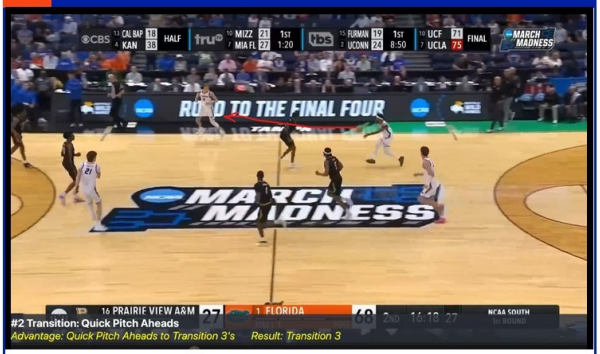
# TRANSITION → QUICK PITCH AHEAD → OPEN 3

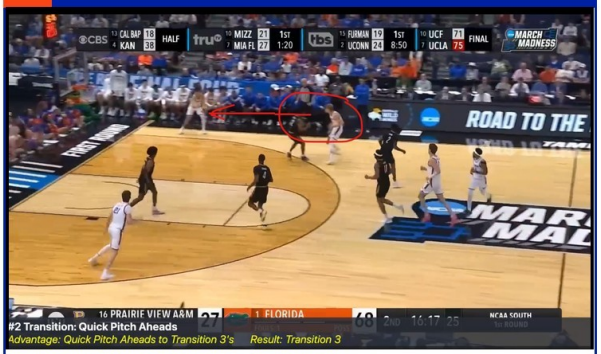
**Florida vs Prairie View A&M | Clip ID: ADV-096 | CONTINUE**

## 1 POINT GUARD PITCHES AHEAD



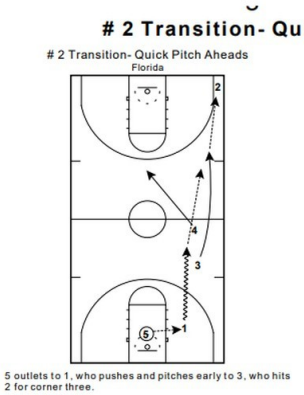

The point guard pushes the ball in transition and pitches it ahead before the defense can get set.

## 2 GUARD PITCHES IT AHEAD




The advance pass keeps the defense moving and creates the open transition three.

## FAST DRAW DIAGRAM




## TEACHING POINTS

1. Advance the ball early instead of overdribbling in transition.
2. Use the pitch-ahead to force the defense to turn and scramble.
3. Keep the next receiver running wide and ready to attack.
4. Make the next pass before the defense can match up.
5. Finish the possession with the open transition three.

### ADVANTAGE CREATED

**Quick Pitch Ahead / Defense Scrambling**
**Result: Transition 3**

## KEY TEACHING CUE

**"Advance it early. Keep them turning."**

## WHY IT WORKS

The quick pitch-ahead makes the defense defend the full width and length of the floor. Every early pass forces another turn and recovery. Florida keeps the advantage moving until the defense gives up the open transition three.

## PRACTICE LAB IDEA

Pitch-Ahead Transition Game

- Outlet and push immediately.
- Pitch ahead before crossing half court.
- Receiver stays wide.
- Add one more pass if the defense rotates.
- Finish with the open three.