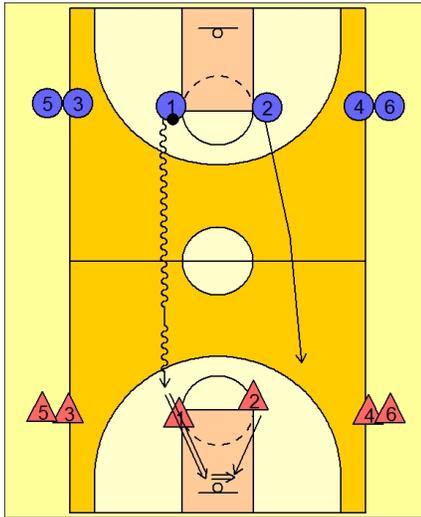




**2 on 2 on 2**

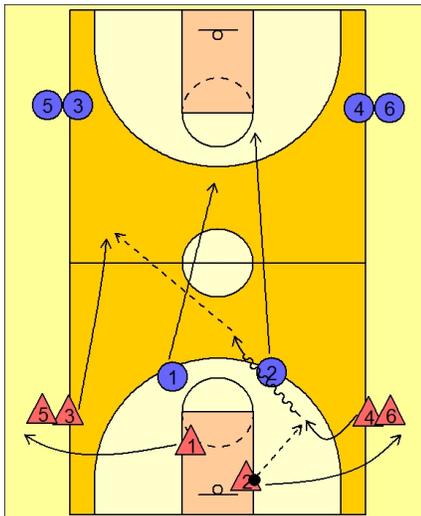


**2 on 2 on 2**

A great transition drill because it works on both offensive transition and defensive transition.

Divide your squad up into two teams of at least 4 a side. Teams will always defend the same basket and attempt to score on the other basket. To begin the drill O1 and O2 start with the ball and X1 and X2 start on defence in a 2 on 2 game. The remaining players line up behind one of their team's outlet positions on either side of the floor.

O1 and O2 bring the ball down and attempt to score.

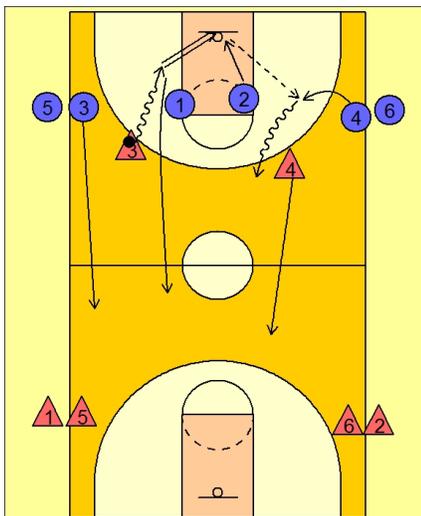


**2 on 2 on 2 cont'd**

Whether the ball is scored, rebounded or turned over X1 and X2 will outlet to X3 or X4 and these two attack the other end as O1 and O2 sprint back on defence. X1 and X2 will go to the end of the outlet lines.

The outlet player should call for the ball early and loud. He should also circle back to the ball and then up the floor - each pass should be caught with his back to the sideline and moving up the floor.

Encourage the "pass ahead" to advance the ball up the floor.



**2 on 2 on 2 cont'd**

Again, whether the ball is scored, rebounded or turned over O1 and O2 will outlet to O3 or O4 and these two attack the other end as X3 and X4 sprint back on defence. After the outlet pass is made O1 and O2 will go to the end of the outlet lines.

**Rules:**

- There is no out bounds.
- Foul is an automatic point.
- No outlet passes may go beyond the top of the key.

To explain the drill use the phrase "go down on offence, back on defence, out"

Encourage the player that is not receiving the outlet to get down the floor



quickly and wide.

With 12 players you can play 3 on 3 on 3 and have 2 players come out from the side the ball is outleted to.