



THREE OF A KIND

Course 03: Coach Zeljko Obradovic

Lesson 07: Transition 2

Language: English

TRANSITION 2

BASIC PHILOSOPHY

As we have mentioned in the previous lesson we have different concepts when talking about transition:

1. It is important for our style of basketball to have an aggressiveness approach.
2. It is clearly impossible to win highest-level games in Europe using only transition.
3. The fastbreak is not only important to easily score points but also to have control (rhythm or tempo) of the game however you wish this to be for your team, your style of basketball and also your game plan.

For all these reasons we are following the concept that for us is most important: to play the game with the fewest stops as possible in the transition of different parts of the game. The answer to this question is, in our opinion to have as many players as possible in the frontcourt as soon as possible.

For example, if you have four players in the frontcourt a few seconds after capturing the defensive rebound you are, starting from the first second of your offense, creating an imbalance and physical and mental stress for your

opponent. Over the course of the past few years this concept is increasingly important in the global view of the game.

REASONS

1. The physical skills of the players are increasing exponentially in recent years. For this reason - if your concept of basketball is to play aggressive - you should ensure that your players have the physical conditions to do this.
2. The physical evolution of tall players who now have the conditioning to run the court as smaller players do.
3. If you have a deeper roster. In this scenario you can perform more rotations during games and you can create more physical and mental stress to your opponents key players.
4. Rotations are an essential part of the game. In recent years, every coach at the highest level is using rotations because it is almost impossible for a great player to stay on the court for 35 minutes playing at a high level and working hard on defense and offense.
5. If you want to have an aggressive team defense, your players will commit fouls and you need players on your bench ready to assume responsibilities in different positions and roles.
6. The 24 seconds rule is one more concept that stresses the necessity of smooth transition from defense to offense. If you play with stops you will create breaks when attempting to wear down your opponents.
7. Zone defense that years ago was used as protection for players in foul trouble must now be aggressive and active because your opponents have the skill level to score easy against a soft defense.
8. Finally, transition - be it primary or secondary break- is a spectacular part of the game and is important for players, fans, coaches and everybody else to use it with the aim of winning the game, to offer great emotions and also to break your opponent. Some times two points scored in transition have more value than two points scored in different circumstances.

DRILLS

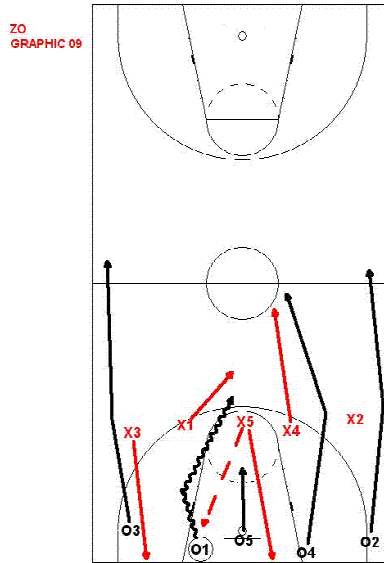
With the aim of using the secondary break as an essential part of our link between defense and offense use some different drills during our practices. The objective is to create automatisms in our players' brains. We want to be very clear with two main concepts: position and timing. In all situations of a basketball game it is important to give concrete information to your players but in this concrete aspect of the game, in our opinion, it is more important because:

1. All players in transition are running. For this reason it is easier to commit violations, to commit an offensive foul, to turnover the ball etc. With clear timing and positions we avoid a high percentage of these mistakes.
2. The positions that we create in our fastbreak must be as useful as possible when linking with our offensive sets.

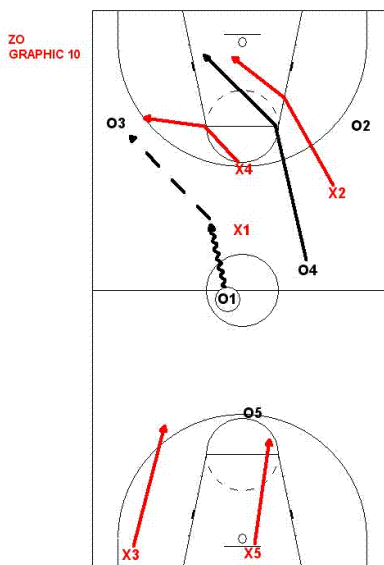
3. Timing is always important but in transition it is essential because your players must react depending upon the defensive decisions and positions and, remember, your players are running some of these whilst sprinting.

Drill 01: 5v3+2 with Re-Break

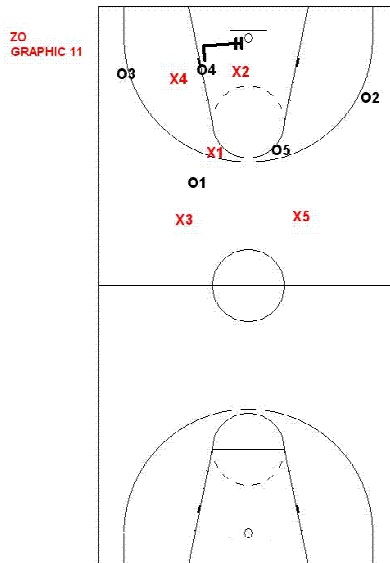
Graphic 09: X5 passes the ball to O1 and runs to touch the baseline, as X3 must do. X1, X2 & X4 must play transition defense. The offensive team (5 players) must run the correct lanes.



Graphic 10: O1 whilst dribbling takes the middle lane, O2 & O3 are taking the wings and O4 is running like a trailer cutting to the ball side after the first pass from O1 to one of the two wings.



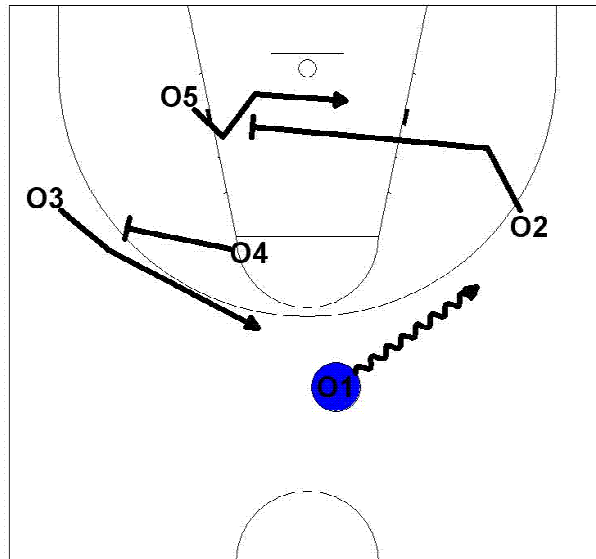
Graphic 11: We try to finish the drill passing the ball into the low post (O4) and scoring because it is a great start for linking with our secondary break and offensive sets.



Drill 02 Secondary Break. The name of this play is 5 Down.

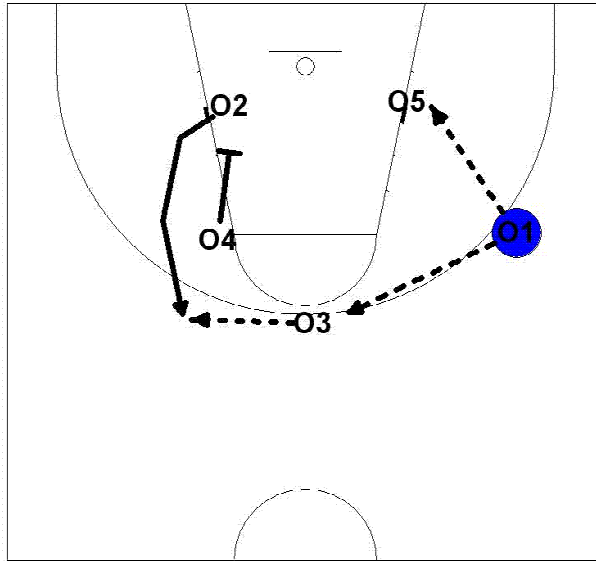
Graphic 12: O1 brings the ball down the middle of the court.

ZO GRAPHIC 12



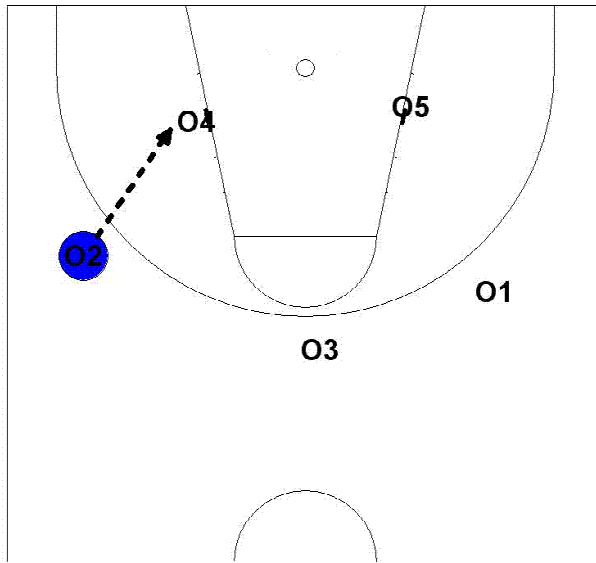
Graphic 13: First option is to get the ball to O5 in the low post.

ZO
GRAPHIC 13



Graphic 14: If the pass to O5 is not open we change side and – after the screens - we try to put the ball inside to O4 in the low post.

ZO
GRAPHIC 14



As you can see, the main and essential idea is to use the positions in the primary break as we want to use them in our basic transition movements.