

A graphic featuring a large orange basketball on a green textured background. In the top left corner, there is a white sticky note with a basketball icon and two stars. The text "TRANSITION OFFENSES" is written in large, bold, white capital letters across the center of the basketball.

TRANSITION OFFENSES

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Introduction

The first part to being successful in transition is starting the break – collecting the defensive rebound, making the outlet pass, and getting your players out into their lanes and down the court.

But the second part, and the part we'll be looking at in this playbook today, is creating high percentage shots and finishing in transition.

Now if you have a numbers advantage, say two on one or three on two, your players should be able to create a high quality shot on their own. But you can still score in transition if you're not able to create a bucket on the fast break. By attacking the defense before their set with your transition – or secondary – offense, you can create good shots that might otherwise not be available if you walked the ball up the court.

If you've got a team full of players with speed and good endurance, then you're definitely going to want to push the ball more often than not, but even if you're players are big and slow for the most part, it's still a good idea to put in at least a couple plays for transition so that if and when those opportunities present themselves, you can take full advantage.

Play: Six Second Play

Coach: Patrick Estep, Head Coach

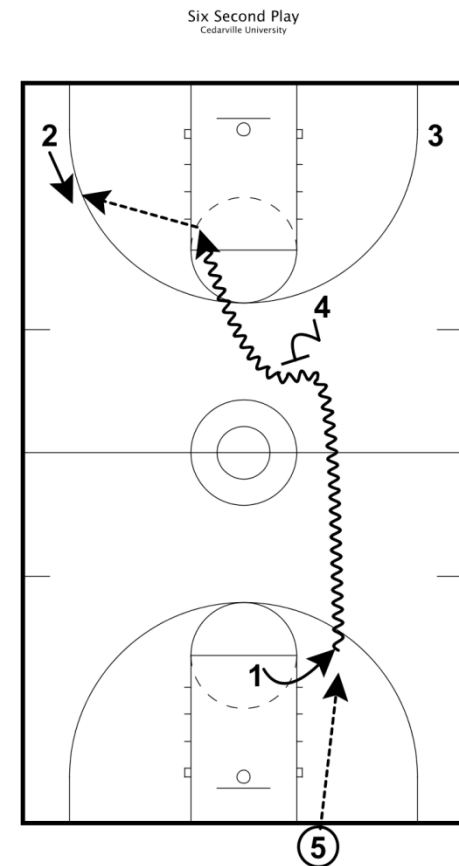
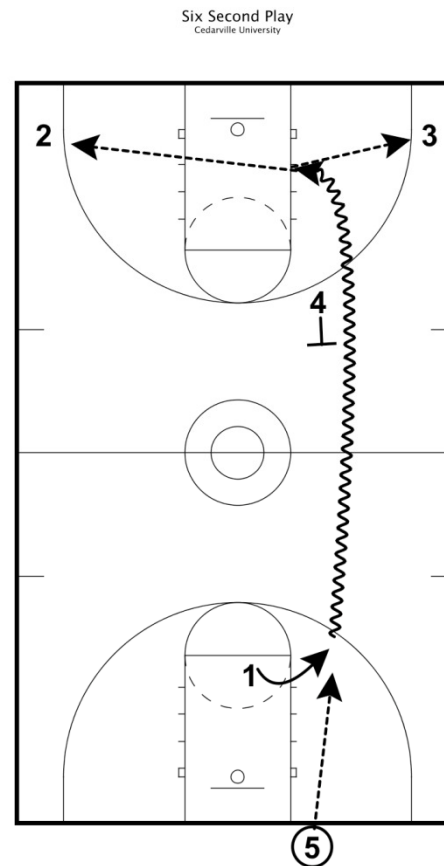
School: Cedarville University

Description: The Phoenix Suns were famous for their seven seconds or less offense, with the goal being to get Steve Nash out in transition, spread the floor out, and allow him to do what he does best. And if you've got the personnel to make it work, you're definitely going to want to add this simple read – it's hard to even call it a play – to your offense.

It starts with the inbounds. Your inbounder on this, and all the following plays, needs to be able to grab the ball out of the hoop before it touches the ground, get one foot out of bounds and hit the point guard in stride heading down the other way. The other players need to get up the court quickly, with your two best three point shooters in either of the two corners.

The third player will come out and set a flat screen above the three point line. The beauty of the flat screen is that it allows our ballhandler to read the defense from a distance while coming in at full speed and allowing them to make a solid decision. Next the ballhandler will continue to penetrate, firing off a pass to either of his shooters as soon as one of their defenders comes off their man to stop the drive.

And if neither defender steps inside – take the layup!



Play: Secondary Break – Off the Miss Set 1

Coach: Patrick Estepp, Head Coach

School: Cedarville University

Description: Next we have three options that you can run off the missed shot in your secondary break.

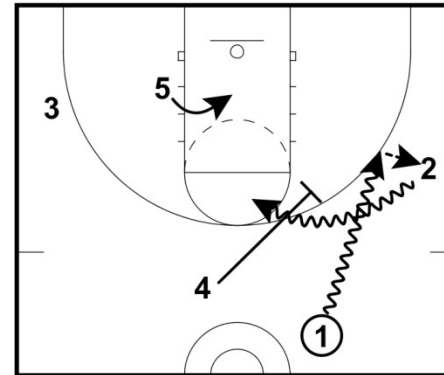
The first will be with four out and our center down low on the weak side block.

The ball handler will execute a dribble handoff with the strong side wing, with the power forward trailing, coming in to set a ball screen for the two guard.

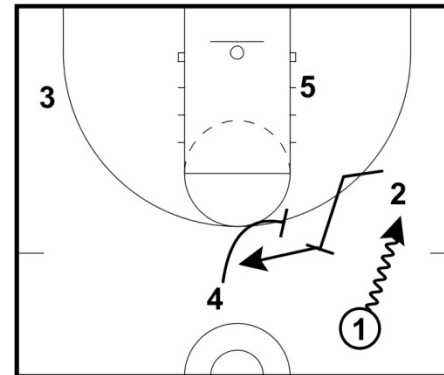
The second, also in our four out set, will have the two guard step up and set a ball screen for the point guard, who will dribble over to the strong wing.

The four will then drop to the level of the ball and set a screen for the screener, allowing the two guard to either fade along the three point line for the open shot, or cut backdoor looking for the layup.

Missed Shot Transition Options
Cedarville University



Missed Shot Transition Options
Cedarville University



Play: Secondary Break – Off the Miss Set 2

Coach: Patrick Estapp, Head Coach

School: Cedarville University

Description: Our other set off the miss in our secondary has both guards down in the corner and our forward at the top of the arc.

The first option has the point guard dribble all the way down to the strong side guard and dribble handoff to the guard.

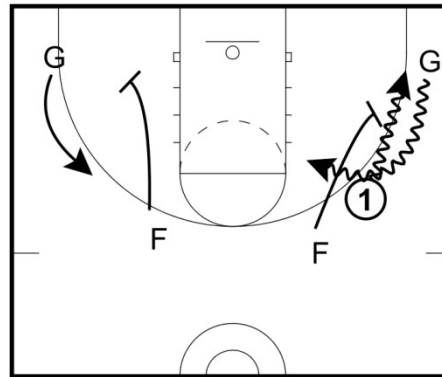
In the meantime both forwards will be coming down to set screens, with the strong side corner setting the screen on the ballhandler and rolling to the hoop.

In the second option, we have our point guard use the strong side guards ball screen to get all the way to the key.

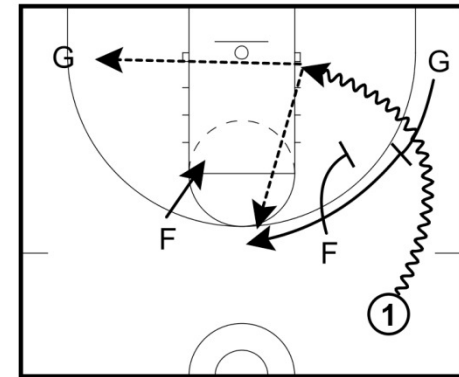
Once in the key, the point guard can either hit the weak side guard spotting up in the corner, the weak side forward spotting up at the elbow, or the strong side guard, who will come off a down screen from the strong side big and curl up to the top of the arc.

If our point guard is stuck, and all three options are defended, the strong side forward will rescreen, with the guard cutting back out to the wing to give our point an easier passing angle.

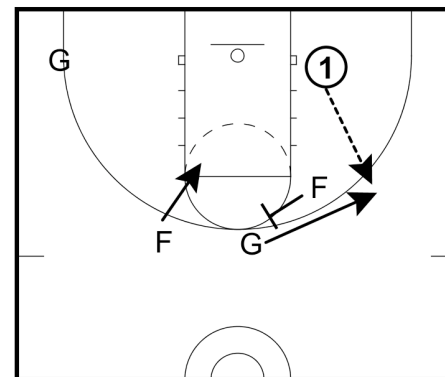
Missed Shot Fast Break
Cedarville University



Missed Shot Fast Break
Cedarville University



Missed Shot Fast Break
Cedarville University



Play: Secondary Break – Off Made Shots

Coach: Patrick Estep, Head Coach

School: Cedarville University

Description: When the other team makes their shot it can be a little tougher to get out in transition, but it's not impossible. As long as you get the ball out quickly and push you should be able to run these sets to great success.

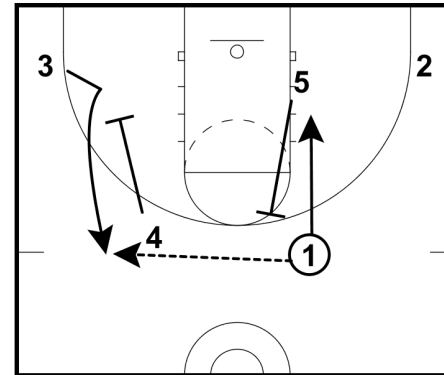
In the first we'll have our wings drop down to the corner and have our four man come stand out up top with our point guard, and the five man down on the strong side block.

The four man will start the play by setting a downscreen for the three. The point guard will hit them up top, and then cut backdoor off of the five's backscreen.

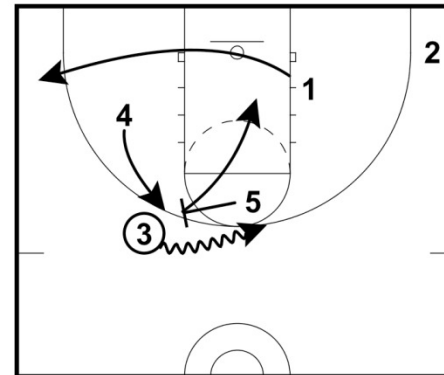
The five will continue on, setting a ballscreen for the three man all while the point guard fills out to the strong side corner.

The three man will come off this screen driving middle, with the five man rolling to the hoop and the four man coming in behind the screen to spot up in their range.

Gator: Secondary Off Made Shots
Cedarville University



Gator: Secondary Off Made Shots
Cedarville University



Play: Secondary Break – Swing

Coach: Patrick Estapp, Head Coach

School: Cedarville University

Description: Here's a play that's particularly well suited for an end of half or end of game situation. After receiving the inbounds, the point guard will fire a pass off to the two guard on the strong side wing. The four man will sprint up court, stopping where the lane line and the three point line would meet on the strong side of the court. Our point guard will be doing the same, just on the weak side instead.

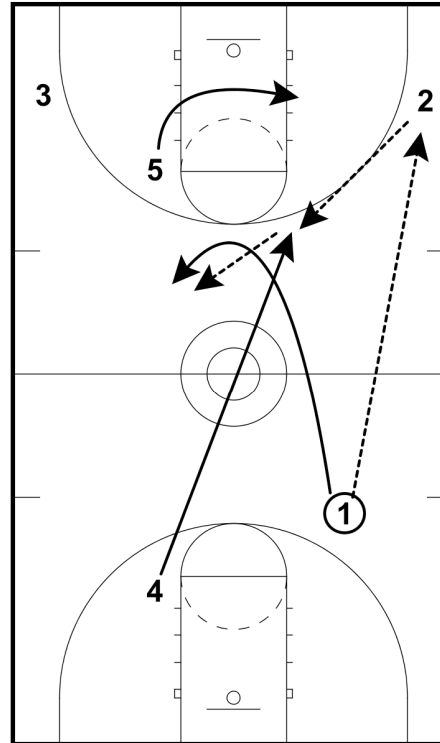
The two guard will then pass to the power forward and use the backscreen being set by the center, sprinting along the baseline to the opposite corner.

The three man will fake a similar cut, but instead pop right back out on the left wing, where he'll be receiving a pass that has been swung across the through the point guard to him.

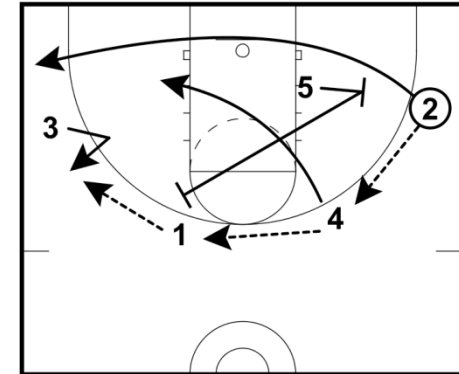
After passing to the point guard, the four man will sprint down to the left block, making himself available as an option. The five man will come over to set a backscreen for the point guard, who will fade to the top of the arc.

From there, it's up to the three man to decide what option he feels is best.

Swing: Transition Offense
Cedarville University



Swing: Transition Offense
Cedarville University



Play: Sycamore Transition – Drag Option

Coach: Greg Lansing, Head Coach

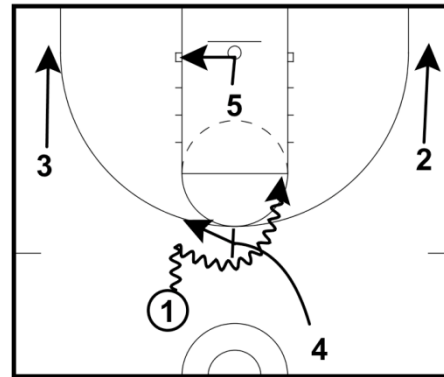
School: Indiana State University

Description: In the drag option were trying to spread the floor out and get a drag screen on the ball defender, with the options from there varying on which of our big men is screening.

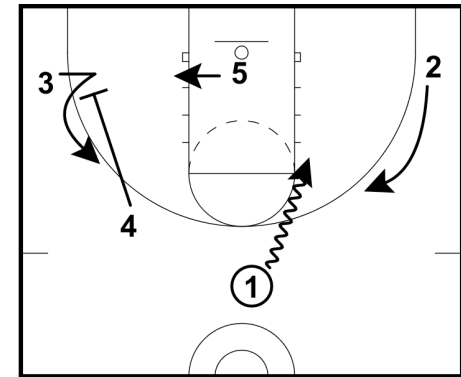
With our four man screening, we want him to pop out and then set a downscreen for the three man, while our five man ducks in on the weak side and tries to seal his man on the block.

With our five man screening, we want him to dive after the drag screen, cutting hard to the hoop as our four man sprints out to the top of the arc on whatever side of the court is opposite to the one the point guard is currently penetrating.

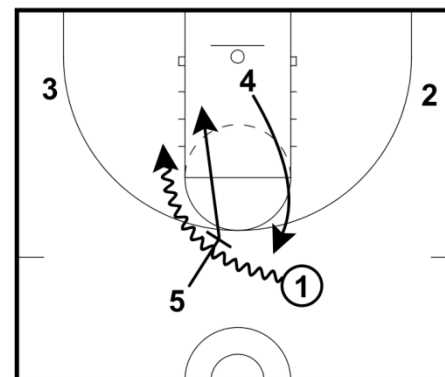
Sycamore Transition
Indiana State University



Sycamore Transition
Indiana State University



Sycamore Transition
Indiana State University

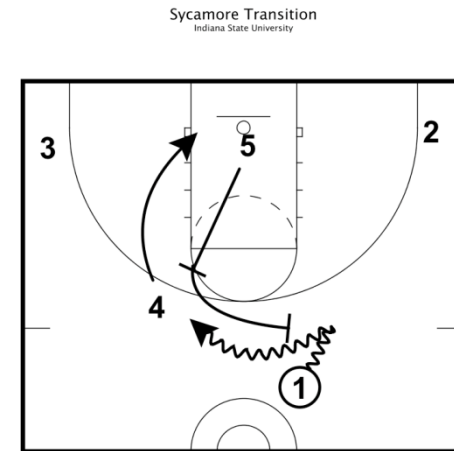


Play: Sycamore Transition – Exchange Option

Coach: Greg Lansing, Head Coach

School: Indiana State University

Description: Here's another simple ballscreen play where we give our point guard a chance to make a play. Whichever big man got down the floor first will come up and set a backscreen for his fellow big man, then head off for a ballscreen for the point guard, popping out after.



Play: Sycamore Transition – Pitch Option

Coach: Greg Lansing, Head Coach

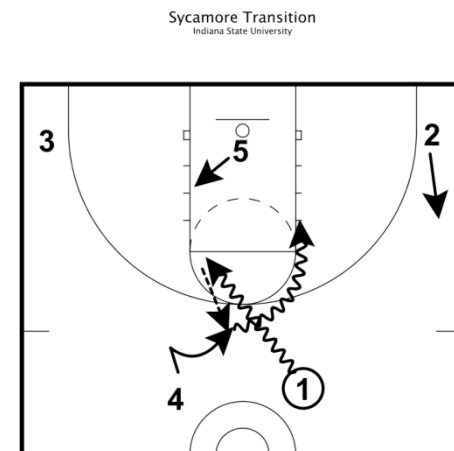
School: Indiana State University

Description: Here we have the pitch option, where we take the same principles that have made the read option to popular in the NFL over the last two years, and apply it to basketball.

With our four out set, the point guard will drive to the left side of the key from the right side, as our big man down low slides over as well. Our four man will misdirect left as well, before cutting behind the point guard to the right side of the key, looking for the pitch back.

When the point guard drives left the defense should shift to that side, and if the four man misdirects his man properly, he should have his defender in a chase situation and will catch the pitch with a head of steam coming into a clear lane.

Now if the defense stops respecting the point guards drive, simply have him stutter or do a hesitation dribble where he normally makes the pitch to trick the defense, and then continue to the hoop or hit the five man if his defender is cheating off.



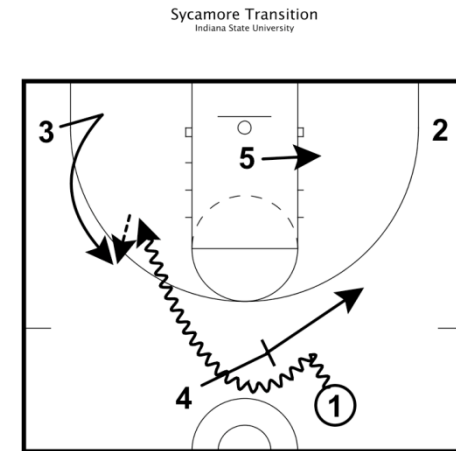
Play: Sycamore Transition – Drag Pitch Option

Coach: Greg Lansing, Head Coach

School: Indiana State University

Description: Here we combine two of our previous plays, starting off with the drag screen from the four man and having our point guard pitch instead to the three man curling to the inside.

It's important the players not involved directly in this exchange stay active, always looking to take advantage of sleeping defenders with a position adjustment to create better passing angles, or even a back door cut if they see the opportunity.

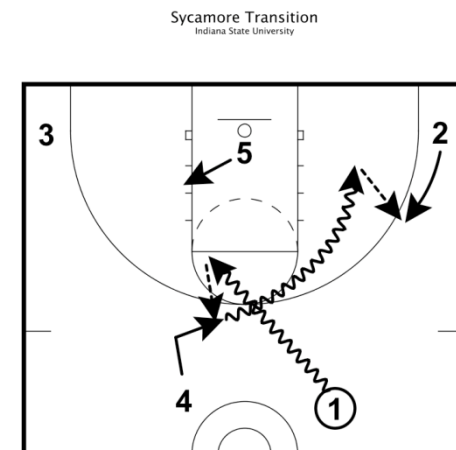


Play: Sycamore Transition – Double Pitch Option

Coach: Greg Lansing, Head Coach

School: Indiana State University

Description: Again here we are going to combine two plays, using both a pitch option with our big man and then again on the wing. All the principles stay the same – read the defense, misdirect, and look to hit teammates when the defenders get caught up in either of the two pitches.



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