



2010-2011 TRANSITION OFFENSE

GENERAL TRANSITION PRINCIPLES



- Attack! Attack! Attack! Run! Run! Run!
- We want to get a numbers advantage, however, that might not always be possible but that does not mean we don't have an advantage because the defense might not be ready.
- Only time we slow down is if the official hands us the ball or "time and score special situations."
- First and main goal is to aggressively attack and push the ball up the floor and get a good shot or get fouled within the first 10 seconds of

the shot clock.

- A "good shot" is one in which you have demonstrated the ability to make 60% from that spot in practice.
- If nothing comes out of the initial break, then keep attacking with the dribble drive offense.
- Attack with a 3-out; 2-in set (2 posts, 2 wings, 1 point guard) if no numbers advantage
- Three-pointers are only shot when the ball comes inside-out. We are always trying to get the ball into the paint first. When the ball is penetrated into the middle of the paint, all five players are options.
- We want to be the fastest and most explosive team in conference and maximize our speed and depth.
- Must be ready to take advantage of any let down by the defense.
- Sprint full speed every time (regardless of whether you'll get the ball). Two out of three times isn't good enough. You can't run the floor in a selective manner.
- There will be turnovers in our system. We want them to be aggressive turnovers, not stupid turnovers. Mental mistakes are not acceptable. (1 turnover every 7 possessions is the max.)
- Everyone rebounds unless otherwise designated. Defenses don't usually block out well on shots in transition.
- The more talented and deeper you are, the more possessions you want.
- System is designed to utilize our strengths and wear down our opponents by getting a good shot and/or getting fouled within the first 10 seconds of the shot clock, providing 2nd chance opportunities and getting good floor spacing for defensive transition.
- Basketball advances quicker with pass rather than the dribble.



NUMBERS ADVANTAGE:

- Breakaways (1-on-0; 2-on-0): Layup
- Attacking 2-on-1 Situations: Layup
- Attacking 3-on-1 Situations: Create a 2-on-1 situation (Layup)
- Attacking 3-on-2 Situations: Create a 2-on-1 situation (Layup)
- Attacking 3-on-3 Situations: Create a 3-on-2 situation; then 2-on-1 (Layup)

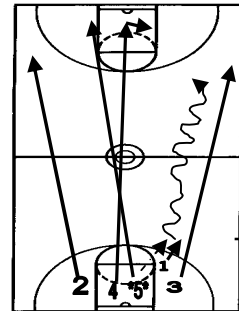
****Note:** When we have a number's advantage, the lead player should have the ball



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3-OUT; 2-IN SET:

- Maintain good spacing
- First forward run to rim (not the block), makes contact and posts.
- Second forward sprints to block opposite the ball
- MADE BASKET—"3" (best athlete) sprints to right side wing; "2" (best shooter) runs to left wing after inbounding.
- MADE BASKET—If the PG crosses over to the left side of the floor, then the 2 (inbounder) trails to the top of the key.
- MISSED BASKET/TURNOVER—Wings get out wide and read whether 45-degree cut or spot up is necessary (wings interchangeable). First wing goes the right side if possible ("3"). However, they do not have to go to a designated side, but must be aware of each other and their place on the court and communicate.
- Not structured once in the halfcourt—flow into "Dribble Drive" and keep looking to attack.



ADVANCING THE BALL:

- PG receives outlet as far up court as safely possible
- On a missed shot, the rebounder safely & quickly outlets ball to the point guard, then fills their assigned roles in transition.
- On a missed shot, anyone may dribble the ball up the court if it is the quickest and safest option available.
- Preferred area for the PG to receive the ball is the FT Line extended to the hash mark.
- MADE BASKET—Designated wing takes ball out quickly (for descriptive purposes, we will call it the "2")
- MADE BASKET—Inbounder and PG must think quickly and think as one...see things the same way.
- MADE BASKET—If PG is fronted, she will drive her defender toward the baseline and then seal for the lob (like a post player). Do not release until the ball is above your head.
- MADE BASKET—If PG is played tightly (but not fronted), then she should make initial box-out contact then banana cut toward the inbounder to receive the pass with momentum. PG should make sure not to go to close to inbounder as to maintain proper spacing
- Inbounder should never pass the ball to the PG in a position that sets her up to fail (e.g. pick up a quick charge or a turnover).

