



## **THREE OF A KIND**

### **Course 03: Coach Zeljko Obradovic**

#### **Lesson 06: Fastbreak1**

**Language: English**

## **L07 ZO – TRANSITION 1**

### **INTRODUCTION**

First of all we want to score a lot of points in transition (Primary or Secondary Break). In our philosophy it is essential to always have this attitude because it is part of our aggressive approach to the game. For this reason if we were to divide up our offense, we are aiming to score 30% of our points in transition.

### **REASONS FOR AGGRESSIVE APPROACH IN TRANSITION**

At the highest level in Europe, the first objective from all of the teams is to prevent your opponents from scoring in transition. This can be applicable to all teams playing at any level. Clearly, in order to avoid an opponent scoring in transition is necessary in order to allow the following to occur during the game:

1. To force our opponent to play in the half court.
2. To force our opponent to increase their shooting percentage.
3. To force our opponent to improve their offensive rebounding effort (improving our options to push the fastbreak).

4. Allow us to have control of the game
5. Allow us to preserve our energy.
6. Also, if our opponents are not able to score in transition this may be due to us making a great effort on the offensive rebounds.

For all of these situations, our approach to the fast break is always aggressiveness because we know that our opponent is really interested in preventing our fastbreak. At the same time it is clearly impossible to win highest-level games in Europe using only transition. This mentality is also part of our defensive attitude. We want to steal the ball, block the shot or capture a defensive rebound because we want to run fast to the other basket and score as easily as possible.

We will talk about the different parts of the fast break – first pass, second pass, third pass etc. – but this is something that more or less all coaches know and it is part of the decision making process of each coach to decide which type of break to run. We prefer middle fast break development for several reasons and all of our fast break drills are based on this. Our preferences are as follow:

### **FIRST PASS**

Our experience shows that the most important thing is to make the outlet pass as easy as possible for the center. In this scenario my recommendations are:

1. The first pass must be around the free throw line extended (better bellow if possible).
2. More times during the game the first pass is after a defensive rebound and maybe it is better for the big man to have two outlet options instead of only one.

This second election about our first pass action is essential since our goal is to encourage middle fast break. We want to put the ball in the middle of the court and make passes that are faster than dribbling the ball up the court.

### **SECOND PASS**

It is important to put the ball in the frontcourt as fast as possible. For this reason we use the second pass – if possible – with a second player cutting to the middle. If this second pass is not possible the player finishes the cut opening up to a wing and running until the tree point line.

Middle fast break is the best way to put the ball in the frontcourt with less risk and also in a position that has the most passes available. It allows you to increase the number of players involved in the offense with clear rules and positions.

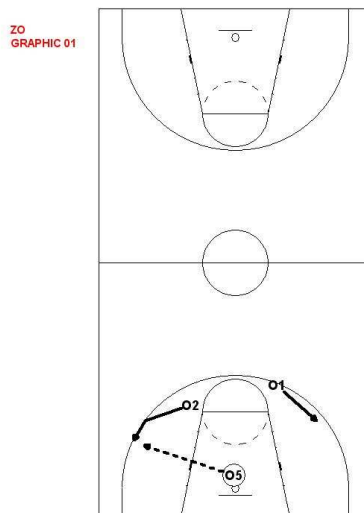
### **THIRD PASS**

To put the ball in the wing position as far down court as possible is the best way to force the defense to take a decision and therefore open lines directly to the basket. The primary fast break is part of the player's techniques and we work on this during the preseason, warm-ups and in the first movements of our transition drills.

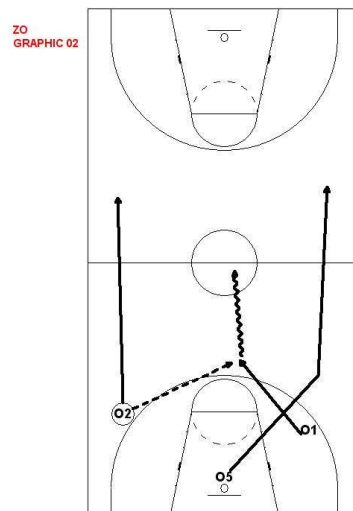
The middle fast break is the most frequent option during games. This is the transition between our defense and our offense. With a twenty-four second shot clock it is more important to quickly organize the team on offense and the middle fast break is essential in achieving this. There are two essential drills we use to work on this situation.

#### Drill 01 – 3v0 Fastbreak Drill

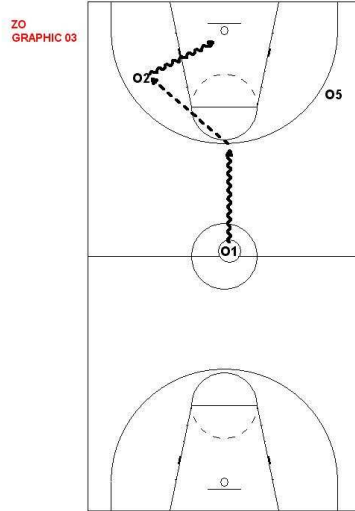
Graphic 01: O5 shoots and rebounds the ball. O1 & O2 both open up at the same time and O5 passes to O2.



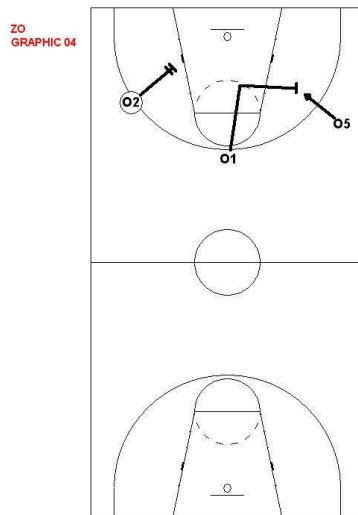
Graphic 02: After O2 gets the ball; O1 must run to the middle for a pass.



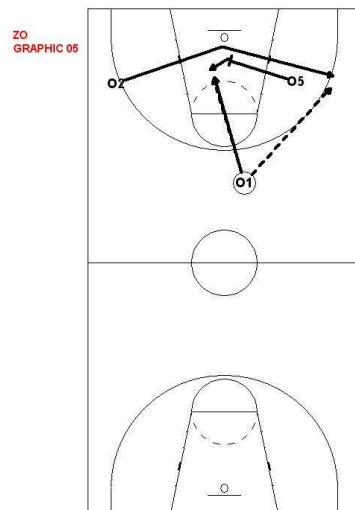
Graphic 03: O1 pushes the ball up the floor and passes to O2 for a layup.



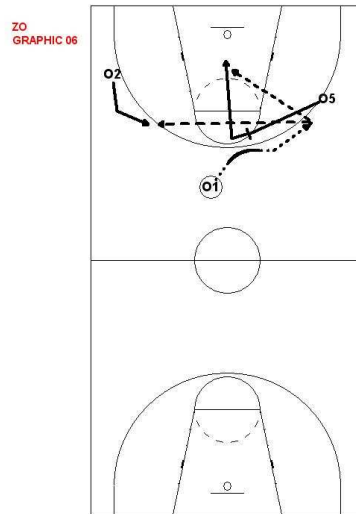
Graphic 04: Continuation: Pass to O2 for a jump shot and O1 runs to box out O5.



Graphic 05: Continuation: Single screen for O2.

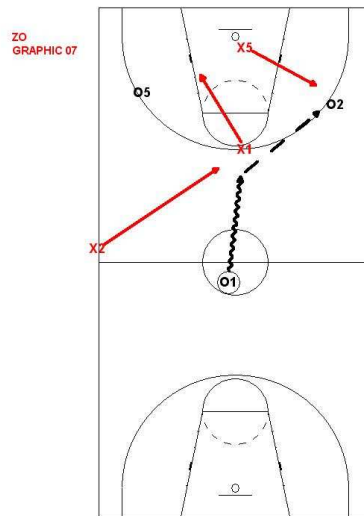


Graphic 06: Continuation: Earl drag action and replace.



Drill 02 3v2+1 Continuous

Graphic 01: 3v2+1 continuous.



Graphic 02: Creating a close out situation.

L06 ZO Fastbreak ENG

