

Clinic notes

Transition defense



**West-Vlaamse coaches vereniging
Oostende**

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June 14, 2019

Transition defense

Transition defense is one of the four phases of basketball and probably the one that we as coaches spend the least amount of time on. It is however a critical phase to go into 5 – 5 half court defense, which is the goal of transition defense.

Basic rules

- Goal: slow down the offense and play 5-5 in the half court. This where transition defense ends and half court defense starts.
- Starts on the shot!
- Ideally 3,4,5 go to the offensive rebound (offensive rebounding triangle) and 1,2 go into transition defense.
- Responsibilities of 1 and 2 in transition: 1. Protect the basket. 2. Pick up the ball handler.
- Exceptions: 1. 3P shooter always goes back. 2. 1 or 2 finishes with a close range shot. 3. Early runner. 4. Good rebounding guard.
- Players should know they are defending the CLOSEST MAN, not necessarily THEIR MAN!
- Use tactical fouls when needed.
- Use the strengths of the players both in offensive rebounding and transition defense.



Build up / drills

- Depends on time.
- Depends on personnel.
- Drills should be quick + easy in explanation.
- Competitive (work with a score).
- Realistic situations (with outnumbered situations with work temporary 3 – 2).
- Start with 1 possession (possible same team on D).
- Then 2, 3 in a row (teams are changing).
- Use different set ups (static / dynamic).

Tip: Spend most time and / or start with teaching after miss.

After a make

Before the catch

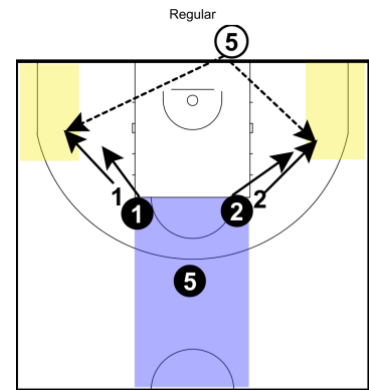
Goal: Force the inbounds pass below the FT line and as close to the baseline and sideline (yellow area).

Responsibilities:

Defender of receivers (1 + 2): Force the receiver to get open below the FT line and as close to the sideline and baseline as possible.

Defender of the in bounder (5): Take away lob / back door passes to 1 or 2. He will position himself around the top of the key.

Other players: Sprint back and match up.

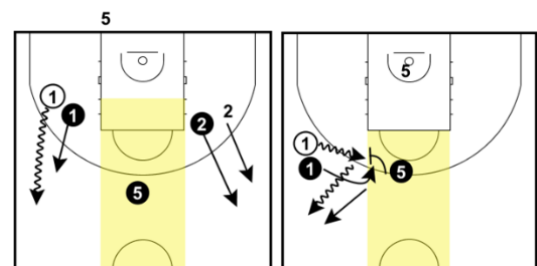


Basic rules:
The goal for 1 and 2 is:
To force the offense to receive the ball below the FT line, as close as possible to the baseline and sideline (yellow colored area).
They are also responsible for defending the back door and to take away the long pass.
The goal for 5 is:
To take away the back door passes to 1 and 2.
To defend the middle (blue colored area).

On the catch

Defender on the ball: turn the ball handler twice before half court.

5: Build a wall (support).



After a miss

After the defensive rebound

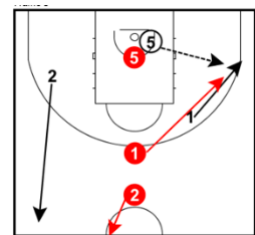
Goals: 1. Slow down the first pass. 2. Slow down the ball handler.

Responsibilities:

Defender of the rebounder (5): slow down the first pass and force a pass to R side.

Defender on long rebounding spot (1): Force the receiver to get open / receive the pass close to the FT line extended.

Other players: get below the ball and match up.



After the 1st pass

Defender on the ball (1): keep the ball handler on the same side and / or force out of the middle (smart pressure)!

Defender of the rebounder (5): sprint below the ball and build a wall.

Other players: get below the ball and match up.

After made FT's (vs a very quick / good ball handler)

Goal: deny PG / designated player the ball and let somebody else bring up the ball.

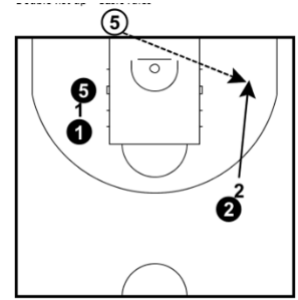
Before the catch

Defender of PG (1): Deny 1 the ball (on bottom).

Defender of the in bouncer (5): Deny 5 the ball (on top).

Defender of 2: Let 2 receive the inbounds pass below the FT line (start behind)

Other players: Sprint back and match up.



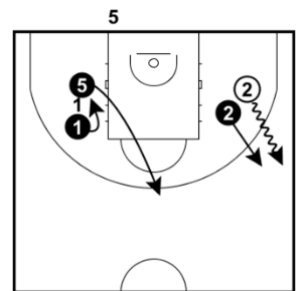
On the catch

Defender on the ball: turn the ball handler twice before half court.

Defender of 1: 1. Call off the in bouncer. 2. Deny 1 from receiving the ball.

5: 1. Take away long / back door passes to PG. 2. Build a wall (support).

If 1 does receive the ball on the inbounds pass: possible trap.



Drills

After a make

2 – 1: groups of 2 (2 guards/2 wings/2 bigs), groups different color jerseys.

- Tip drill: in bouncer steps out. Wall guy defends until HC. Play until score/DR.

2 – 2: same organization.

- Tip drill: in bouncer stays in. Play until score/DR.
- FC 4 man weave: 5 passes. Team that scores goes to D.

3 – 3: 2 groups of 3 (G/W/B).

- Tip drill: players line up on both sides, in bouncer stays in. Play until score/DR.
- After score / DR – take ball in play 2nd possession. (play like a make).

After a miss

4 – 4: 2 groups of 4.

- Players in box line up. Coach shoot miss. Play 1 possession + restart on other side (same team on D).
- Same drill: play 2 possessions in a row (play 2nd live).

4 – 4: 3 groups of 4.

- Play part of offense (pass inside + split action) with weak side shot (leave shooter open). Play 1 possession + new team in on other side (offense to defense, defense out, new team in on offense). On OR play, on DR play, on score take it in.
- Handicap drill: Work on: Correct match ups + transition rules.
Team A: faces coach. Team B move on baseline. Team C: wants other side. Play 1 possession. Rotation: Team A to baseline. Team B back to other side. Team C on FT line.

Play live

5 – 5: 2 or 3 groups of 5.

- 3 on 3 box out into 5-5. Start with tip drill (players 3,4,5), on coach's call pass to own player outside and shoot. Play 2 possessions.
- Start with live offense. Play 2 possessions.

After a made FT

4 – 4: 3 groups of 4.

- FT situation: 1 shoot, 4+5 rebound, 2 outside. Def of in bouncer help on 1. Other big takes off. Play 2 possessions.
- Idem if 1 gets inbounds pass (trap). Play 2 possessions.



Coach mentor program

Coach Roijackers has 19 years of professional experience, and has worked at the highest level in different countries. He has designed a coach mentor program for coaches who want to improve themselves with guidance from a professional coach. This coaching program is unique because **YOU DECIDE** what you want to work on. This **CUSTOMIZED** program will **FIT YOUR NEEDS** and you will be directly in contact with coach Roijackers.

EXTRA As a member of the mentor program, you will also receive **FREE** access to his clinic videos, clinic notes and articles he has written.

For more information visit www.thomasroijackers.com/coaches-corner