

MULTIPRACTICE. TRANSITION OFFENSE DRILLS

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The specific drill book is a comprehensive guide to a multi-practice basketball training. It covers all of the essential skills and drills, as well it shows how to put them together into effective practice plans. A certain structure of the practice is introduced which is considered the philosophy of the work carried out with a basketball team and tested over many years.

Transition offense is a really important part of modern basketball, where the most important rule is to create efficient offense. We need to make our decisions quickly, we must run after misses and makes too. Transition drills are set of exercises for learning to improve the player's ability to score in fast break situations while making a quick decision in the maximum intensity of the game as the hall-mark of this basketball phase, are presented. Even in this part, we mostly perform the drill without defense, fast break drills are also considered transition defense drills. The exercises are methodically structured and shown from smaller to larger numbers of players, from simpler to more complex.

During these transition drills we must use aggravating circumstances, adding time limit and asking for a certain number of made shots. The idea with these drills should be to help our teams, by setting these time limits and counting the score.