible.

Variations/Loading:

- Coach can vary how often the whistle is blown.
- Award points for rapid transition for either team.
- Some cues to blow the whistle include:
 - Player holding the ball too long (or no one to pass to)
 - Attacker's chair stopped while they have the ball
 - Transition to attack was slow, so attackers are penalized with a quick whistle
- Alternate method of ball exchange is placing the ball on the floor and wheeling 2 pushes away before finding your check.

Mental:

- Use a cue word to help the quick transition.
- Use a refocus word to help regain focus on the next play.