

# 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.

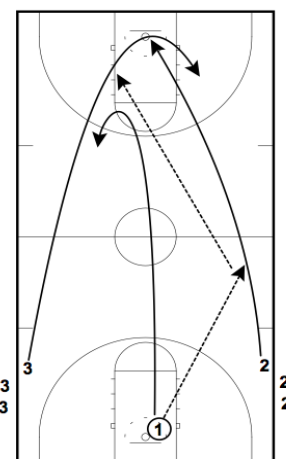
## Instructions:

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

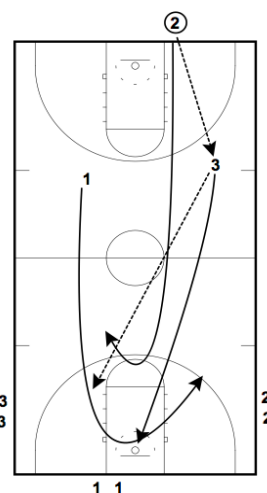
A couple of things you can remember to make this drill more simple.

- 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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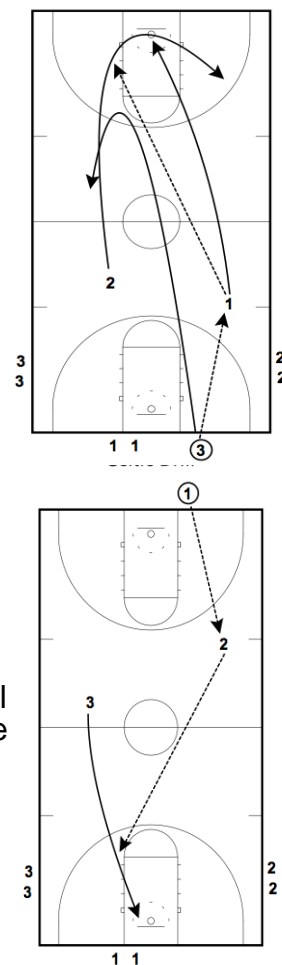


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6. After receiving the outlet pass from 2, 3 will make the long pass to 1 for the layup.
7. After making the inbound pass to 3, 2 will immediately sprint to the other end, put a foot at least inside the 3-point line, and then sprint back preparing 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.