

Transitions as tactical elements in offense play

- Transition:
 - with the same number of players (6-6; 5-5)
 - in man advantage (6-5)
 - in man disadvantage (5-6)
- Transition:
 - from wing position, from back court position, from CB position

Exercises: There are in both corners wing players to get the ball and give it back

- 3-3, 4-4, crosses and transitions
- 4-4:
 - transition from CB and change the position with LP
 - crosses from RB to LB, LB passes to CB, RB makes transition on the line
 - „Cookies” CB makes transition against opened defence
- 5-5: RB passes to RW and makes transition on the opposite side, and with the LW makes a double block for LB
- 6-6:
 - transition from wing position with ball and without ball
 - with ball: generally to make attacker block on the opposite side.
 - without ball: tries to reach a free shot position on the opposite side
 - from wing position:
 - „BARCA”
 - „CIUDAD REAL”
 - „NOR”
 - LP gets the ball on 9m, and plays it for his LB player, RW makes transition from his position
 - from back position:
 - cross between CB and LP
 - LB/RB changes the position with CB, and makes transition
 - „ISL”: cross from CB to LW, and CB makes transition on the right side of the line
 - crossing CB below LB/RB and makes a transition on the other side
 - CB makes a transition without ball to LB/RB
 - fast break and fast throw
 - transition for 2 LP positions
 - long cross and transition from the opposite side wing player at the same time