

State Championship Drill (SCD)

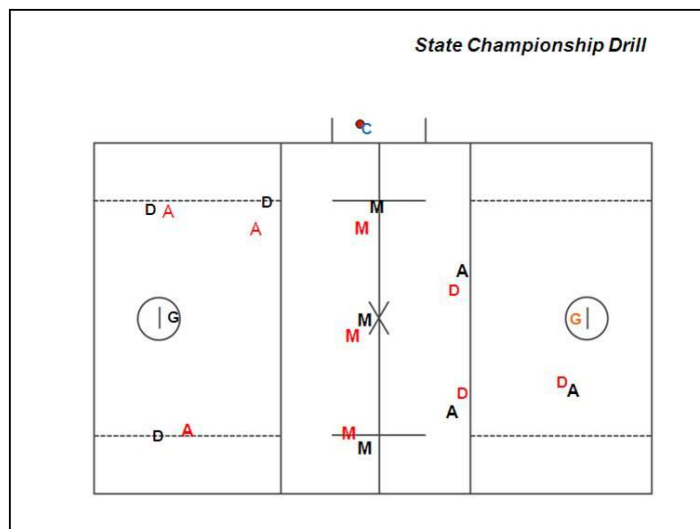
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Drill Specs **Drill Theme: Transitions** **Drill Style: Game** **Field Location: Full Field**
Field Position: Offense, Defense **Time Needed: 10 Min** **Skill Level: Basic**

Objective To develop full field transition and broken situation offensive and defensive skills.

Drill Description Two full teams set up anywhere on a full field. Coach throws out the ball to any part of the field. Player who gets the ball has to move it up-field within 5 seconds. If the ball slows down for more than 5 seconds, coach blows the whistle and throws out another ball to a different part of the field. Try to make spectacular full field transition plays. Have your team look for the following:

- Pushing the ball up the field offensively
- Moving off the ball in a full field situation
- Keeping eyes up looking for up-field opportunities
- Also forces the defense to get back on defense and communicate
- Long passes are encouraged



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State Championship Drill (SCD), Continued

Skills Practiced

- Field awareness
 - Fast break
 - Conditioning
 - Even Strength Drill
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Variations

Keep the drill fresh by blowing a whistle where the ball slows down. Throw out new ball to any part of the field.
