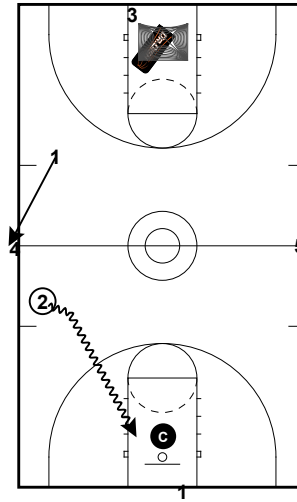
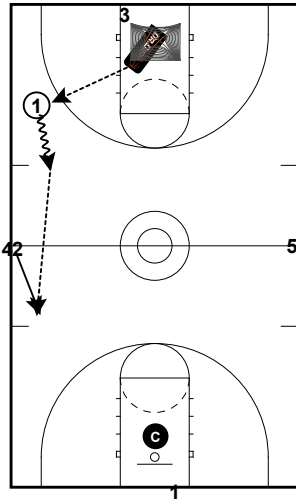


# Dr Dish - Transition Attack Drill

## WTWGBB



Location: 13/14 or 5/6  
Tempo: variable depending on # of people...5 or 6.

Four lines, one under each basket and one at each side of half court.

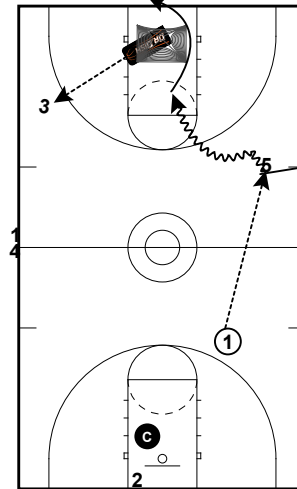
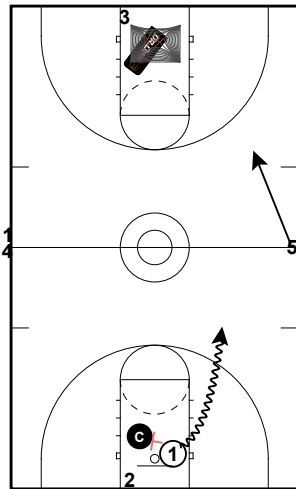
The first person on the Dr. Dish side of the floor receives a pass near the wing from the Dish.

They immediately catch, peek, and push the dribble out.

As they approach the hashmark, they should be pitching ahead to the player in the next line.

The player who was pitched the ball catches, and changes momentum with a push dribble attacking the middle.

A coach is under the basket with a pad. The player finishes through the coach's contact.



After the player scores through the coach's contact, the coach turns their attention to the player under the basket.

The player under the basket **MUST** box out the coach with the pad and grab the rebound, make or miss.

After securing the rebound, the player pushes the ball up as if they are triggering transition off a rebound

The rebounder pushes to about the hashmark/logo area and sends it to a streaking teammate ahead of them.

The receiver catches, changes direction and attacks the middle of the paint for a pull up jumper in transition.

3 point shooters can catch and dribble into a transition 3.

The drill continues with each player replacing their pass/shot.