

3 F'S FINISHING IN TRANSITION

1 FIRST DEFENDER



Create the advantage.

Scan for the first defender. The ball handler assesses...

A Is the first defender in position or capable of stopping me?

B If they stop the ball, is there a safe pass to make?

If one answer is in the ball handler's favor, continue the fast break.

★ This 2-part assessment gets updated every step and dribble.

2 FOOTWORK



Get to the rim.

Footwork options must be practiced! Add them to all layup line type practice drills.

Allow players to experiment with:

Euro steps, off-foot finishes, one-step finishes, wrong-foot finishes, etc.

★ More reps = improved balance, better mindset and greater confidence. That's when it becomes second nature.

3 FINISH



Make the shot.

With reps, also comes a better understanding of touch and angles.

Supercharge your finishing skills:

A Layer finishing options together.

B Understand what the defense is thinking.