Michael Dunlap
Loyola Marymount
Phoenix - 2016

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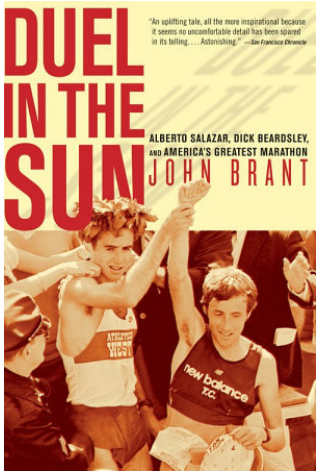

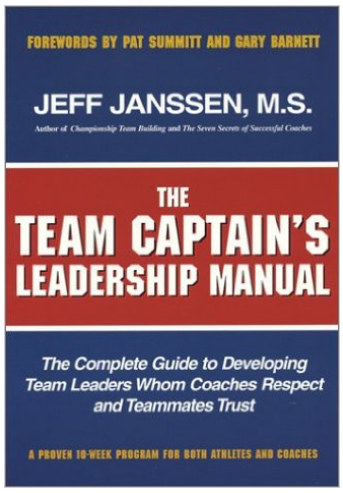

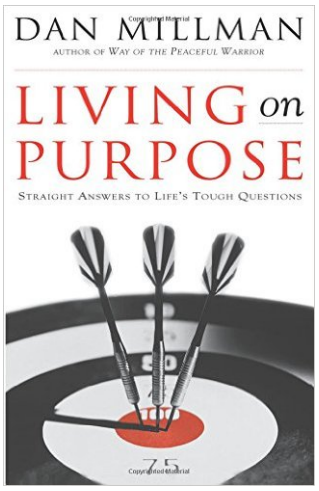

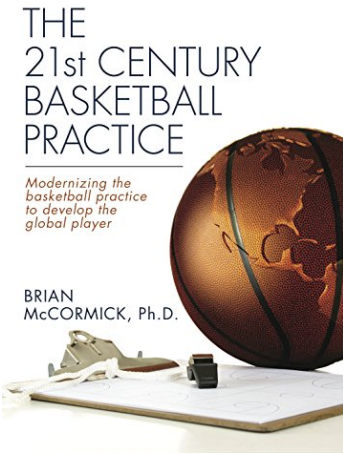

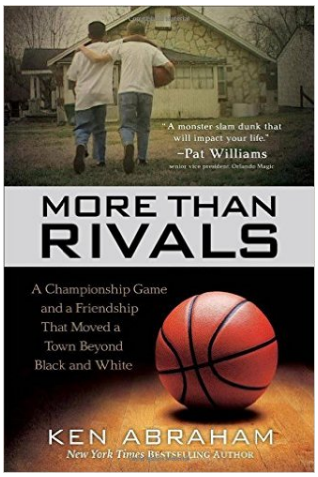

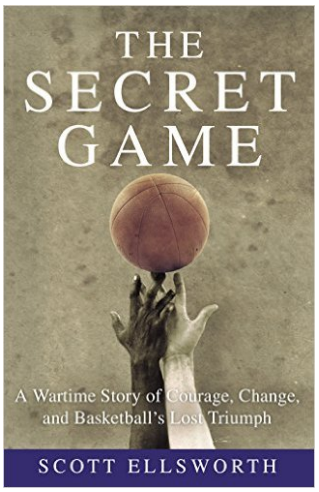

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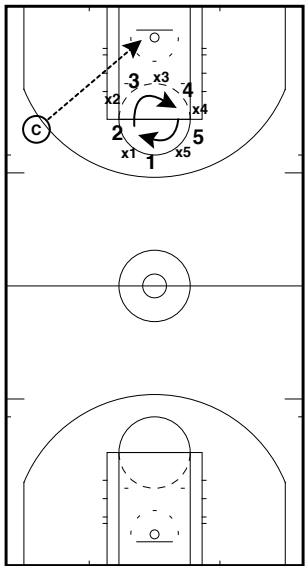
2 DRILLS FOR D. TRANS.

I) Circle the Wagons



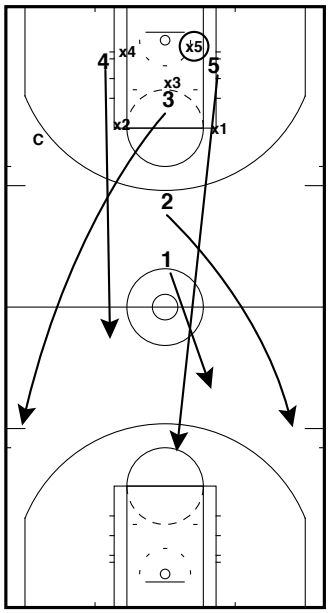
a) *The Set Up*

1) 5 on 5

2) Both teams in one giant circle at the top of key; they are interspersed and run in a circle.

3) The coach shoots the ball at the rim, while both teams scramble for the rebound.

b) *Use a clock*



1) Put 8 seconds on clock: this will get the tempo up, make drill game-like, and move teams up and down. Yes, you can add time if you wish.

c) *The Rules*

1) No Dribble.
Why? Allows you to teach while players still compete....slows things down, D has an ADVANTAGE, and you get to use the actual RULES OF D. TRANS...at this point you may be saying that rule # 1, SHOT BALANCE not evident....hang on as you can dry run O and essentially play same game on your called "shot."
NOW ADD THE DRIBBLE AS YOUR PLAYERS LEARN RULES OF D. TRANS, a nice teaching tool.

2) Number Transitions
a) You can have them move down court 1, 2, 3, or 4 times and only keep count of STOPS. I like to start at 1 transition for teaching purposes.

d) *Run Drill for 5/10 min each practice.*

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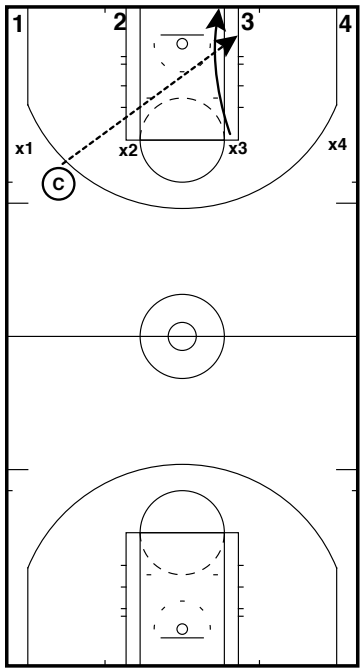
II) 4 In Line Drill

a) *The Set Up*



1) One team of 4 lines up on the baseline while the other lines up across the free throw line: both teams face each other.

2) The coach rolls the ball to a player on the baseline who advances the ball.

3) The man at the free throw line matched up on the offensive player sprints to the end line and hustles back into play. This creates a temporary 4 on 3 situation.

b) *Number Transitions*

c) *Use a clock*

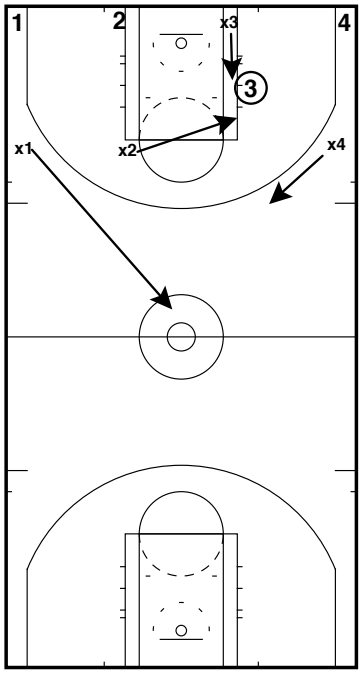
d) *The Rules*

1) Limit Dribbles.

2) Teach Stunt or Rotate.

3) No talk, no stop.

a) Defensive team can get a stop and not talk....wipe away stop.



*A quality drill that you can also go 5 on 5 with too.
ENJOY.

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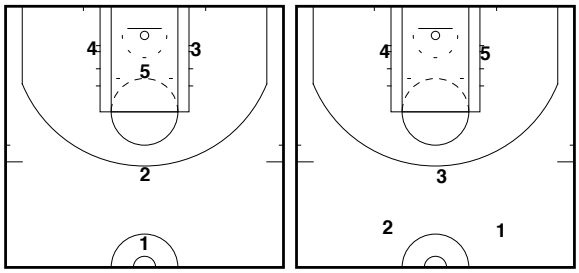
<u>7 Rules:</u>

1) Shot Balance .....

means that on "the raise of the shooter's arm" that players are heading to their spots to balance floor for D TRANS purposes. You either are a 2 back or 3 back teacher: "2 back" means 2 players above 3pt line on shot in a stagger or spread set; "3 back" means 3 above 3pt line on shot in a triangle set, one player at top of key and 2 players spread at half court. If we are in a "2 back" set then we have a triangle on boards, with both blocks filled and a man at the ft line. Yes, they are interchangeable spots. If we are in a "3 back" set then both blocks filled.

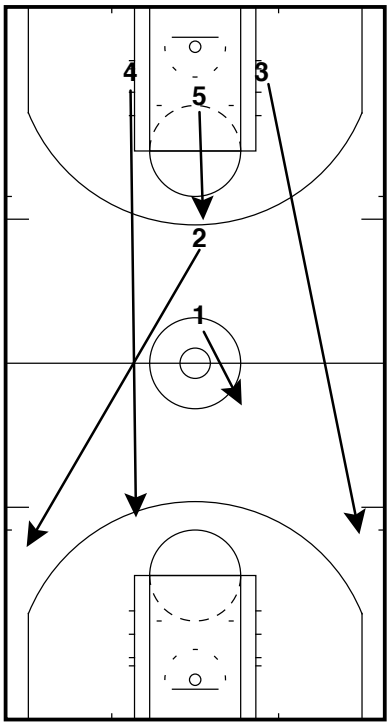


2) Stop the Ball.....

means the pick up point where you want the ball slowed, dribbler turned, and 4 others in their lanes.

3) Sprint Your Lanes.....

means the first three steps are the most important because you can get a jump on your opponent and get organized sooner. I would say just running hard in this phase is the biggest challenge. Additionally, pay attention to your point guard. If he drives rim then the 2 will have goalie responsibilities until the 5 can fill in.....guards are responsible for being back! Remember that vision on ball is NOT as important as 5 guys hauling ass down the floor. This is where Dick Bennett's Pack Line Defense helps me: think of your D Trans as a shell that must stay connected from rim to 3pt line. Yes, in a perfect world we would want vision on man and ball once players hit the half court line but if you can't do both please see your man and keep sprinting. NFL defensive back do the same thing, looking at the eyes of receiver and shadowing their hands. The key is to get below the level of ball, space to ball in a cluster, communicate, and be ready to readjust on time of pass.



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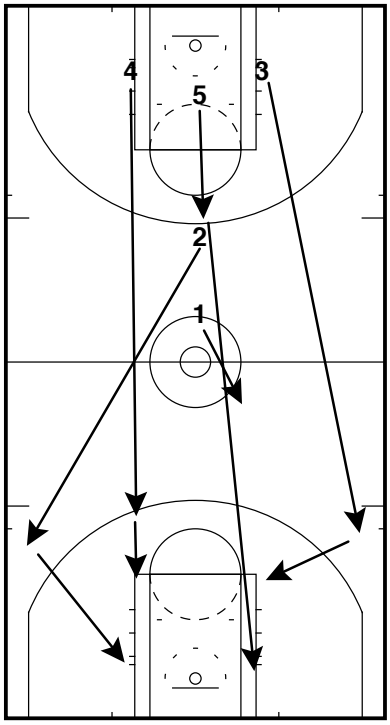
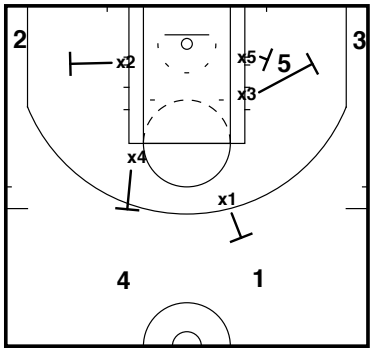
4) Match Up.....
each player has a lane and a responsibility. If there is no offensive man in your lane then squeeze the floor to ball and you will zone up until you are on either a box or elbow: this concept will assist the player in finding the ball, a man, and staying true to our rules.



5) Rotate or Stunt.....
as the "chief" and rule maker you must either decide if you want your players to rotate or stunt versus the beaten ball defender. Two points should be mentioned: first, quick rotation will not occur unless there is proper defensive spacing, and secondly, when ball defender is beaten, he follows ball for tip back or quick trap if dribble killed.

6) Contest All Shots.....
hands are essential in all phases of defense, especially when it comes to defending the shot. It is imperative that we get a hand into shot window of all shooters.

7) Rebound.....
complete your hard work by emphasizing the pursuit of the rebound, a gang tackle mindset here. In short, if your team struggles here then have all 5 guys face block their man as you are drilling; it will become obvious to you that several of your players are faking it in this phase: you will smoke them out if you use this technique and then you can move forward accordingly.



+Drills and Terminology to follow....make it a great day folks!