

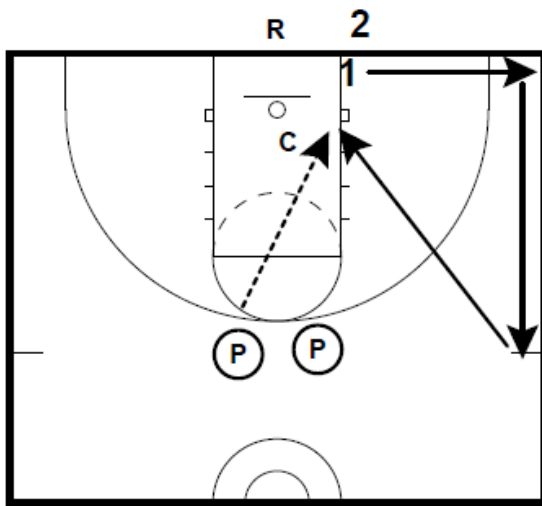


Chris Collins - Transition Drills - pg. 1

Duke

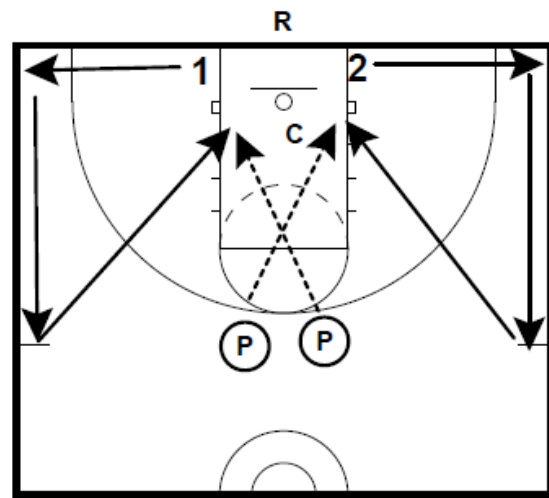
Chris Collins: Transition Finishes

Frame 1



- 1 faces out of bounds on the baseline and does a defensive slide to the sideline
- Back pedal up the sideline to the hash mark
- Sprint to the basket at a 45 degree angle and call for the ball
- Catch the pass and square your body to the rim/baseline to finish against resistance
- Coach provides resistance with the a pad

Frame 2

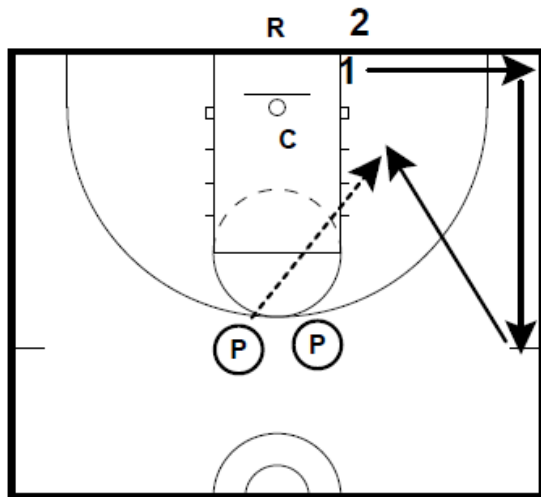


- 1 immediately does the same thing on the left side
- 2 steps on and goes on the right side at the same time
- Keep going until they make 10 together
- Each player shoots a 1-and-1 free throw situation
- They get a longer rest if they hit the front end of their 1-and-1

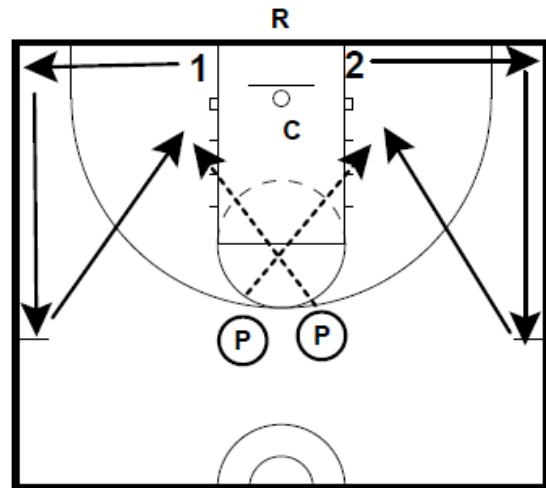
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Chris Collins: Transition Jumpers

Frame 1



Frame 2



- 1 faces out of bounds on the baseline and does a defensive slide to the sideline
- Back pedal up the sideline to the hash mark
- Sprint to the basket at a 45 degree angle and call for the ball
- Catch the pass and shoot a 10 to 15 foot bank shot high off the glass
- The bank shot is more forgiving as it allows for a higher margin of error

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