

# 'Rebound Outlet' Drill Tests Stamina

With only two players completing a full-court transition, there is no time to waste and nowhere to hide as an all-out sprint is required for success

## WHY USE IT

Run drills showing players how they are rewarded for sprinting the length of the floor in transition. This drill also doubles as a conditioner with the ball.

## SET UP

Pair up players. One set begins with a basketball under the hoop with the partner line near the right-side hashmark. Place a cone at each free throw line.

## HOW TO PLAY

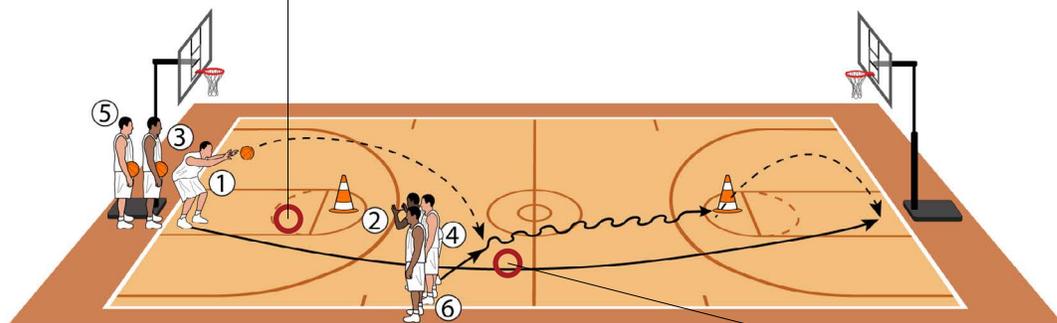
1 passes to 2 as 2 moves toward the middle from the wing. 1 goes wide behind 2 and sprints the length of the floor. 2 dribbles hard at the far-side cone. Upon reaching the cone, 2 passes to 1 in stride [1]. 1 shoots the layup and grabs the ball out of the net. 1 passes to 2 as 2 locates to the right wing. 1 again sprints behind 2. 2 dribbles to the cone at the other end of the floor and passes to 1 in stride as 3 and 4 begin their movements in the other direction [2]. 1 makes the layup. 3 sprints behind 4 on the pass and the actions continue [3].

## TECHNIQUE

The passer (who turns into the shooter) must sprint and not use a dribble on the layup attempt. It becomes more difficult on the way back as the passer is becoming tired.

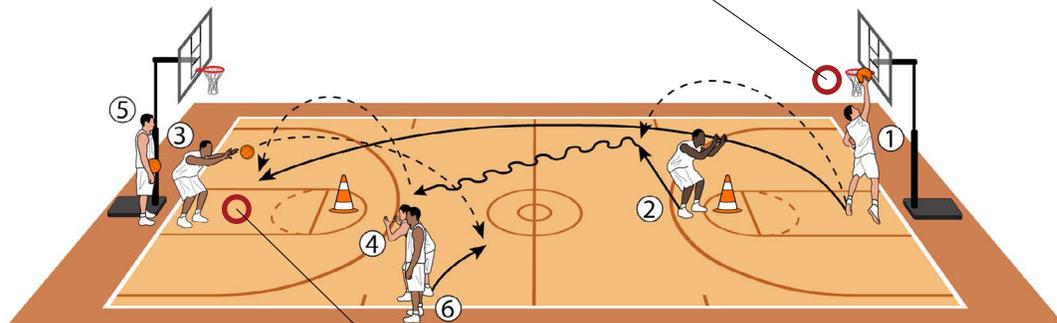
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Sound, Tacoma, Wash.

**1** Make the pass and immediately sprint behind the receiver to fill the lane in transition — this player must reach the other end as the ball handler approaches the cone



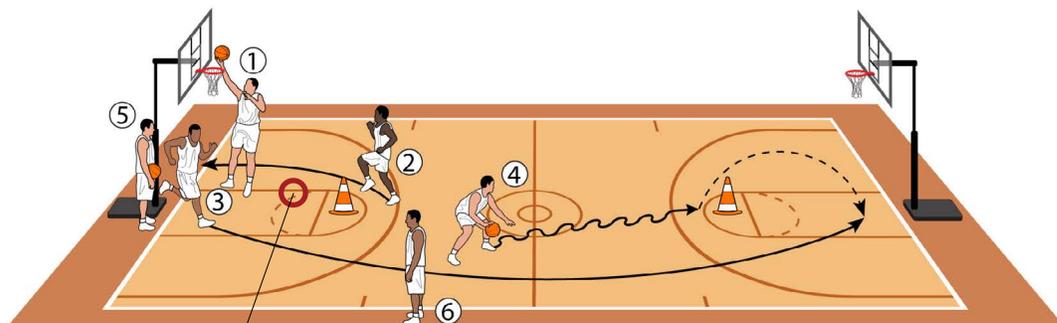
Break toward the middle and receive the outlet pass heading up the court just like in a game

**2** Make the layup, grab the ball, throw the outlet pass and sprint again — this is where the drill gets tough as players tire



As soon as 1 makes the layup at the opposite end, the next pair enter the floor and complete the actions

**3**



1 and 2 exit after 1 makes the layup, then 2 remains in the passing line while 1 relocates to the outlet/receiver line

Player movement ———> Ball movement - - -> Dribble ~~~~~> Shot ———>