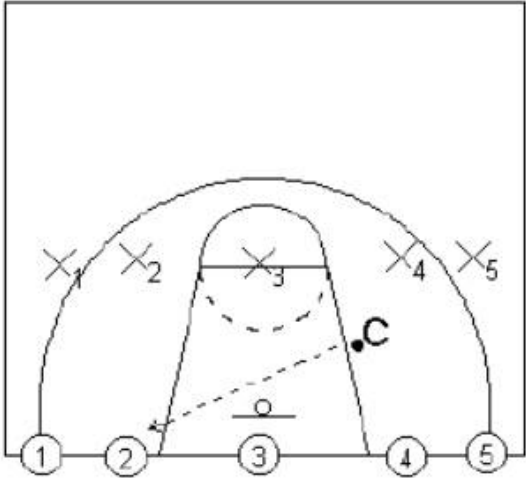
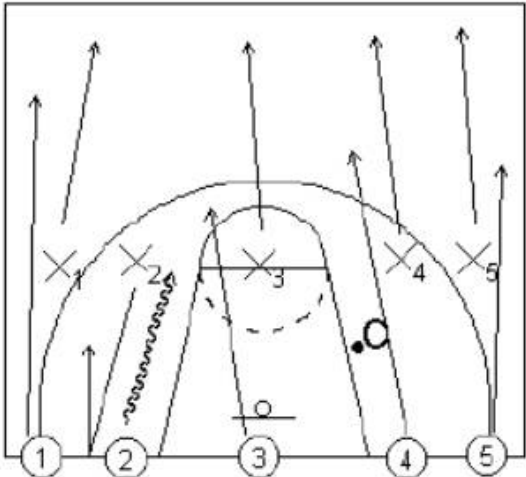
	Drill	Skill
	<b>08 – Five on four plus one</b>	<ul style="list-style-type: none"> <li>Transition</li> </ul>

Description	<p><b>A – Set up</b></p>  <p><b>B – Movement</b></p> 
<ul style="list-style-type: none"> <li>Offense lines up along baseline.</li> <li>Defense lines up along free-throw line extended.</li> <li>Coach passes ball to one of the offensive players and offensive team go straight into offensive transition.</li> <li>The defensive player guarding the offensive player who received the ball must sprint and touch the baseline before joining the team on defense.</li> <li>Play end to end, reversing teams on each possession.</li> <li>Score one point for each basket made.</li> <li>First team to 5 (or 10) wins.</li> </ul>	
Variations	
<p>a) Use three lines instead of four.</p>	
Points of emphasis	
<ol style="list-style-type: none"> <li>Defense must sprint back, get behind ball.</li> <li>Get back and protect the basket.</li> <li>Someone must take the ball-handler.</li> <li>Communicate, communicate, communicate.</li> </ol>	