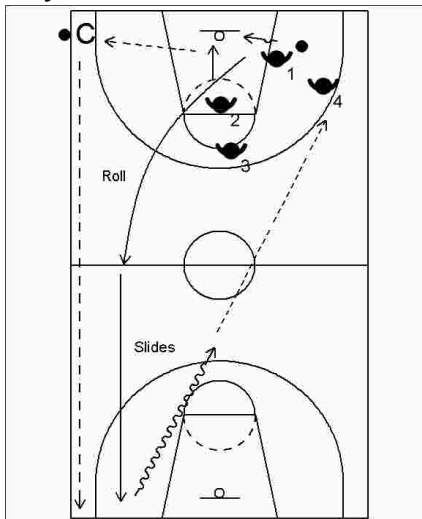


Italy transition drill



Italy - Transition Drill

- 2 lines of players - one in the corner and the other in the lane
- Coach is in the corner on the baseline with a ball
- 1 makes a lay up, at the same time, the coach rolls a ball to the other end
- 1 runs towards the ball, gets over it and makes defensive slides to the baseline
- Once the ball is on the baseline, 1 picks it up and dribbles back towards half court, then passes to 4