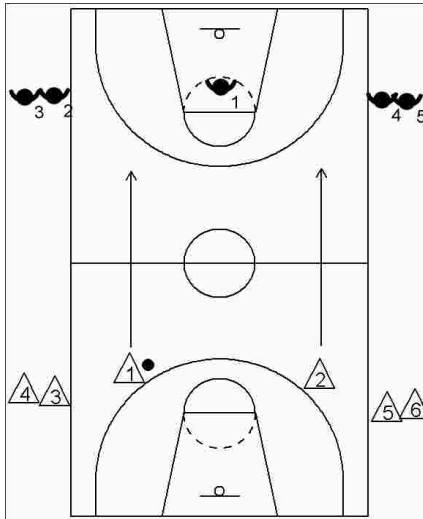
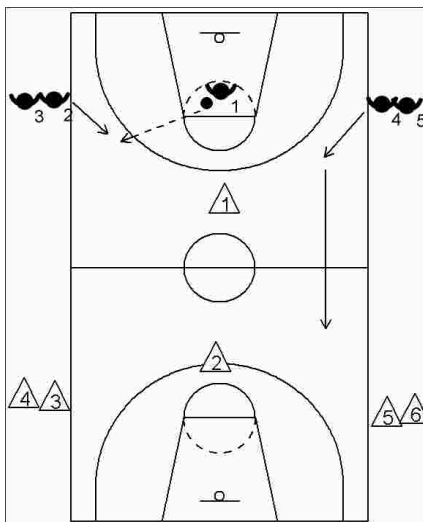


**Adelaide lightning def trans**

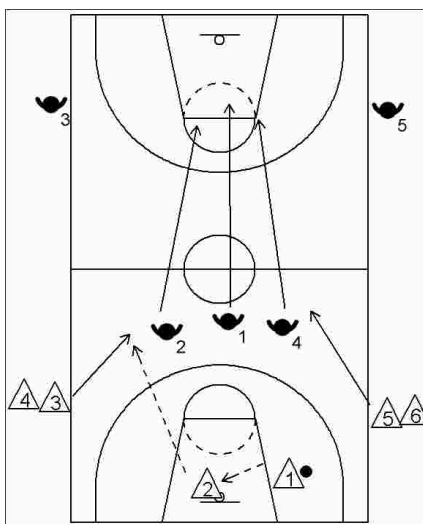


**Adelaide Lightning Defensive Transition**

- The drill requires at least 10 players
- Teams are at opposite ends of the court - at the foul line extended, out of bounds on opposite sides of the court
- Drill begins with a 2 on 1 situation, with the team in offence heading in the direction of the opposing team



- Once the 2 on 1 has finished (score, turnover or defensive rebound), 1 outlets to 2 or 4 stepping in from the "outlet line", making a 3 on 2 situation, against the 2 players that were just in offence.



- The same rotation takes place with 2 players joining the drill, making the next series 4 on 3.
- Series: 2 on 1 > 3 on 2 > 4 on 3 > 5 on 4 > 5 on 5