

2019 FINAL FOUR
ON COURT DEMONSTRATION

Tampa, Florida

Presented by
Saint Leo University



Transition, Quick Hits, Fast Play, and More

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**Please don't hesitate to email us for more
plays, drills, and more!**

**We have some amazing PDF's covering
team bonding and fundraising available to
share with the rest of the Women's
Basketball World!**

SAINT LEO WOMEN'S BASKETBALL

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TRANSITION OFFENSE *NCAA Final Four 2019*

SPREAD "Big Box Theory" "Its all about Energy, Passion, and playing a game"

DRILL *MIN* *Emphasis*

General Warm up Drill

Pride Runs	2	4 second Sprints
Lion Layups	3	Quick, hard, jumpstops, talk, body balance, left and right
OOB Drill	3	3 v 0, get it out, get it up, three player break Post emphasis on getting the ball out of net and oob (Dzikas Free Throw Make)
5 v 0	5	Explain spots before beginning, big box with rim runner

TRAIL HEAD DOWNS

2 v 0	3	Hit head, coach outlet, take to corner, jump stop, reverse LOOK inside, stance, shot fakes
3 v 0	3	ADD rim running post, same action Coach can guard post running
4 v 0	3	ADD Trailer to the "grow spot" - again space, big box Reverse, hi low, hit trailer, etc
5 v 0	3	full one more reversal
5 v 0 (Megan Presents)	8	5 cycles - QP, Q Drive, Skip 3, B/L Drive Trail hi lo, full reversal, following the ball, QP kick, Q3 PG drive and kick, Run out, Skip drive, QP 45 pass (these are some examples)
LEO Drill	3	Any inbounder, usually a post, cat and mouse trail 3 Trail Drive, Trail high low

Secondary - The Roar 15 Coach Dzikas Presents, SLICE/ DRIFT / PHILLY
 Back, Blast - manipulation of high low, or Philly

<u>COACHING POINTS</u>		<u>ASSIGNING POINTS of DETAIL</u>

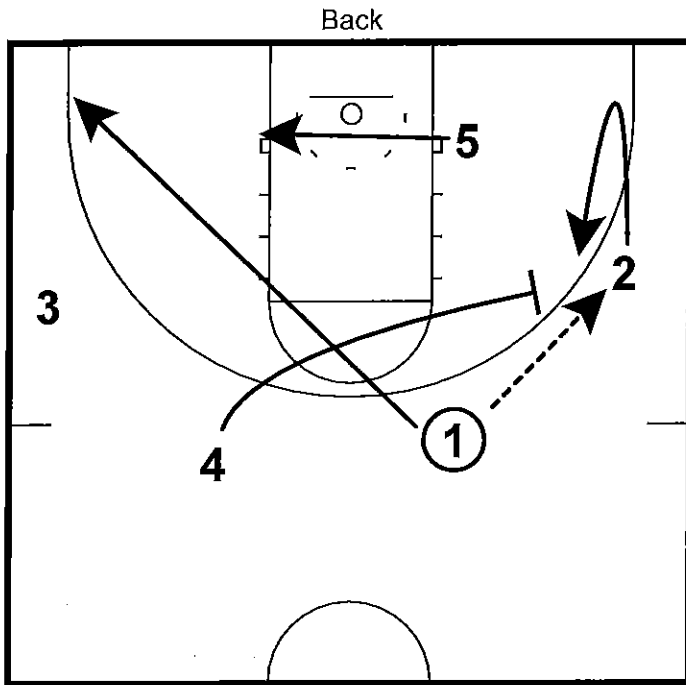
Megan Trixas	1 second sprints
Veebecke	Spacing lines on floor - reference to
Megan's All Stars	two hand Catching and Passing Defending out of bounds

		<u>Other possible topics</u>
		Megan's two out of bounds that we ran successfully
		Amber - Hofstra out of Bounds SLOB
		Quick Hits - Bear, Trips, and more inside handout
		11/15/18

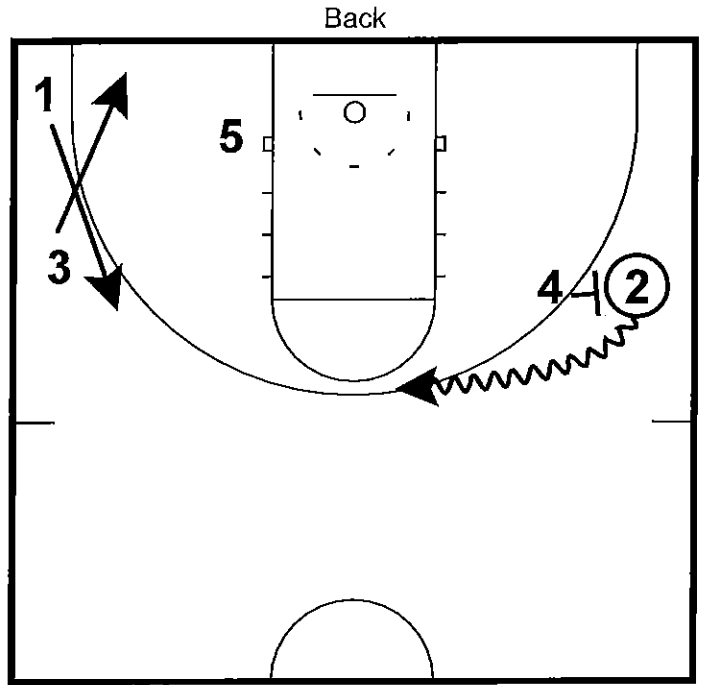
<u>17. PRACTICE PLAN</u>		Practice Transition off a Free Throw
		Transition when teams are celebrating a make
1. Running the Floor		5v4, 5v3, 5v2 to build confidence
2. Talking		
3. Spacing		
4. Passing and Catching		
5. Point Guard Decisions		
6. Smart shots		
7. Post Hands		
8. Sprints back on Defense		

St. Leo

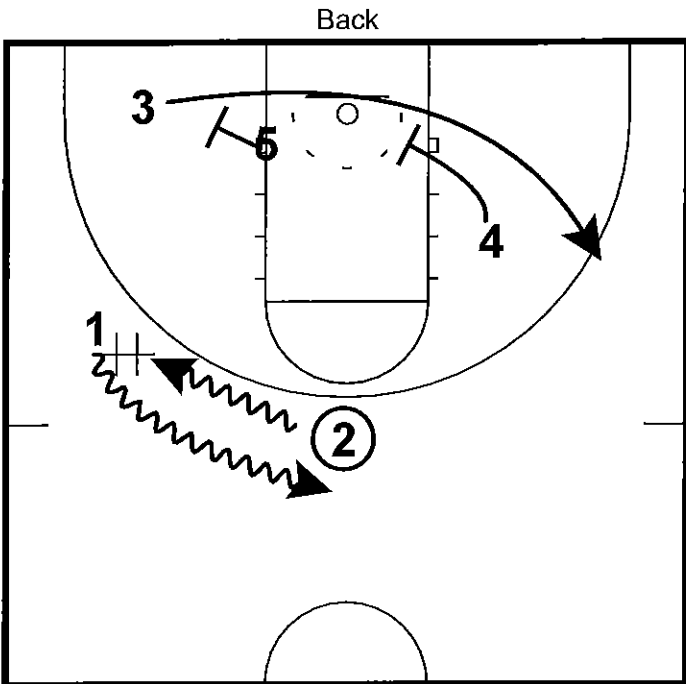
Early/Transition



In transition, 2 gets open on wing, 1 kicks it to 2 and sprints opposite corner. Trail post sets wing ball screen for 2. As ball screen occurs, 5 sprints to opposite block.



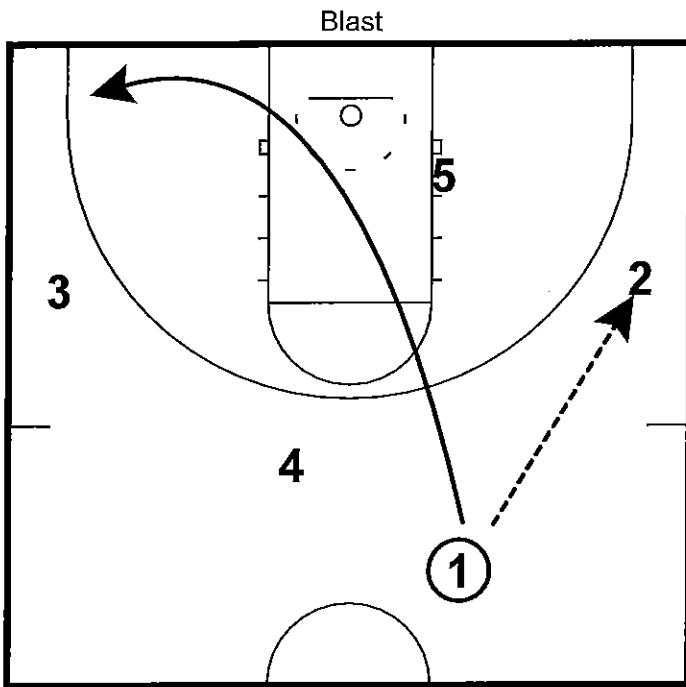
1 and 3 exchanges as 2 comes off ball screen



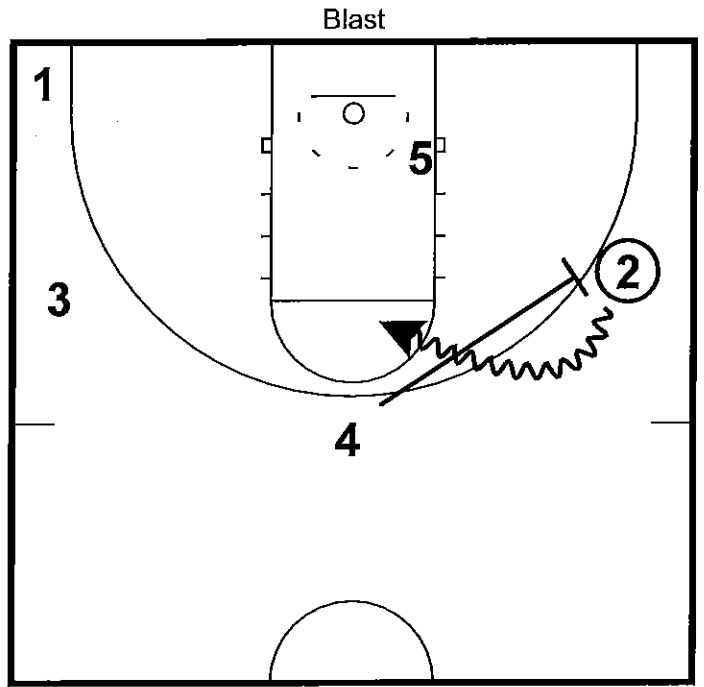
2 dribbles at 1 for a handoff. 3 comes off baseline double stagger screen for shooter.

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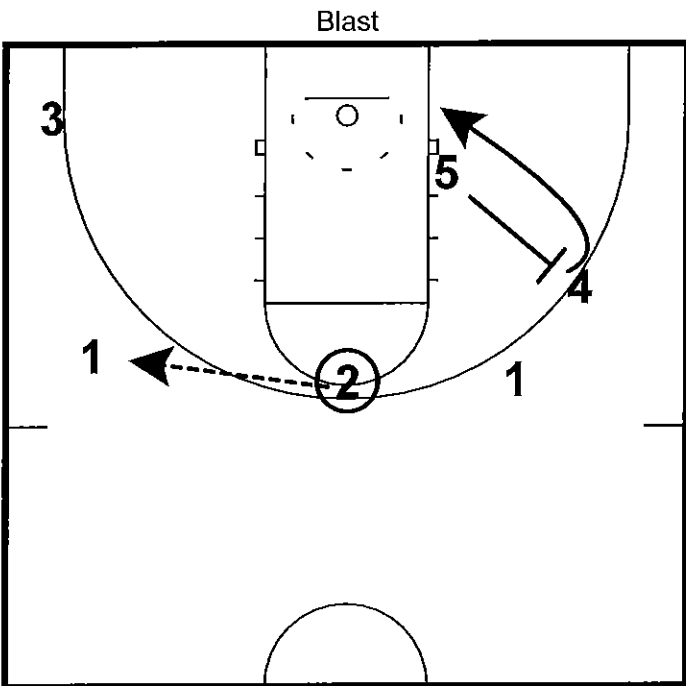
Early/Transition



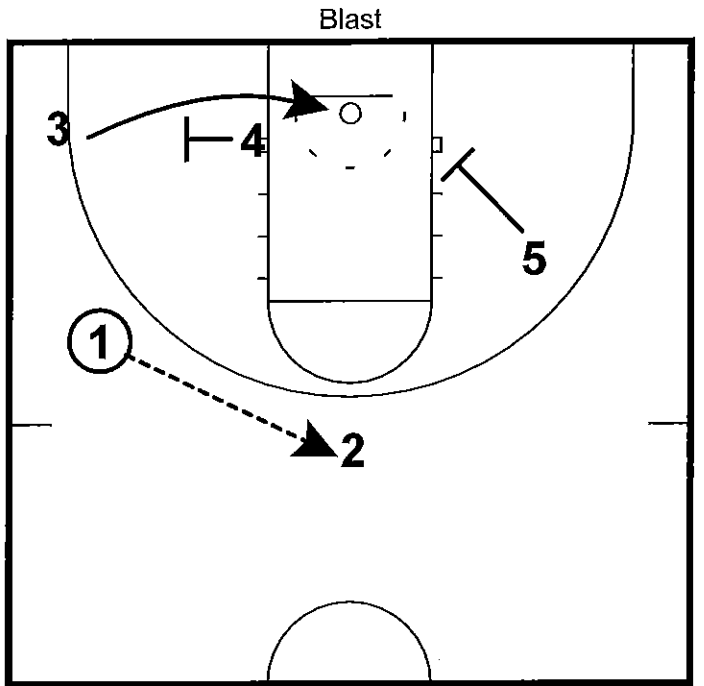
1 kicks ahead to 2 then cuts to opposite corner



4 sets ballscreen for 2, 3 AND 1 interchange



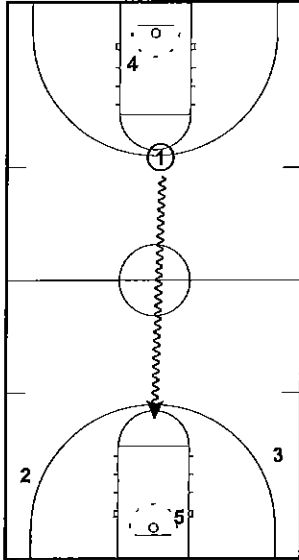
5 backscreens for 4. 2 passes to 1



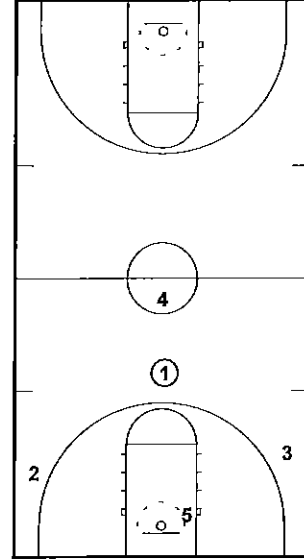
1 reverses the ball as 4 sets cross screen for 3. 3 comes off down screen from 5

St. Leo HC Man

Trailer - Slice



Trailer - Slice

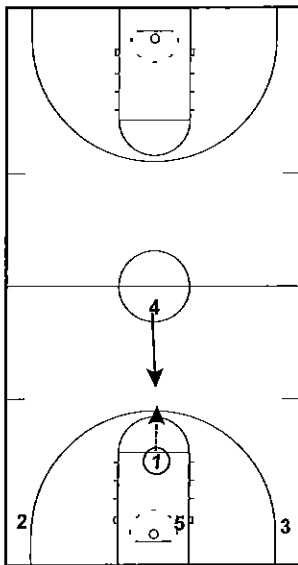


If pg cannot advance up the sideline with pass, usually this triggers our slice action

4 is trailing behind the pg - she is working on her timing and keeping a comfortable distance

SLICE - point guard is looking to get in middle of floor and deep as possible with her dribble

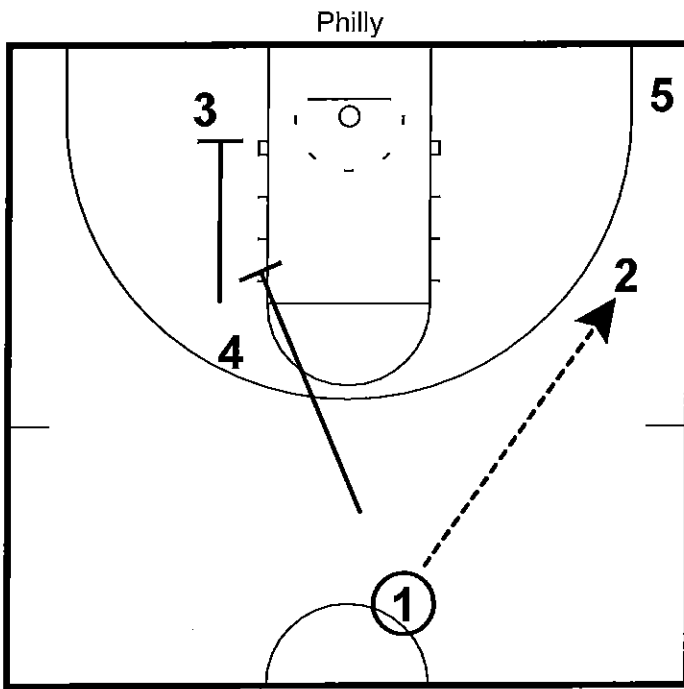
Trailer - Slice



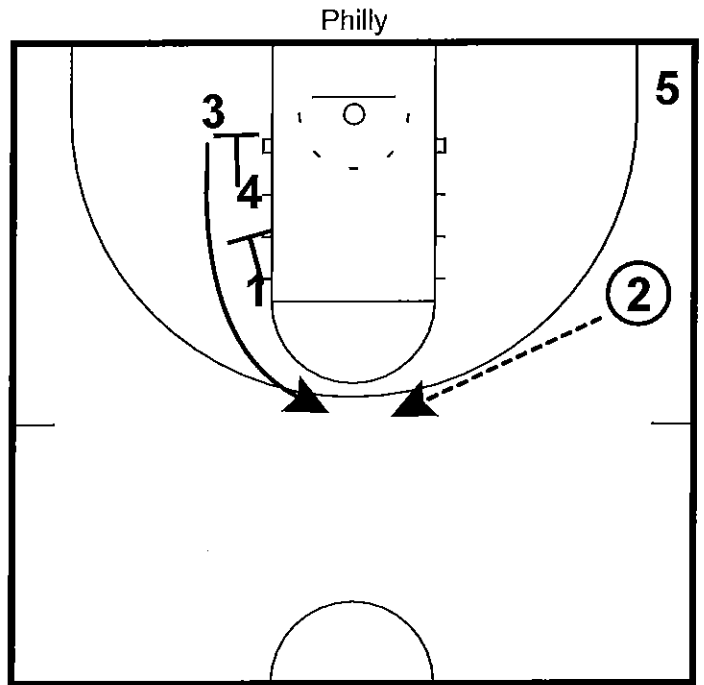
PG tries to get as deep as possible, jump stop and pass back to trailing 4 player.
The 4 player has an option for shot or drive

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Early/Transition



1 kick ahead to wing, 4 and 1 sets double stagger for opposite wing coming up

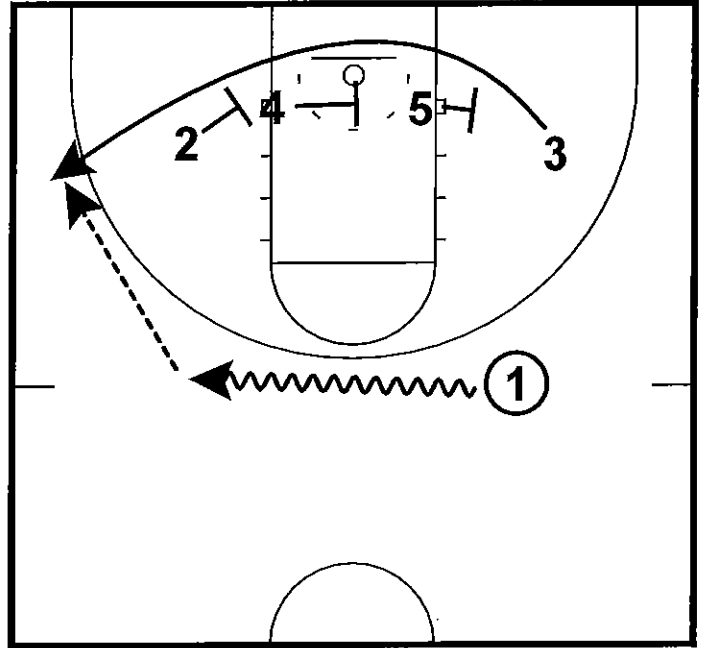
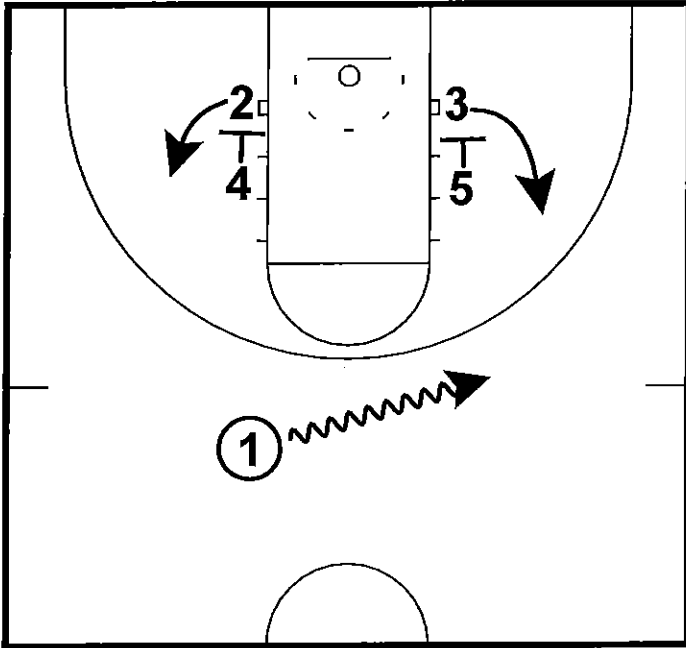


2 passes to 3 off stagger, read it

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Trips

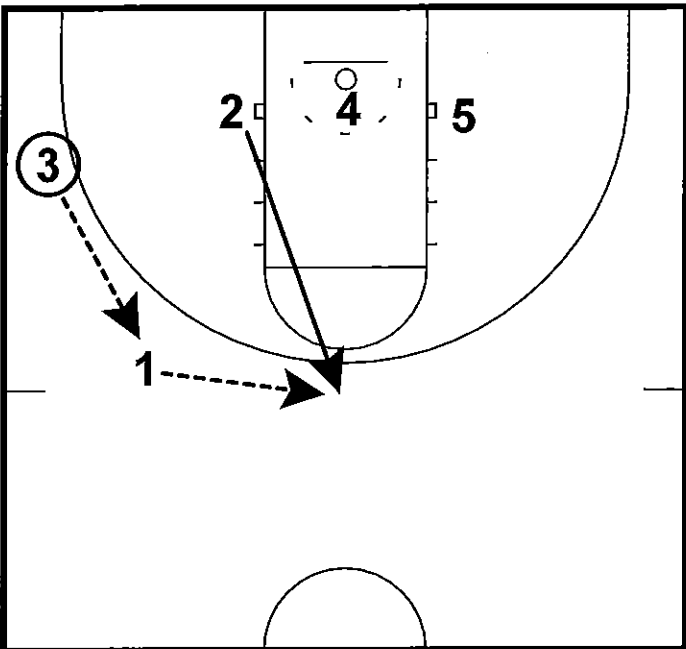
Trips



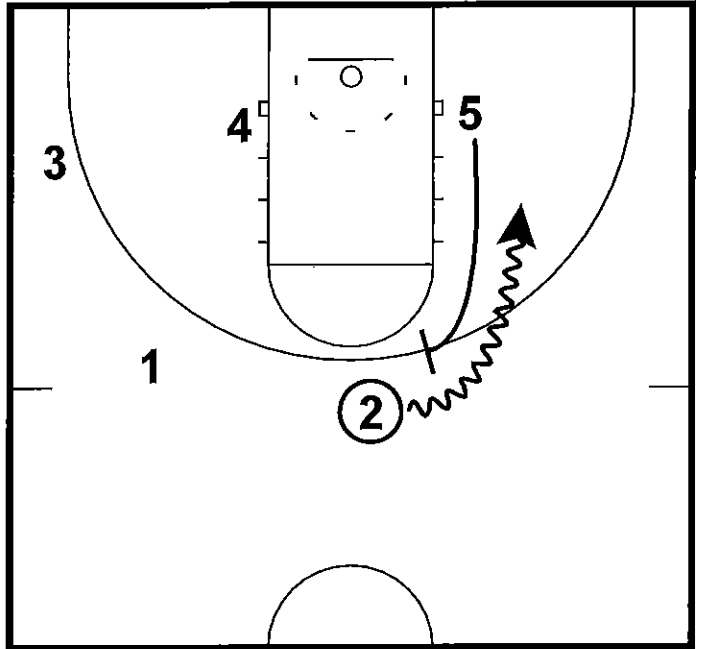
3 come off triple screen

Trips

Trips



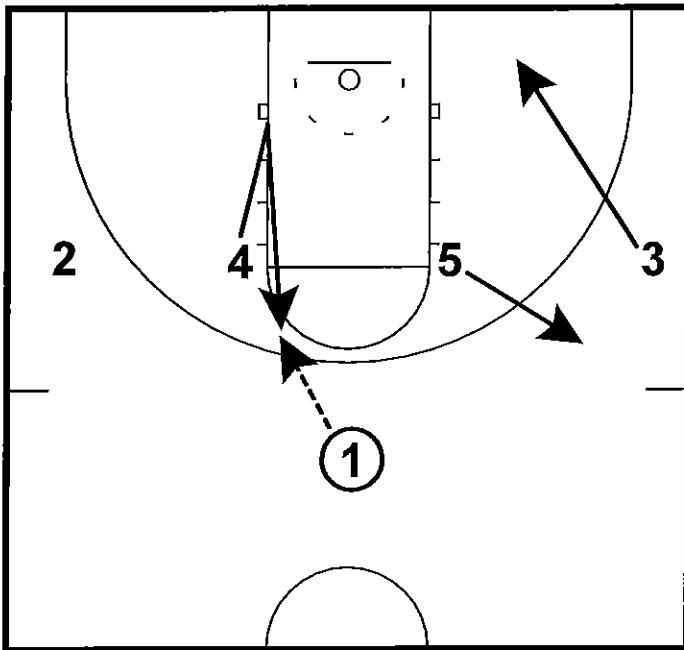
Ball reversal as 2 shoots to top of key



HOB - 4 can duck in if 2 does not have a drive

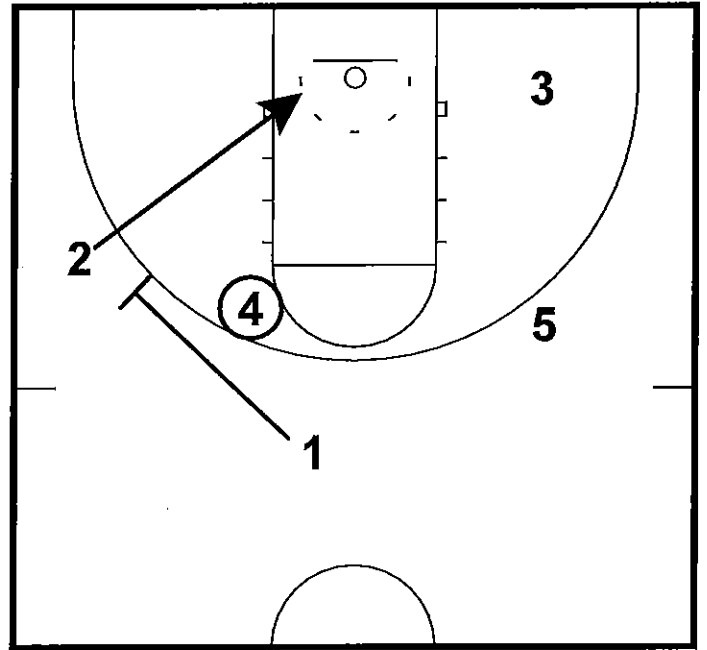
St. Leo HC Man

Bear



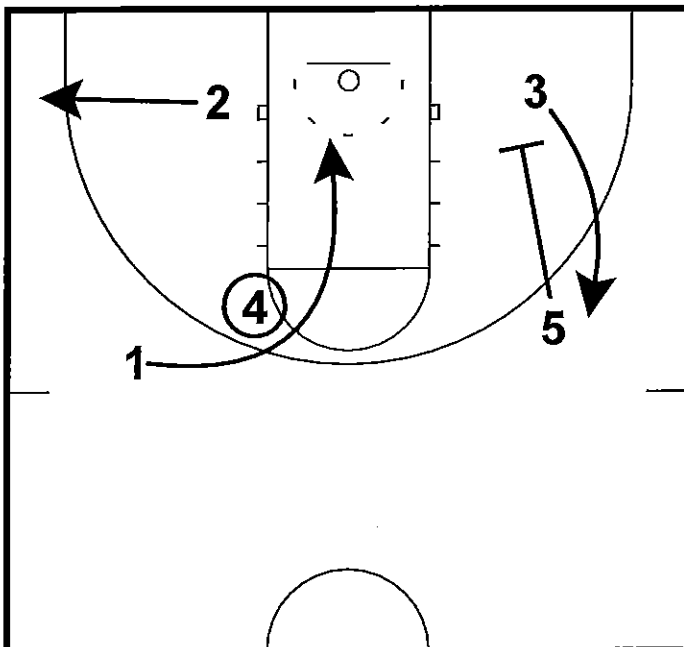
4 runs this set - makes decisions

Bear



2 hard backdoor off fake screen by 1

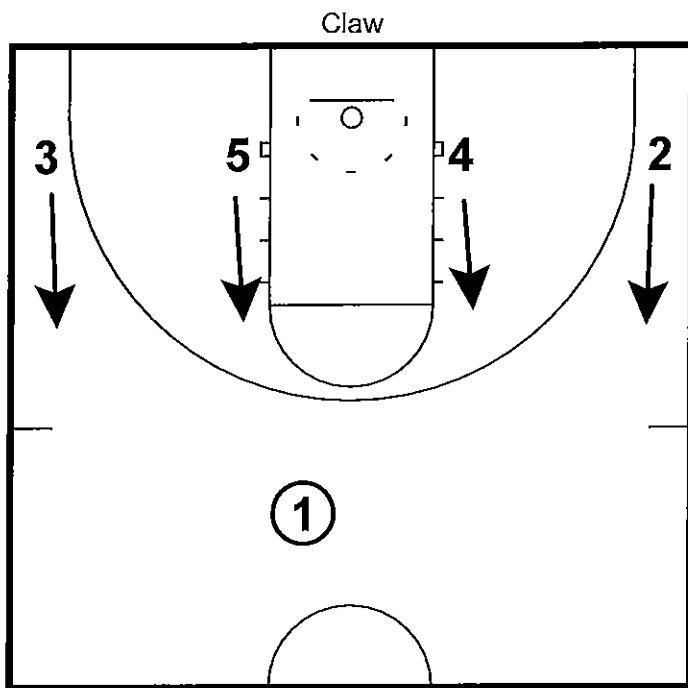
Bear



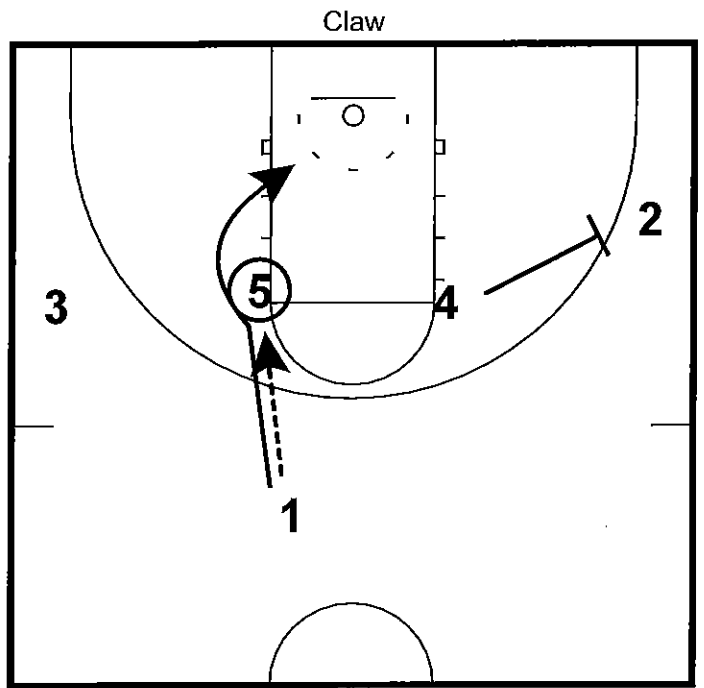
5 seals after screen

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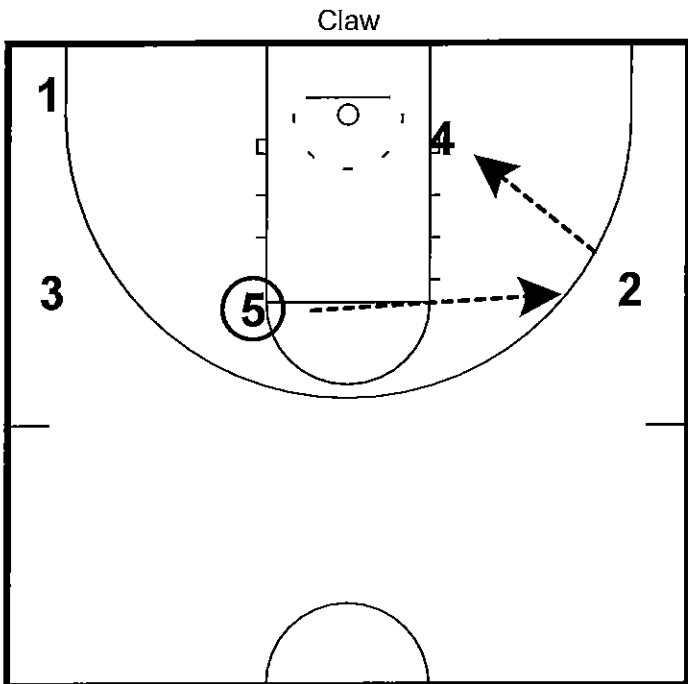
HC Man



1-4 high



1 hits pinch post then basket cuts, 4 screens for 2 + dives to basket. 5 looking for the dive from 4.

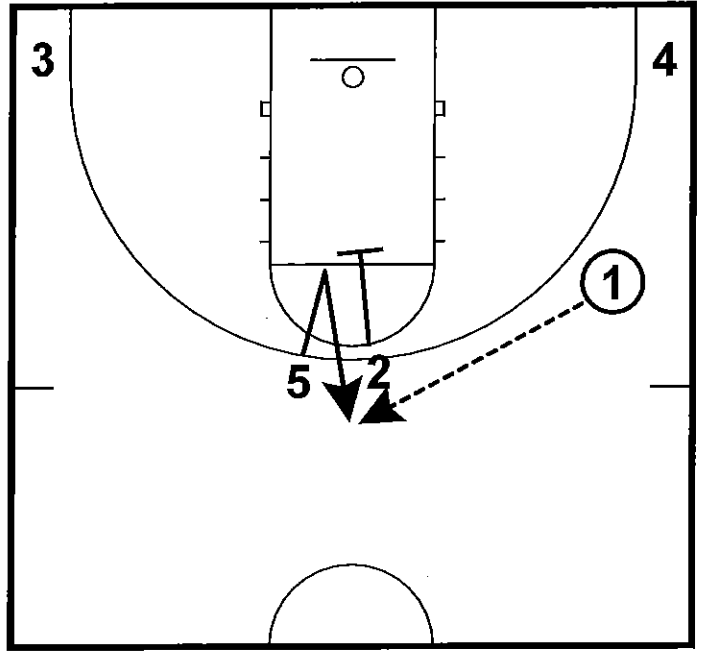
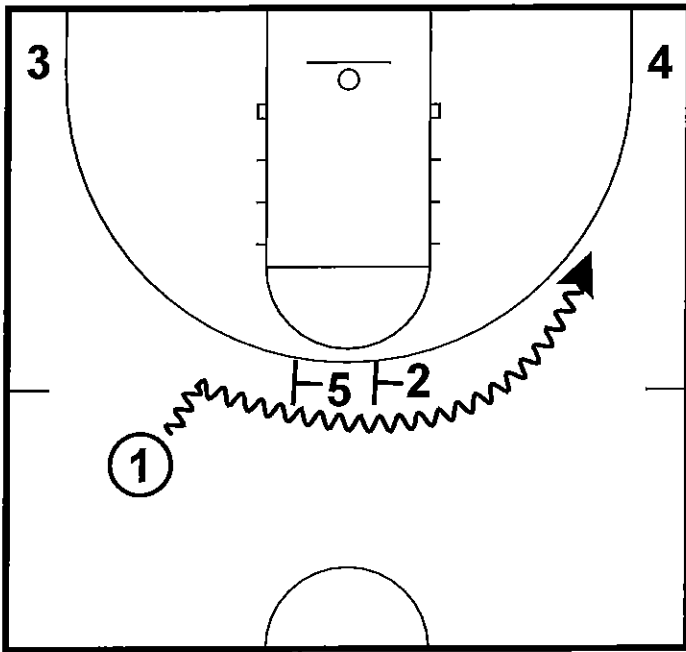


1 clears out as action occurs. 5 can hit the dive or pass to 2 for a post entry feed from the wing.

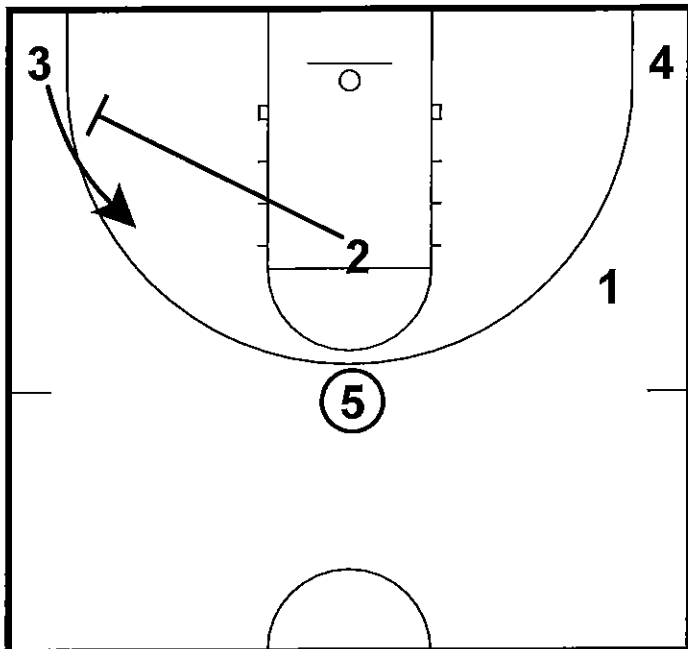
St. Leo HC Man

Webb

Webb



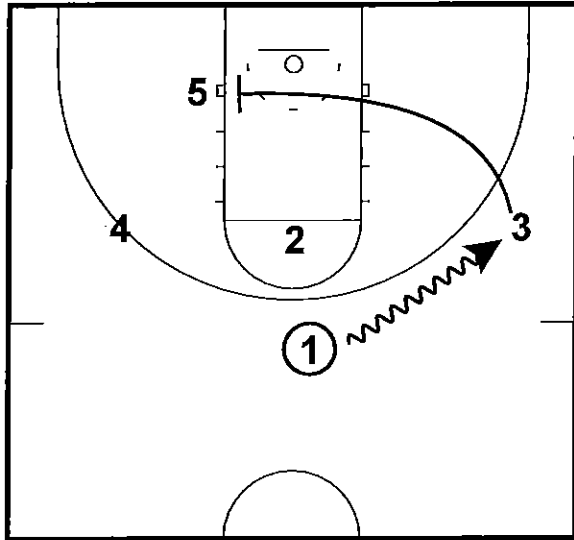
Webb



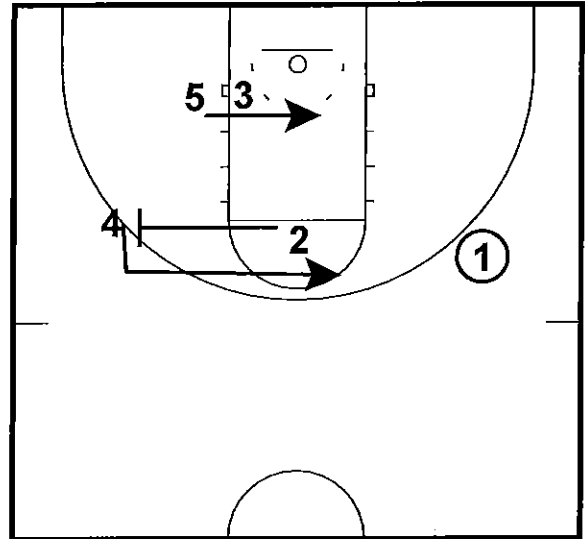
5 looks to attack

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Jones



Jones



1 dribbles 3 player through
3 player sets flex screen for 5

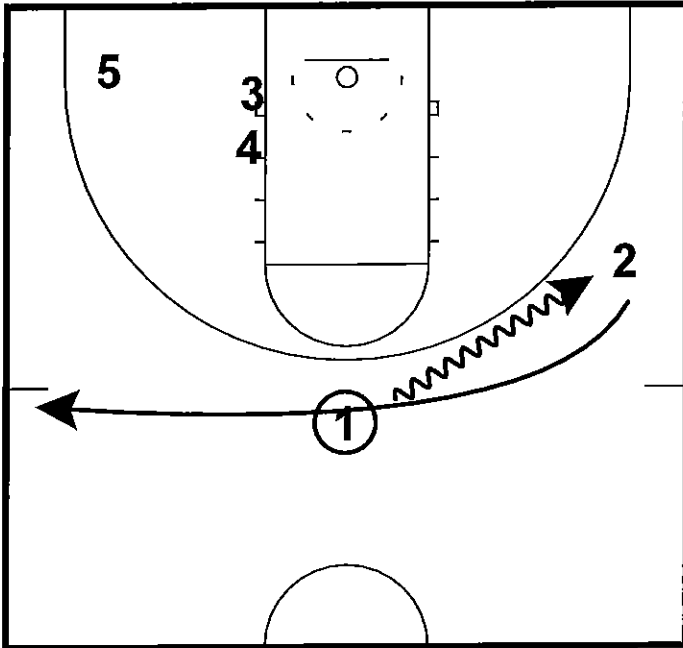
As 3 screens for 5, 2 player flex screens for the 4

1 player has options and reads

Will have a high low with the 4 and 5

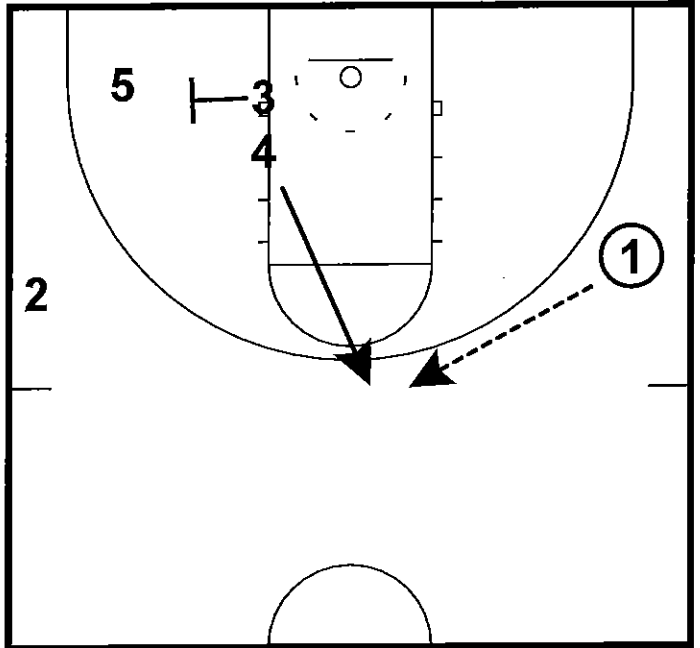
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Slide



1 dribbles at 2 for fake handoff, 2 clears to other side

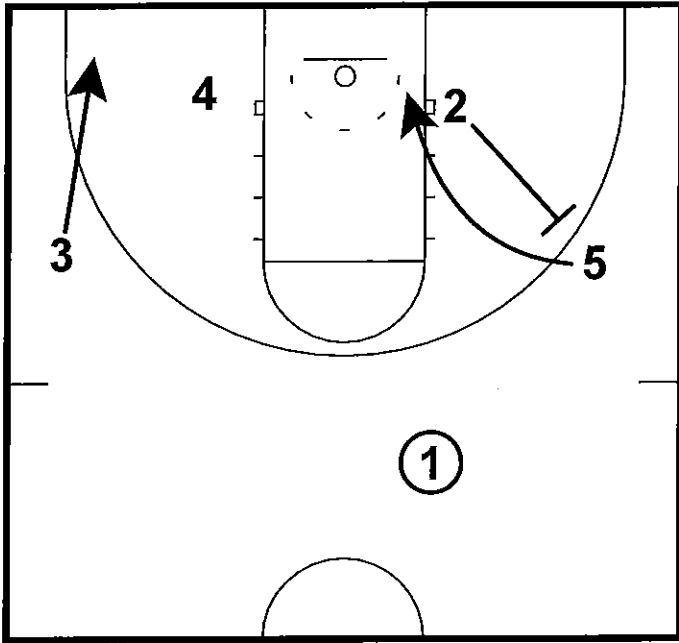
Slide



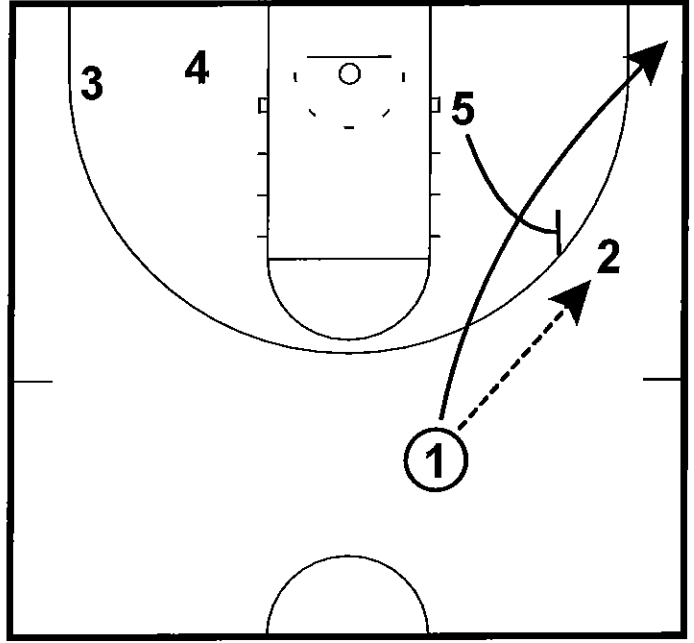
4 sprints to top of key, 1 passes to 4, 3 sets flex screen for 5, looking for hi/low

St. Leo HC Man

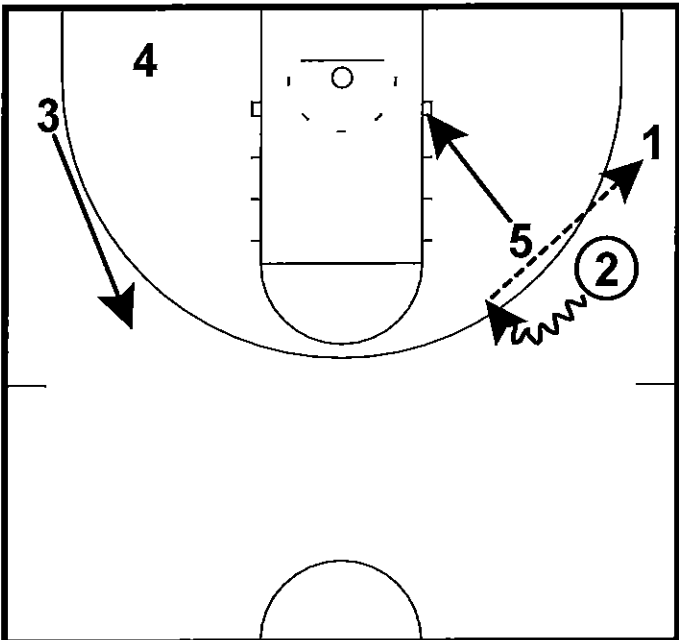
Power Back



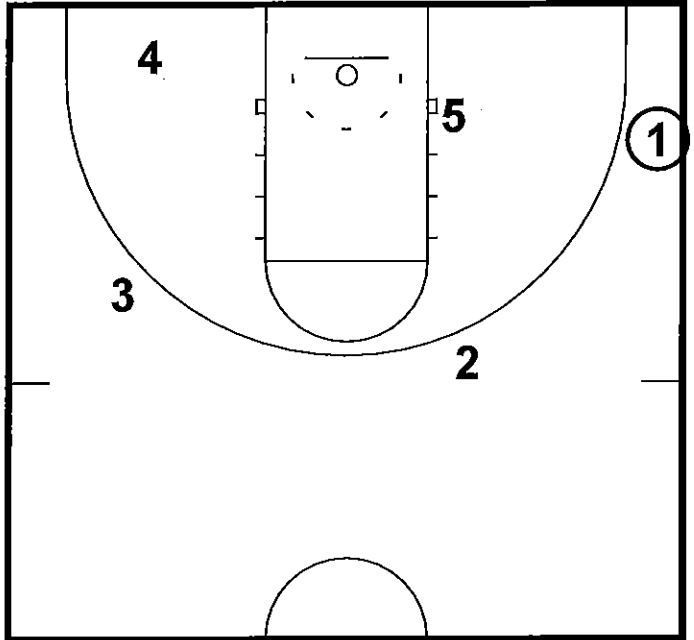
Power Back



Power Back



Power Back



2 comes off WOB and reverses quickly to 1 as 5 dives hard and seals

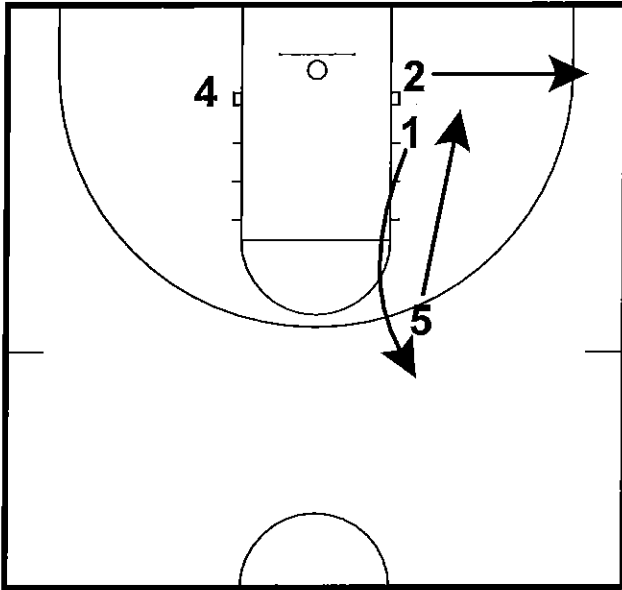
2 man game - need correct spacing!

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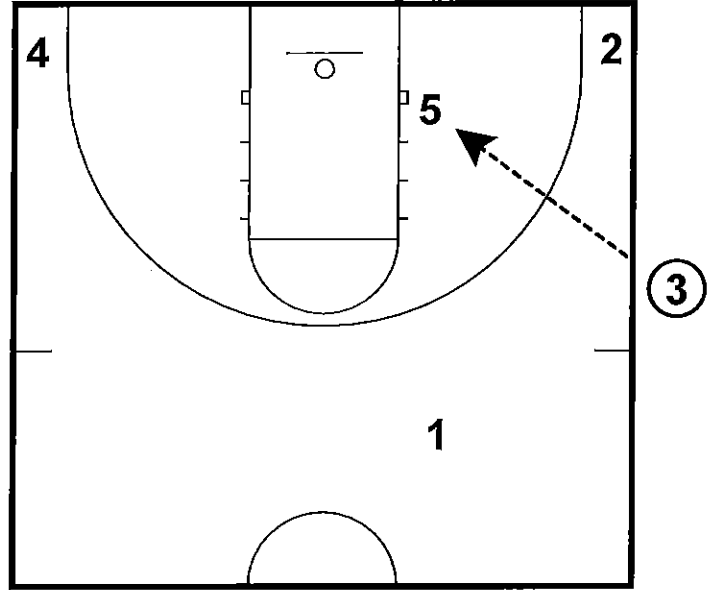
SLOBs

Hofstra

Hofstra

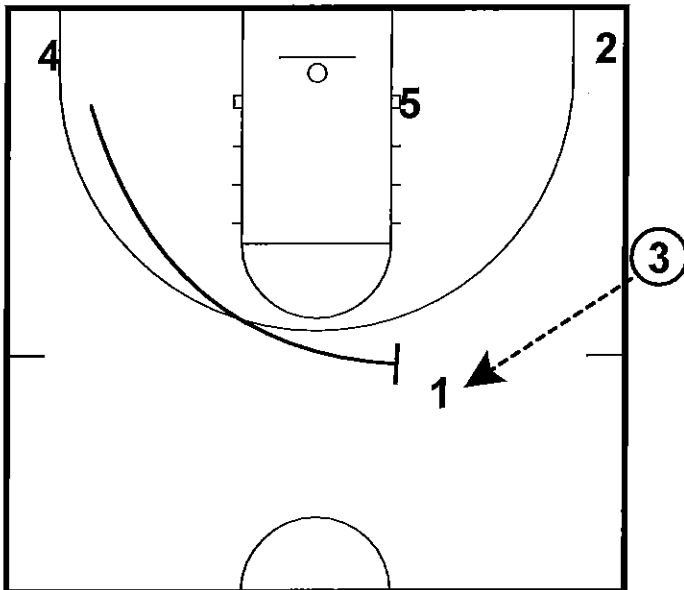


1 Pops out, WAIT! looking for post action.



3 looks for iso on the block for 5.

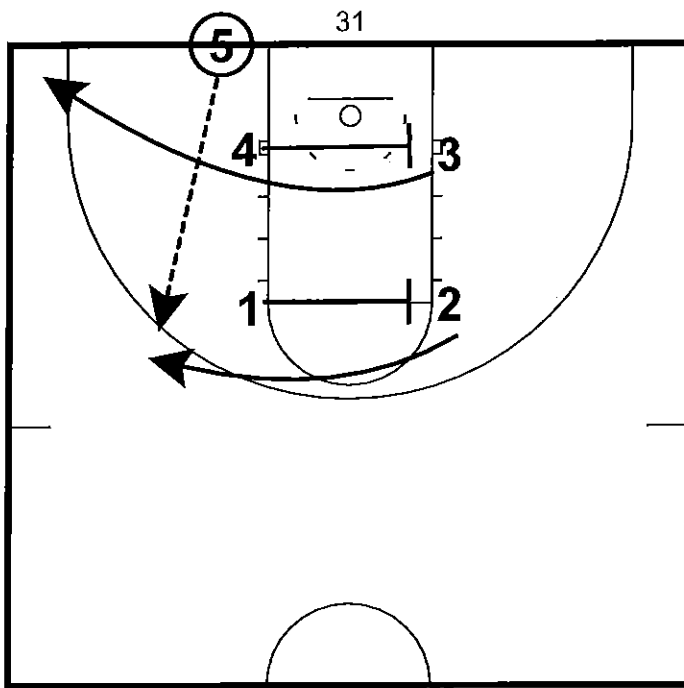
Hofstra



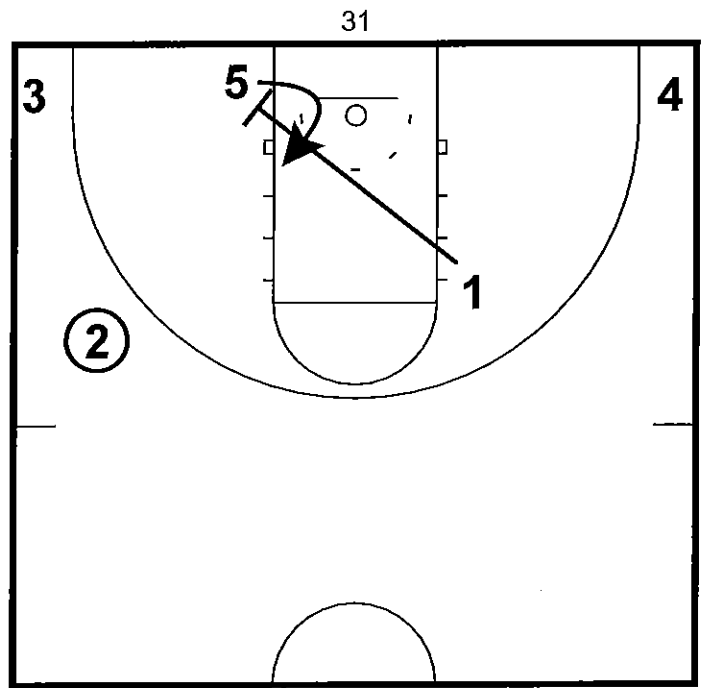
If post iso is not open, 3 hits 1. 4 sprints for a ball screen for 1.

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OOBs



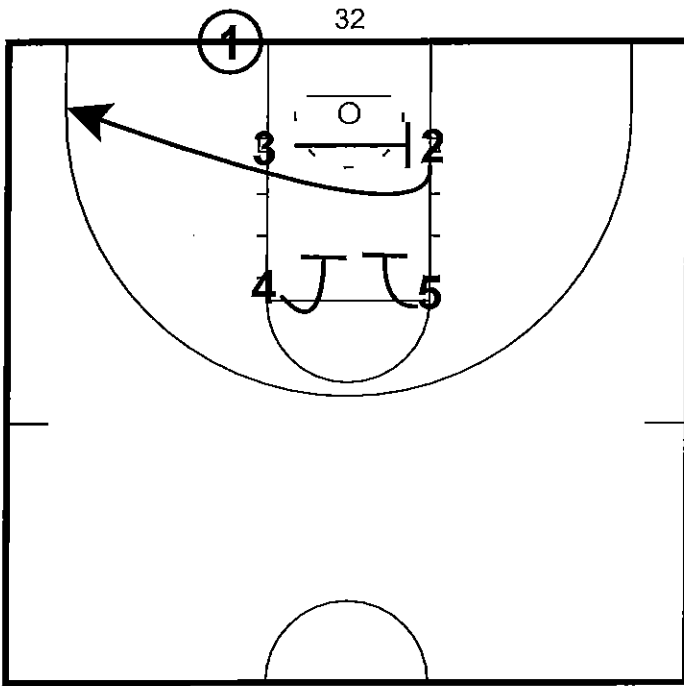
box set: 4 sets cross screen for 3 going to corner.
1 sets cross screen for 2. 5 hits 2 on the high wing.



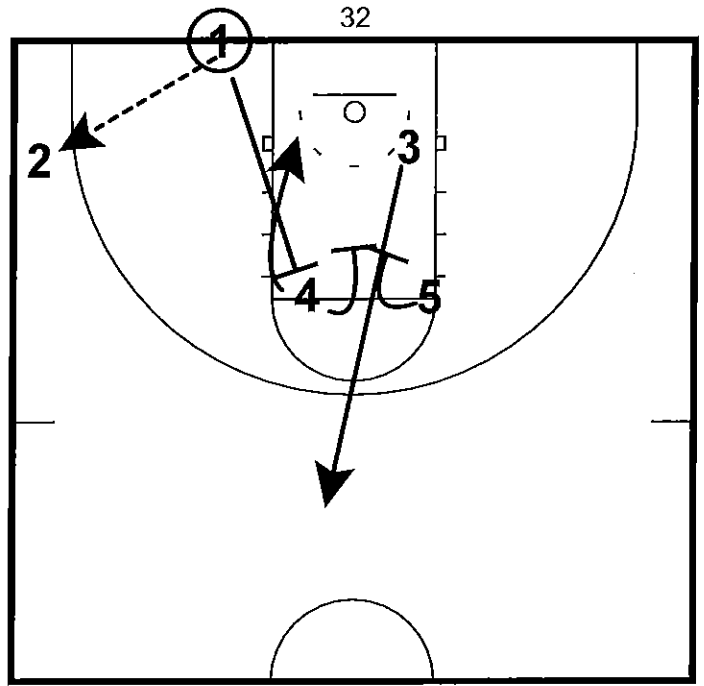
5 steps in and receives down screen from 1 looking for 5 to curl and score.

St. Leo

OOBs



box set: 3 cross screens for 2 going to corner. 4 and 5 set elevator screen for 3 coming up.



1 passes to 2 as 3 uses elevator screen. 1 steps in to set back screen for 4 going to block.