

Scoring in Transition

Principles

Why is it important to try and score in transition?

- It is a lot easier to score when you have a numbers advantage or when D is not set up than versus a 2-3 or Pack Line defense that has had time set up
- Opposing team doesn't get to rest which wears them down. Playing fast takes advantage of being a deeper better team who doesn't tire out
- Nothing takes away the other team's momentum than getting an easy bucket 4 seconds after they worked hard for 25 seconds to get a basket
- You will have shooting droughts – transition buckets are a good way to push through those and see the ball go in the net
- The aggressive mentality carries over into all aspects of the game

Keys to scoring in transition:

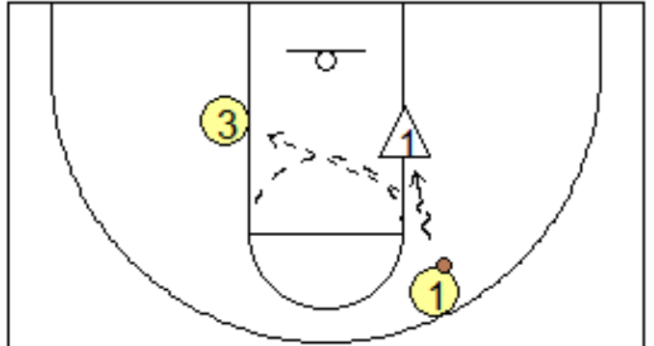
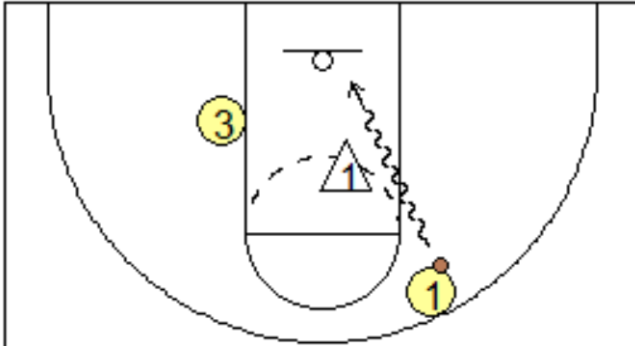
- On Makes: Get the ball in bounds quickly. Coach will either assign an inbounder or person closest to ball gets it into a ball handler
- On misses: Look to make controlled Outlet pass after rebound which requires both rebounder to find Outlet and for Outlet to be in position
- HEAD UP and look down the court – passes are faster than dribbles
- Sprint the court and if you are ahead of the ball, run wide
- Look to attack – idea is to get a score from inside the paint
- ALWAYS MAINTAIN CONTROL – no unforced turnovers
- Do not push into a disadvantage (e.g. if all five of their defenders are set up and two of your players are behind the ball, slow the pace)
- if coach calls “**Press Break**”, slow down and set up press break. If coach calls “**Mustang**” it means pushing at 100% pace every possession.

Scoring in Transition

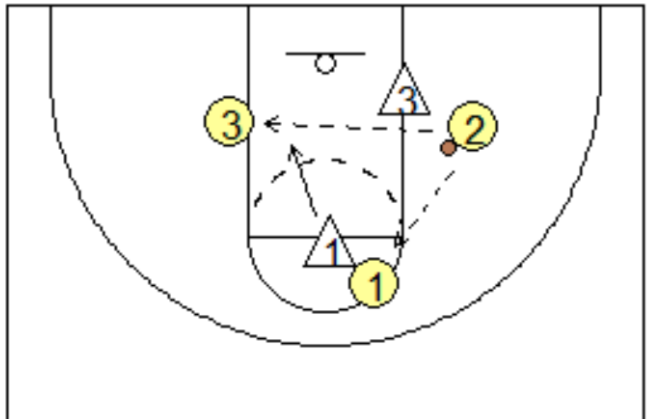
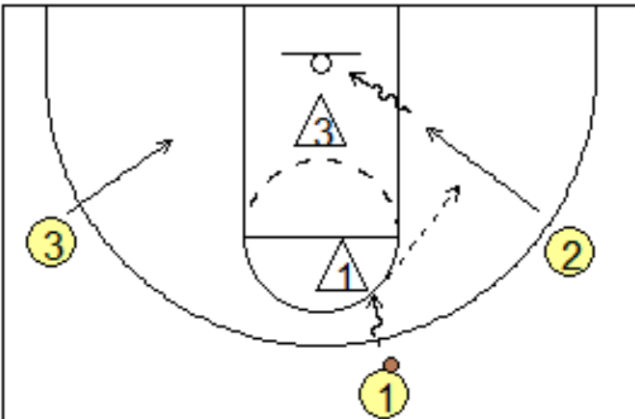
Examples

A one-person advantage of any form is a win for transition O (e.g. 5 on 4) as is being able to start half court O when D is not properly set up

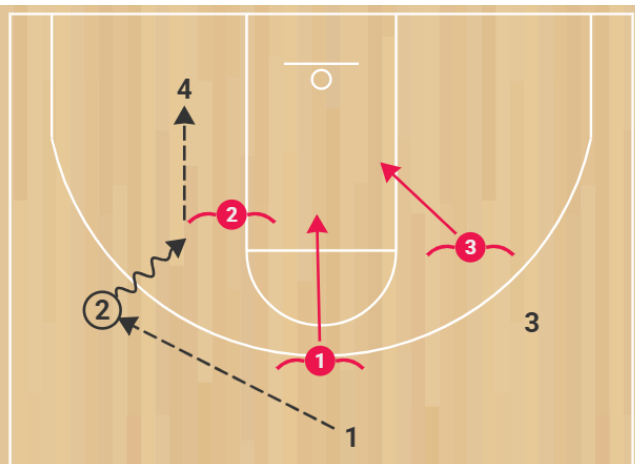
2on1



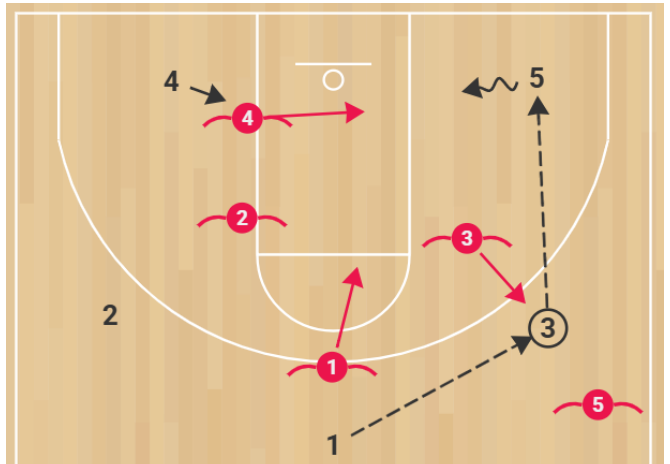
3on2



4on3



5on4



Press Break Key Rules

Press Break Key Rules:

1. Think SCB: Must always have someone:

S: Sideline on ball side

C: Center

B: Back/Behind Ball [so can reverse]

2. Know responsibilities (e.g. inbounder)

3. Don't dribble through Trap

4. 10 seconds is a long time, don't panic

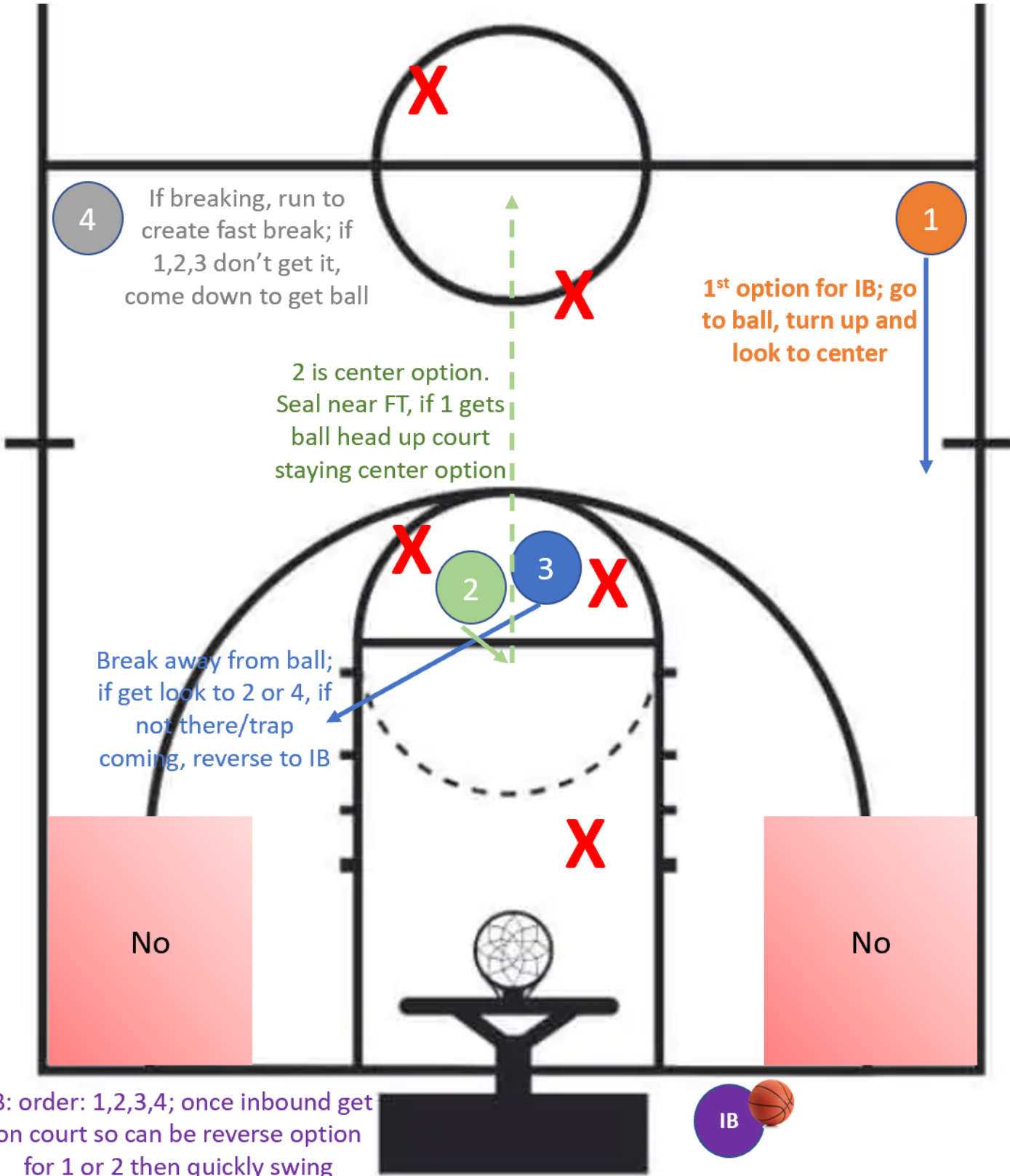
5. Pivot out of Pressure & use pass fakes

6. Don't throw soft lob passes or throw over defender



Video: <https://youtu.be/4NIIJJTMn2k>

Press Break Primary Approach



Defending in Transition

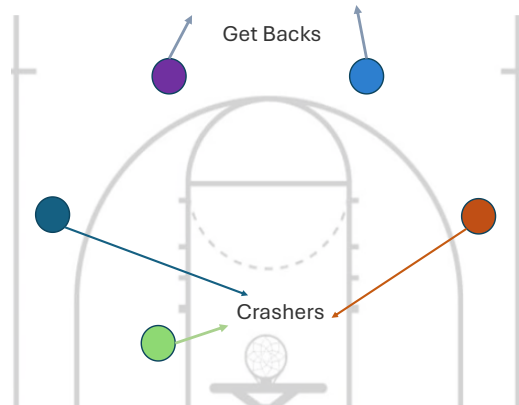
Keys to Success

Keys to defending in transition:

- 'Get Backs' must know role and get back on shot (make sure know when subbing)
- 'Crashers' must race back – if not pressing you are sprinting back to set up in D. Do NOT jog down with your man, be an extra Help defender. First two steps critical
- Do not give up easy lay up and definitely do NOT give up weak 'and 1' layup
- Protect the basket first and always be as low as lowest player, second player back calls Ball and applies pressure from three-point line (or if confident can defend ball handler can meet as soon as possible to slow them down)
- If coach has called "**Press**" make sure (a) know if pressing every possession or just made baskets/dead balls and (b) all 5 players run press every time & know roles

Preventing fast break

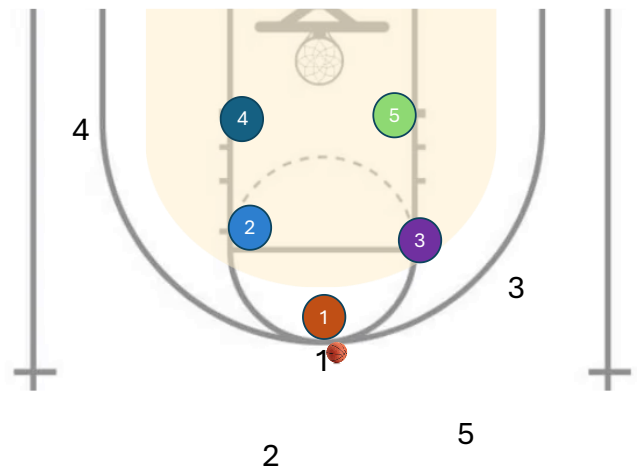
'Get Backs' get back! Crashers sprint back after trying to rebound



Coach could assign 2 or 1 Get Backs (or 0 if opposing team doesn't push pace)

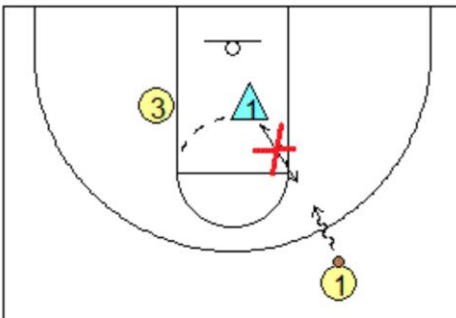
Set-up D

Get in defensive set versus jogging down with your player



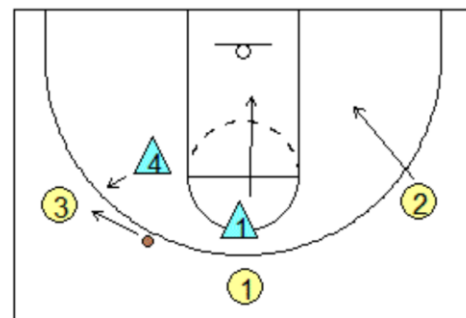
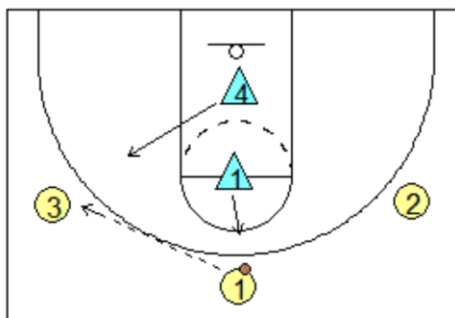
Defending 1 on 2:

Stay as low as lowest player, don't give up layup to stop 3



Defending 2 on 3:

Stack defenders, one calls/takes ball and drops back on pass, second defender take first pass



Press Key Rules

Press:

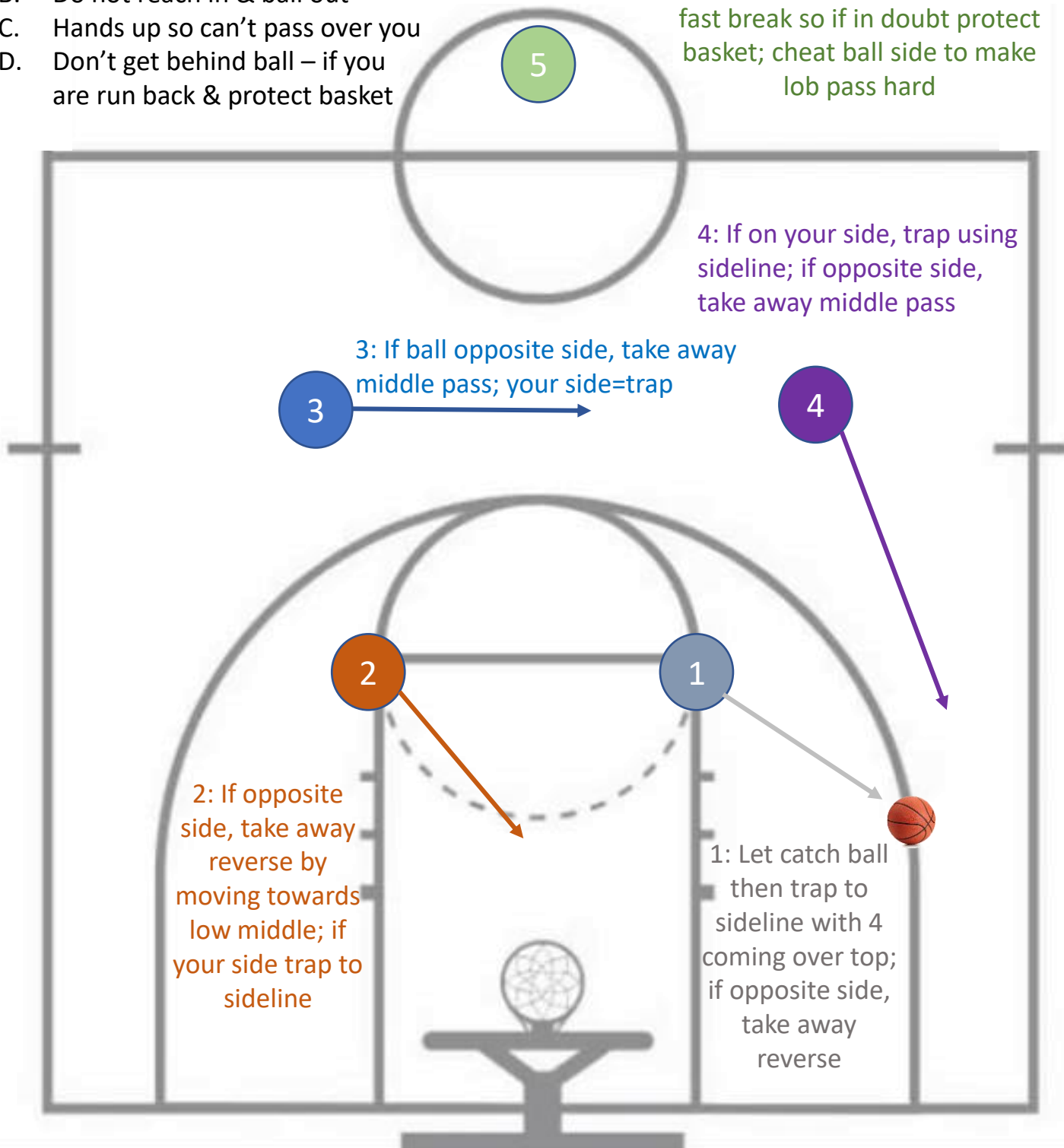
1. **Remember pressing:** All 5 players must set up in Press quickly
2. Must be aggressive → trap quickly, apply ball pressure & shift
3. Keep hands high and active
4. Force O to pick up dribble and make bad pass
5. When trapping **do not reach in & bail out**
6. Use sideline as defender – **don't let player dribble down sideline**
7. **Don't get behind ball** – if you are run back & protect basket

Press

2-2-1 Zone Press “Tam”

- A. Force O to pick up dribble and make bad pass
- B. Do not reach in & bail out
- C. Hands up so can't pass over you
- D. Don't get behind ball – if you are run back & protect basket

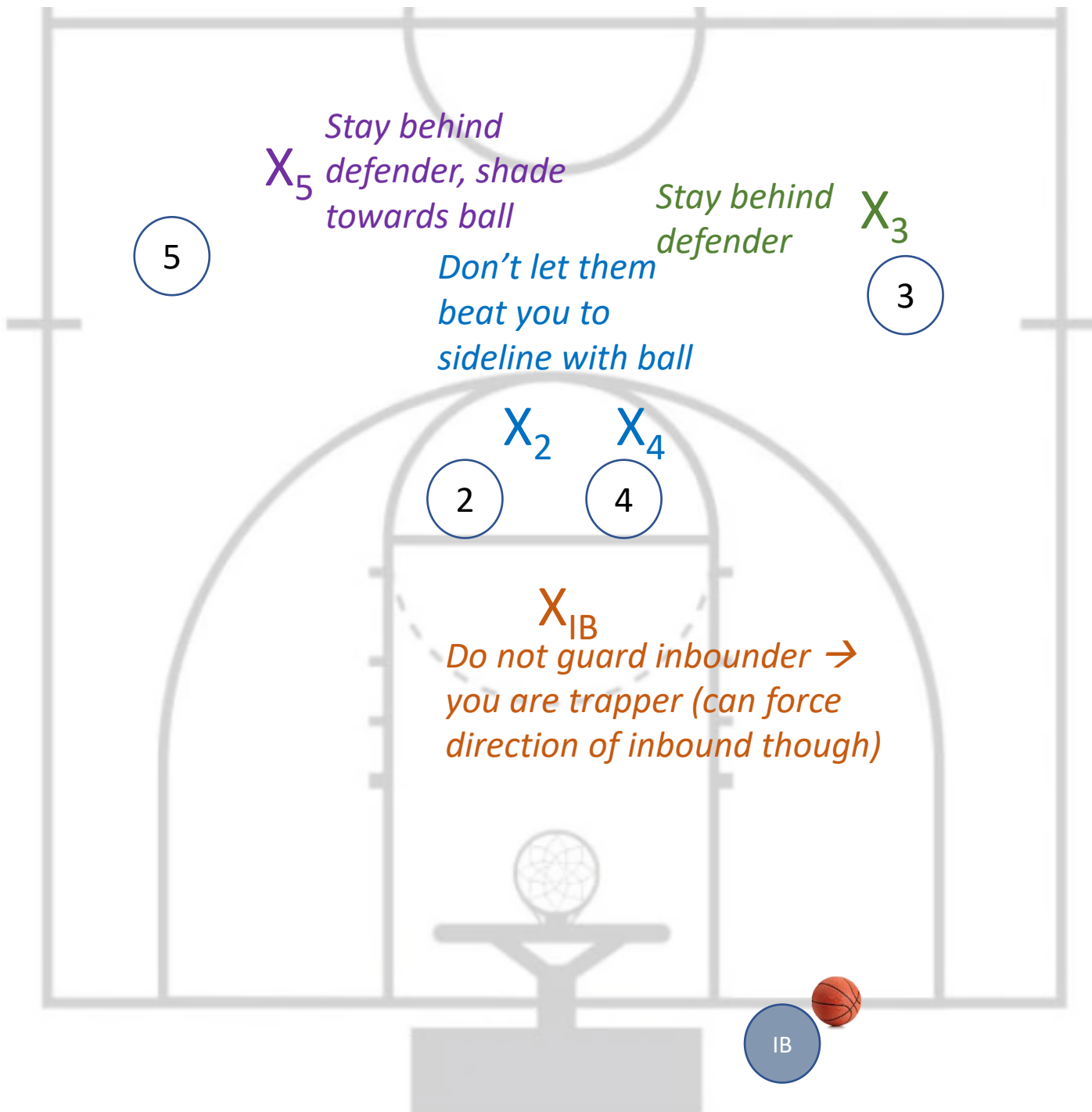
5: Primary goal is not to give up fast break so if in doubt protect basket; cheat ball side to make lob pass hard



Video: <https://youtu.be/1KPtfe-oGol>

Press Man

- A. Force O to pick up dribble and make bad pass
- B. Do not reach in & bail out
- C. Hands up so can't pass over you
- D. Don't get behind ball – if you are run back & protect basket



Press

2-1-2 "Razorback"

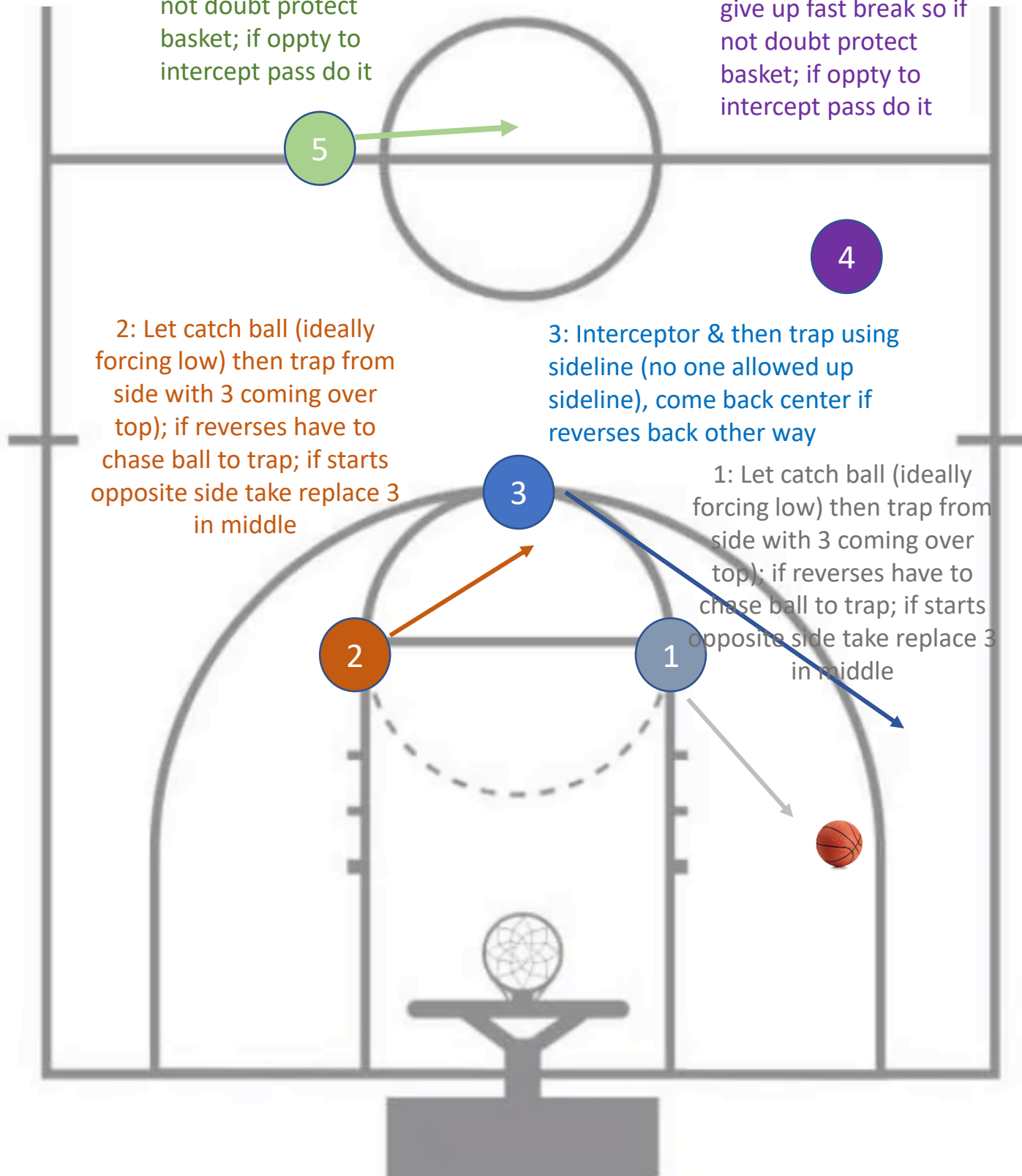
5: Primary goal is not to give up fast break so if not doubt protect basket; if oppty to intercept pass do it

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2: Let catch ball (ideally forcing low) then trap from side with 3 coming over top); if reverses have to chase ball to trap; if starts opposite side take replace 3 in middle

3: Interceptor & then trap using sideline (no one allowed up sideline), come back center if reverses back other way

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Press 2-1-2 “Razorback” & 1

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5

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M2M face guarding best player

&1

