



## **Boston College WBB TRANSITION OFFENSE:**

### **POINT GUARDS: 1's**

#### **Primary Transition:**

Get to the middle of the floor up the court (12-15ft from rebounder) and call for outlet every time!  
Yell "Heather outlet" make this a habit...demand the ball with confidence!

After receiving the outlet you have 1 of 2 options:

- Push hard down the middle looking for a primary break try to create "numbers" with your speed
- Take one (or no) dribbles before passing it ahead to a guard filling the lane
- When trying to create numbers look for your pull up jumper at the foul line if defenders back up

\*\*KYP (Know Your Personnel) do not pass it ahead to a player that is not capable of dribbling and creating a shot

If a guard that is capable of pushing in transition gets a long rebound the PG will still sprint the middle of the floor to the top of the key – The guard with the ball will attack in the outside lane.

#### **Secondary Transition:**

If there are no numbers advantage:

Get into our secondary as quick as possible by doing one of the following:

- Passing to the action side and loading ball side corner  
(Action Side = The Side that has a good timed down screen from post to guard)
- Dribbling guard to corner (must get foul line extended) and look for post entry pass or high post

\*\*You must recognize any mismatches immediately and take advantage of them

If there are no mismatches and hi low is not there: continue with offense or call a play!

### **GUARDS – 2's & 3's**

#### **Primary Transition:**

After blocking out, as soon as we secure the rebound (and you are not the rebounder):

Run the outside lanes as hard as you can DO NOT PACE YOURSELF WITH THE BALL

If you are the first player down on your side:

- Run to the top of the block DO NOT time yourself with the ball. Yell "right lane" or "left lane"
- Run with purpose: to score and create a numbers break (sprinting hard leads to easy buckets).
- Always see the ball by swiveling your head and put target hand up but don't slow down
- Wait on the top of the block for a pass and power finish

If you are the second player down on your side:

- Sprint the outside lane and spot up on the three point line (foul line extended)
- Yell "spot left" or "spot right" but do not yell if your defender is between you and the ball in the PG's blind spot.

If you are the rebounder:

Outlet to the point guard and run the lanes

If you get a long rebound (and I have determined that you can go):

Dribble your lane looking for a layup or pass for layup.



## Continue: GUARDS – 2's & 3's

### Secondary Transition:

If first guard down:

Wait on the top of the block for your down screen.

Set up your defender by going head under basket and changing your speed.

Read the defender and be sure to use the screen for a:

“Pop” “Flare” or “Curl” yell what you are doing

Once you receive the ball on the wing:

Your first look is to score and then to the low post

Your second look is to the high post for high low

## FORWARDS/CENTERS: 4's and 5's

### Primary Transition:

After blocking out, as soon as we secure the rebound (and you are not the rebounder):

Run the outside lanes as hard as you can DO NOT RUN DOWN THE MIDDLE OF THE FLOOR.

If you are the first player down on your side:

Run to the top of the block DO NOT time yourself with the ball. Yell “right lane” or “left lane”

Run with a purpose to score and create a numbers break (sprinting hard leads to easy buckets).

Always see the ball by swiveling your head and put target hand up but don't slow down

Wait on the top of the block for a pass and power finish

If you are the rebounder:

Outlet to the point guard up the middle of the floor and run the lanes

If you are trailing the play and the floor needs balanced:

Cross behind the PG and even the floor out

### Secondary Transition:

Action Side: If you are the second player down on your side and there is a guard on the block:

Set a timed down screen. Yell “wait on it”

Roll up the lane and seal your defender behind you.

If guard curls off your down screen look to seal up for lob

If you are on the block you have 1 of 3 options depending on where the ball is:

Look for immediate seal and pass in from PG

Use the cross screen for wing entry pass or hi-low

Cut hard to the high post to receive ball

3 options if you receive the ball in the high post:

Pass for hi-low

Drive opposite of where the ball came from for a layup

Quick ball reversal and follow with an on ball screen and roll