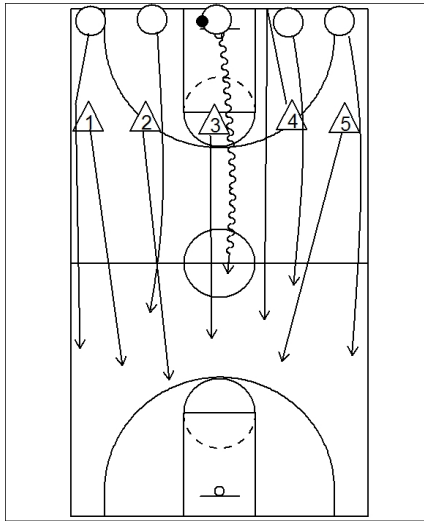




**5-on-4 transition**



**DEFENSE DRILLS: 5-ON-4 TRANSITION**

Skills Covered

- \*Transition defense
- \*Communication
- \*Transition offense

Alignment

- \*Five offensive players line up along the baseline. The player in the middle has a basketball.
- \*Five defensive players line up along the free throw line and free throw line extended. They are facing the offensive players. The defensive players are numbered 1 through 5.

Running the Drill

- \*The coach will call out one number of the defensive players (1, 2, 3, 4, or 5).

\*The diagram shows that the coach called out the number "4".

\*All five offensive players will sprint down the court and trying to score.

\*The defense will be looking to retreat back down court to prevent the offense from scoring. Because 4 was called by the coach they have to run and touch the baseline before sprinting back on defense.

\*Offense can run through the team's transition offense and attempt to score, or set up one of their plays if they don't get a fastbreak basket.

Teaching Points

- \*Defense must first stop the ball. PRIORITY!
- \*Defenders must run back closer to the middle of the court to protect the basket.
- \*Defenders must call out the person they are guarding as they are getting back.

Drill Variations

- \*Coach can call out two numbers of the defense that have to touch the baseline prior to sprinting back on defense.