

Practice Plans

Type: Transition Offense Defense
Plan: Transition A (1 Hour)
www.youtube.com/bballcoachallen
www.alsbballtraining.ca

Hello, in this practice plan we will focus on Transition offence and defense Basketball skills, which will help your team become better and hopefully win more games.

You can follow along with this practice plan in the link below.

Youtube Video Link: <https://www.youtube.com/watch?v=120Ojx53Usk>

Time (Minutes)	Drill/Exercise	Description
10	Dribble Warmup	Jogging then Running then Dynamic stretches
5	3 on 2, 2 on 1	3 Players against 2, player who scores plays defense against 2 players.
10	3 on 2 chaser	If you have any 3 on 2 plays, you can run them here
10	Box Out Transition	2 groups of 5 boxout and run transition
10	2 Pass Transition	2 Lines along sideline Players pass ball up the court and pass to running player for layup
15	Transition Defense	Start 10 players at half court and simulate them getting back into a zone defense (or Man Defense)
Total		
60		

You may also like these video's listed below:

[Top 5 Transition Basketball Plays For Youth Basketball Teams](https://www.youtube.com/watch?v=oervDTa64hE)

<https://www.youtube.com/watch?v=oervDTa64hE>

[Basketball Transition Screen and Roll Offense](https://www.youtube.com/watch?v=T_UQTz-yoik)

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Some helpful tips: I give full permission to print off this practice plan, however you could also save this to your phone or iPad. You can click on any of the links above to go straight to the page instead of copy and paste

I hope you enjoy, if you have any questions or comments please ask.

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