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"**  "It's all about Energy, Passion, and playing a game"

## Drill | ISTA | Effort

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<th>General Warm up Drill</th>
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<td>4 second Sprints</td>
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<td>Lion Layups</td>
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<td>Quick, hard, jumpstops, talk, body balance, left and right</td>
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| 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 |

## Full Court

| 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  
<pre><code>                    |   | Back, Blast - manipulation of high low, or Philly |
</code></pre>
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<th>ASSIGNING POINTS of DETAIL</th>
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<td>Amber - Hofstra out of Bounds SLOB</td>
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<td>Practice Transition off a Free Throw</td>
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<td>4. Passing and Catching</td>
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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.
St. Leo
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

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

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

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

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.
St. Leo
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
St. Leo

HC Man

Trips

Ball reversal as 2 shoots to top of key

Trips

3 come off triple screen

Trips

HOB - 4 can duck in if 2 does not have a drive
4 runs this set - makes decisions

2 hard backdoor off fake screen by 1

5 seeks after screen
St. Leo
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

1
5
2
3
4

5 looks to attack
St. Leo
HC Man

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
St. Leo
HC Man

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

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

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

2 man game - need correct spacing!
St. Leo
SLOBs

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.
St. Leo

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.