

TRANSITION DEFENSE

OUR DEFENSIVE TRANSITION SUCCESS WILL BE DETERMINED BY THE:

1. DECISIONS BY OUR PERIMETER PLAYERS
2. EFFORT BY OUR BIGS

1. WE WILL NOT GIVE UP:

- A. LAYUPS/ DEEP POST UPS
- B. OPEN 3'S
- C. UNNECESSARY FOULS/ FREE THROWS

2. FIVE STEPS TO GREAT TRANSITION DEFENSE TEAMS:

1. GET AHEAD OF THE BALL AND SEE THE BALL
2. STOP THE BALL ABOVE THE THREE POINT LINE
3. MATCH UP/ COMMUNICATE
4. LOAD TO BALLSIDE
5. THINK HELP

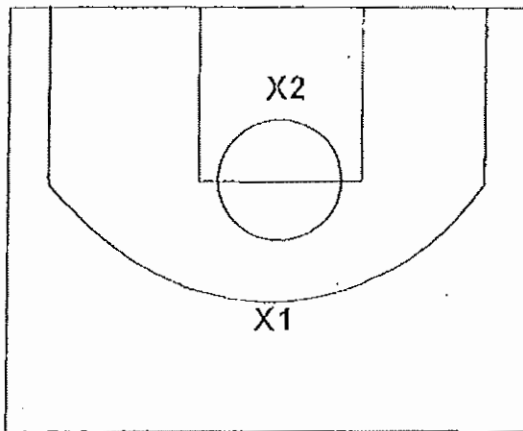
3. MAJOR REASONS TEAMS/ PLAYERS DON'T GET BACK:

1. DISAPPOINTMENT/ FRUSTRATION
2. CELEBRATING A GREAT PLAY
3. COMPLAINING TO REFEREE ABOUT A "NO CALL"
4. WAITING A SPLIT SECOND BEFORE STARTING TO SPRINT BACK

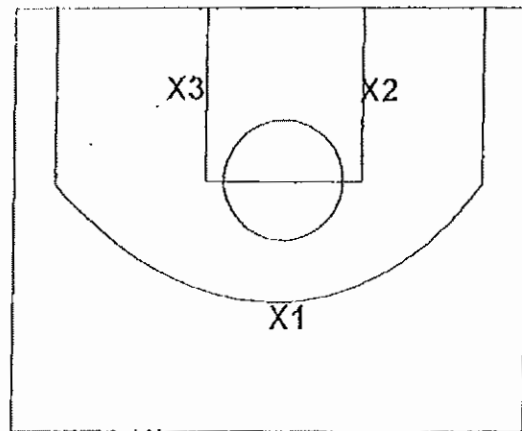
4. BE BACK & FORM A TANDEM/ TRIANGLE

OUR SMALLS SHOULD BE ALL THE WAY BACK AND READY TO DEFEND. IF WE HAVE 2 BACK WE FORM A TANDEM. IF WE HAVE 3 BACK WE FORM A TRIANGLE.

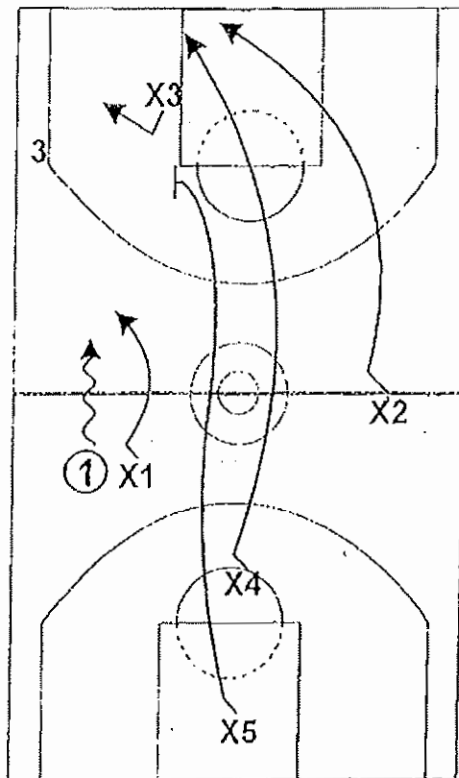
TANDEM



TRIANGLE



5. LOAD TO THE BALL



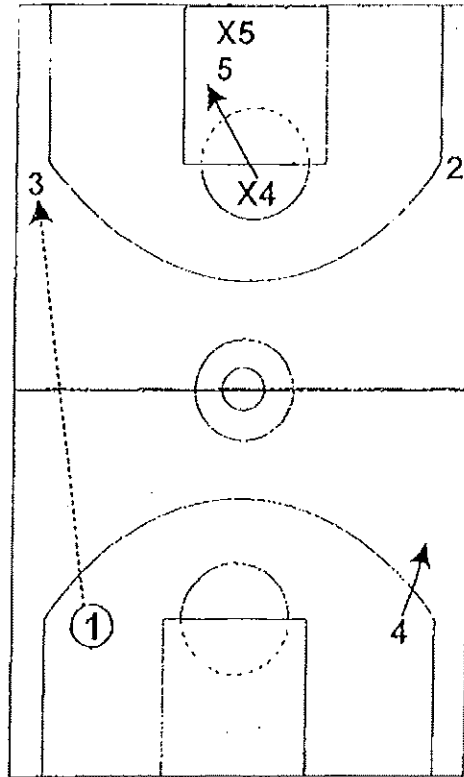
WHEN CONVERTING BACK IN TRANSITION, ALL PLAYERS MUST SEE THE BALL AND BEGIN TO INFLUENCE TO THE BALL SIDE, BY DOING SO, WE CREATE A WALL OF DEFENDERS AND DISCOURAGE DRIBBLE PENETRATION. THE LAST BIG BACK MUST LOAD TO THE BALL AS ALL DEFENDERS ARE ON THE STRONGSIDE.

8. DEFENDING THE POST STARTS IN TRANSITION

GET BACK AND MEET BIGS AT THE FREE THROW LINE AND BUMP THEM OFF THEIR SPOT.

9. TAG

VS BIGS WHO RUN FLOOR HARD CONSISTENTLY AND SEAL FOR EARLY PAINT CATCHES THE OTHER BIG MUST GET BACK AND TAG TO HELP TAKE AWAY EASY PENETRATING-PASSES.

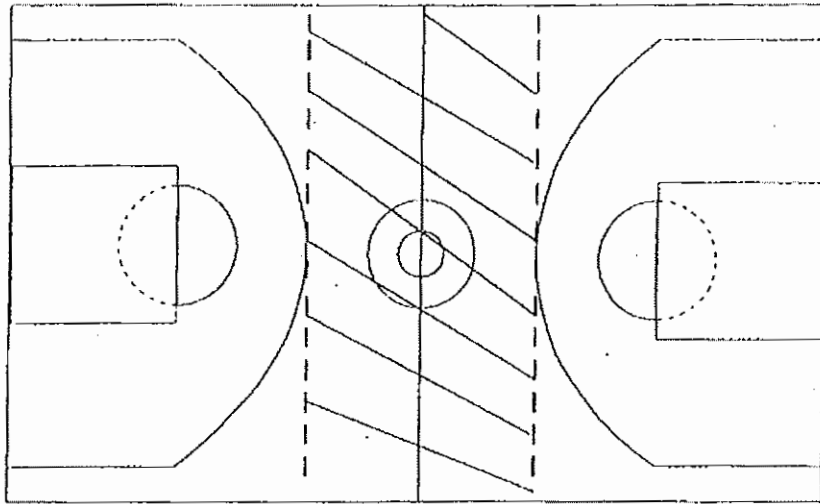


10. BACK TIP

SPRINT THE MIDDLE OF THE FLOOR AND LOOK TO KNOCK THE BALL LOOSE FROM THE MIDDLE MAN ON THE BREAK. DO NOT CHASE THE DRIBBLER TO THE SIDELINE.

11. NO MAN'S LAND

IN TRANSITION, THIS IS WHAT WE CALL THE AREA BETWEEN THE 3 POINT LINES.



12. VS. CROSS MATCHES

MANY TIMES OUR MATCH-UPS DIFFER FROM OUR OPPONENTS MATCH-UPS = CROSS MATCHES.

THE BASIC RULE FOR CROSS MATCHES IS THIS:

AFTER A MADE BASKET FIND YOUR ASSIGNED MAN.

AFTER MISSES, SPRINT TO THE PAINT, TALK AND MATCH UP WITH A PLAYER OF SIMILAR SIZE.

13. SPY

TERM FOR DEFENSIVE TEAM IN TRANSITION WHERE THE POINT GUARD DOESN'T GET BACK BUT DENIES THE OUTLET TO THE OPPONENTS POINT GUARD.