TRANSITION – DRIBBLE DRIVE

I want our offense to apply pressure in terms of:

1. **PACE** (make teams play at our tempo every possession)

2. **SPACE** Make teams spread out defensively to handle our offensive pressure, thus providing as little help on and off the ball)

3. **EXECUTION**: I want teams to feel the pressure of having to defend our base offensive system and our quick hits, Most importantly I want them feeling the pressure that we are forcing them into something that favors us.

How can we do this?

We do this in the first 4-5 seconds when we gain possession.

The 4-5 most important seconds on offense is the time we gain possession of the basketball. We gain possession on a make by our opponent, a defensive rebound and/or a turnover.

Transition from defense to offense should take no longer than 4-5 seconds to complete. This is not easy, this requires 100% buy in from all players all the time. This is not a system or gimmick, this is a lifestyle... We can explain how we break our huddle on a two count instead of three and what that really means for our teams

There are 4 main benefits of advancing the basketball into your offensive half quickly.

1. Easy Scores - If your team consistently runs the floor you're guaranteed to get a couple of easy scores every single game.

2. The Opposition Can't Set Up Their Defense - If the opposition is running a full-court press the easiest way to break it is to beat it before they have the opportunity to set it up. If your opponent is running a zone it fragments the zone to cover you in transition. If your opponent runs man and has ideal matchups it takes all that away as they have to guard whomever they are near.

3. The opposition Will Fatigue - If your team is consistent with this strategy all season they will be fit! While most other teams will be used to jogging down the floor to set up on defense.

4. Limits offensive rebounding - We have never been the biggest team nor have we been the best rebounding team but because we transition so well, teams must focus on "getting back", which take an offensive rebounder or two out of the play every possession. Even on free throws,

This strategy requires 4 things to happen:

1. After a score, our 5 (Trail offensive Player) quickly grabs it and passes in.
I want the same combination of players handling this chore. I feel players love to be great at things and actually love to be praised and held accountable. Let's face it, some players should never inbound a ball.

2. PG to receive the inbounds the pass:
This is the only time where age and experience will change the strategy. The ball is inbounded to our PG every time on a Banana Cut, C Cut. I prefer the ball up the right side of the floor but will allow deviation but only after the right side has been mastered and it is the exception and not the rule. PG Must own the inside quarter, can't get pushed into an outside quarter.

3. Sprinting the Floor (SPRINT ZONE)
WE have a sprint zone (Top off the Key to the top of the Key) This area is a sprint zone and everyone must sprint in the sprint zone. As soon as the shot has been made, 4 (Rim Runner) and the 2 & 3 (Wing Players) must sprint the floor. Wing players do not enter the inside quarters. THERE IS A HUGE DIFFERENCE BETWEEN RUNNING AND SPRINTING The point guard should have their head up surveying the floor and be ready and willing to make the forward pass.

The best option for the team is a pass ahead to one of the wings since the basketball travels faster through the air than it does in the hands of a dribbler. It's imperative that the point guard is willing to pass up court if a player is open.

4. From transition to the Dribble Drive ½ court offense
If this strategy is going to be effective, your players must learn when it's the best option to attack and when it's smarter to bring the basketball back out.

We start the DDM with one of five options:

1. Direct Drive Right
2. Drive left (before the 5 arrives)
3. Pass to the 2 man in the lift zone (Screen away)
4. 5 loops to clear 2 gaps
5. T Pass and Loop