

**Basketball Australia High Performance Coach Development
Coaches Clinic – Darwin, Saturday, August 1, 2020
Marrara Indoor Stadium**

Concepts in Offensive Transition

Introduction –

- Game is trending towards “pace and space”
- Being organised and efficient in the first six seconds of the possession crucial
- Players need the skills and understanding to be effective early in the shot clock
- Everyone wants to run – but what does that look like and how do we achieve it?
- Important to teach the “geography of the floor” – who runs where, what shape are we in at the end of the break?
- Importance of drilling the “quarter turn in the air” for the rebounder to create the outlet
- If you can’t create a quality outlet, you can’t run

Shot hierarchy – what do we want in transition?

- Long outlet to run out lay-up
- Kick ahead for lay-ups (dunks)
- Running post lay-up or move from deep catch
- Kick ahead 3 – personnel-based
- Baseline drive, baseline drift
- High shoulder penetration and receivers
- What are your rules with the transition 3?

Drill One – 1 v 1 outlet read and go

- Constraint 1 – defence on the “skinny side”, long outlet to run out lay-up
- Constraint 2 – defence on the open side, outlet on the sweep
- Constraint 3 – defence chooses, offence reads
- Constraint 4 – defence on the rebounder, outlet must read

Drill Two – 2 v 2 kick ahead

- Constraints – defence hands the ball to offence from behind, wing defender starts two metres behind lane runner
- Guard forward pivot to create space and momentum, kick ahead and play

Drill Three – 3 v 2 plus 1 attack & read

- Guard receives ball from coach on sweep, defence starts behind
- Lane runners on each side with defence shoulder to shoulder
- Guard pushes and reads help rotation
- Lane runners run to rim or run to corner – read
- Play it back 3 v 2 with the shooter stepping off

Drill Four – 5 trip transition scripting

- 5 v 0 transition off the rebound start
- Trip 1 – down the line kick ahead

- Trip 2 – “cross the street” kick ahead
- Trip 3 – kick ahead to deep catch/trail cutting
- Trip 4 – wide pin down and attack
- Trip 5 – drag screen and create