

Celtic Drill – Transition Drill

How the Drill Works

Without the ball touching the ground, three players will sprint the length of the court four times completing a series of passes looking to complete four consecutive layups.

Purpose

The Celtic Drill will work on the accuracy of long transition passes, running the floor, court awareness, and will also build your players' speed and stamina.

Difficulty

Advanced

Setup:

- Three lines out of bounds: 1 line underneath the ring and two lines out of bounds at free throw line extended on opposite sides of the court.
- Will only need one basketball for this drill.

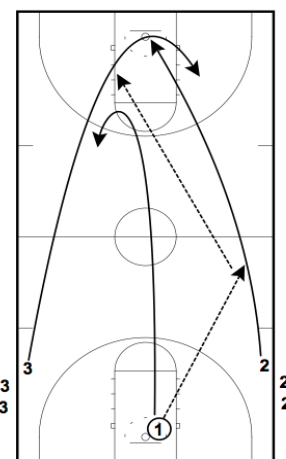
Instructions:

First, don't get discouraged by the amount of instructions involved in this drill. It looks complicated, but it's really not that hard.

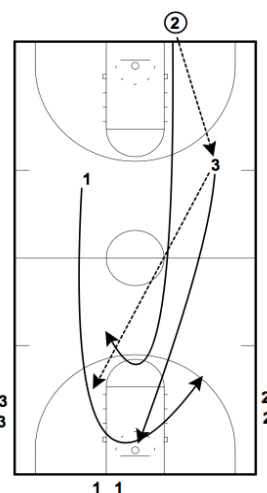
A couple of things you can remember to make this drill more simple.

- The rebounder/in-bounder becomes the runner into the layup.
 - The player that receives the inbounds and throws the long pass will then rebound/in-bound.
 - The player that does the layup becomes the player that throws the long pass.
1. 1 will begin the drill by passing the ball off the backboard to themselves to signal the start of the drill and for 2 and 3 to begin running.
 2. 1 will then outlet the ball to either of the wing players who will catch the ball and make a quick pass to the third player who will finish with a layup. For this example we will assume that 1 passed to 2, and then 2 passed to 3 for the layup.
 3. Upon making the first pass, 1 will become the runner and sprint the floor making sure to get their foot inside the three-point line at the other end and sprint back getting ready to receive a pass for the layup.
 4. After 2 has passed to 3, 2 will sprint the floor to rebound the layup and quickly inbound the ball to 3.
 5. After 3 does the layup, they will continue to run through and prepare for the outlet pass from 2.

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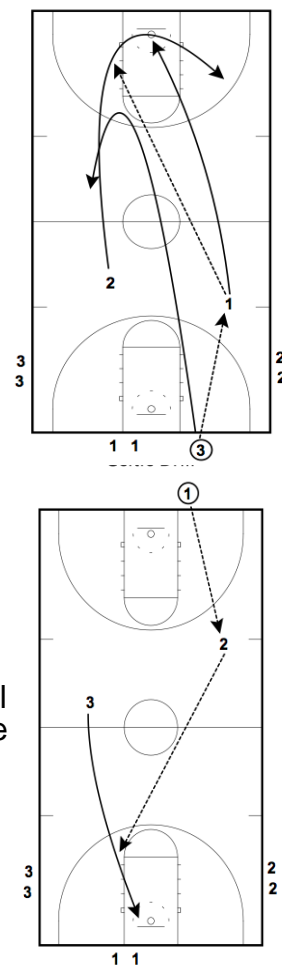


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6. After receiving the outlet pass from 2, 3 will make the long pass to 1 for the layup.
7. After making the inbound pass to 3, 2 will immediately sprint to the other end, put a foot at least inside the 3-point line, and then sprint back preparing to receive the pass for the layup.
8. After passing, 3 sprints down to collect the rebound from 1's layup before it hits the floor, retreats out of bounds, and then makes the outlet back to 1.
9. As 3 was the in-bounder, after passing to 1 he sprints to the other end, making sure to step inside the 3-point line, then sprints back ready to receive and score the final layup.
10. 1 passes to the sprinting 2 for a layup.
11. 1 rebounds 2's layup, retreats to the baseline, and makes the outlet pass to 2.
12. 2 makes the full-court pass to 3 who finishes the drill off with a layup.

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I've included many instructions because I wanted to explain the drill in as much detail as possible. It's a hard drill to describe without the use of video.

As long as this drill took to instruct, it takes only about 20 seconds per group.

Coaching Points

- The ball should NEVER touch the ground. This forces the players to sprint throughout the entire drill.
- Make sure the players are using their voice and calling out for the ball.
- The passes want to be as low and flat as the passer can make them.

Variations

- Depending on the age and gender of your group, some player won't be able to make the three-quarter court pass. If this is your team, you can allow the player one dribble before making the long pass.
- Some coaches prefer that the rebounder doesn't take the ball out-of-bounds before throwing the outlet pass. That's not my preference but it's a variation you might want to make for your team.