**South Muskoka Breakers Coaching Notes - Transition & Game Scenario Drills**

These drills are intended to teach kids how to attack the basket in transition, usually with an advantage in numbers. Emphasis should be put on making simple, smart decisions. If your teammate is ahead of you, pass it. If you are open, shoot it. In a 2-on-1, try to score in 1 or 0 passes. In a 3-on-2, try to score in 2 or less passes.

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| **Drill** | **Details** | **Level** |
| 1 on 2, 2 on 1 | 3 lines at baseline, players in middle have basketball  -Player in middle starts to dribble down court, trying to score lay-up, other 2 are trying to stop him  -Once he scores or is stopped, it is a 2 on 1 coming the other direction  -Player who was on offense for 1 on 2, goes to defence for 2 on 1 | 1 |
| 3-man weave to 2 on 1 | 3 lines at baseline, player in middle with basketball  -3-man weave down to the other end of the court, finish with lay-up  -Player who takes/makes lay-up, runs back on defence, other two attack  Can alter drill to have 5-man weave down, 3 on 2 coming back | 2 |
| 3 on 2 Continuous | Line at half court, out of bounds, 1 ball, 3 start on O, 2 start on D  -3 attacks 2 on D, once they cross half, a 3rd defender touches middle and chases  -2 enter from sideline and go to other basket on defence  -Once team on O scores or is stopped, then the D goes to O, and attacks other basket  Can also do drill as 4 on 2+2 or 5 on 3+2, or in teams with teams waiting on opposite sides of floor | 3 |
| Your Number Is Up | Players in pairs, lined up across from each other, each set of partners given a number  -Coach calls a number, that pair run out to middle to get ball, play 1 on 1  -Coach calls 2 numbers, those pairs run out and play against each other |  |
| 4 on 4 on 4 | A team on D at each basket, a team on O attacking one of the baskets, 1 ball  -If team scores, they get ball back and attack other basket  -If team is stopped, team on D gets ball and attacks other basket  Can be done with teams of 3, 4 or 5 |  |
| 5 on 5 with No Dribbling | Standard scrimmage game, but eliminate dribbling  -This will force kids to move without the ball, and it will eliminate someone hogging the ball  -Modify and say no dribbling in the back court |  |