

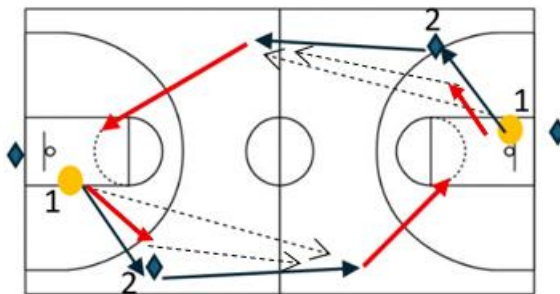
Offensive Transition Basketball

The offense focus is to get the ball to the front court by as few passes as possible. Pass before dribble. The player receiving must pass ahead or attack a defender to create a 2 v 1 leading to a layup or an open shot.

Reference Video: [The 'Kick Ahead' - Peter Lonergan](#)

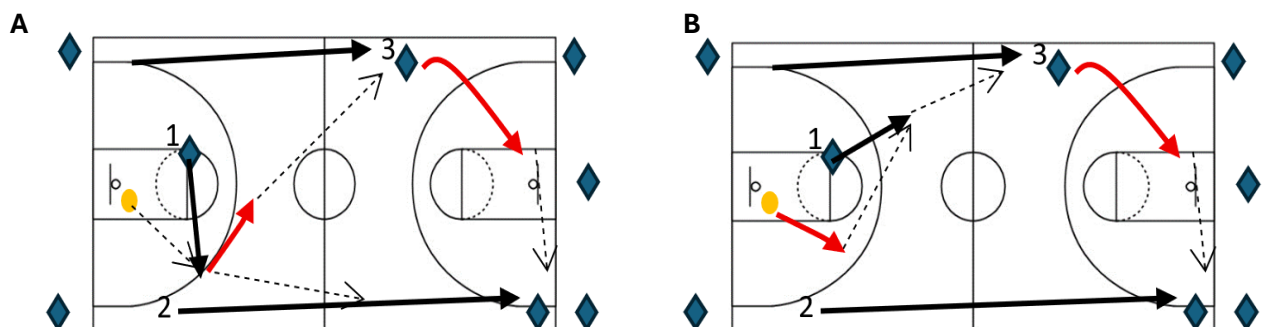
Fastbreak development– primary transition

The rebounder passes ahead and replaces to the wing. No pass and the rebounder bursts out 1, 2 dribbles and pass ahead. 1 becomes 2 rotations. 2 must sprint with their back to the sideline



3 v 0 / 3 v 1 Outlet push early and opposite or wing

In **A.** the rebounder finds the point guard for an outlet to push early and opposite or down the line. (Coach control) The opposite wing guard sprints to the corner for a *drift pass*. In **B.** the rebounder bursts out to look early and opposite. The rebounders stay and become 1 next time. Add 1 defender from the players waiting to come in. **Build into 4 v 0** with the rebounder running for a key cut or a drag screen. Add 2 defenders.

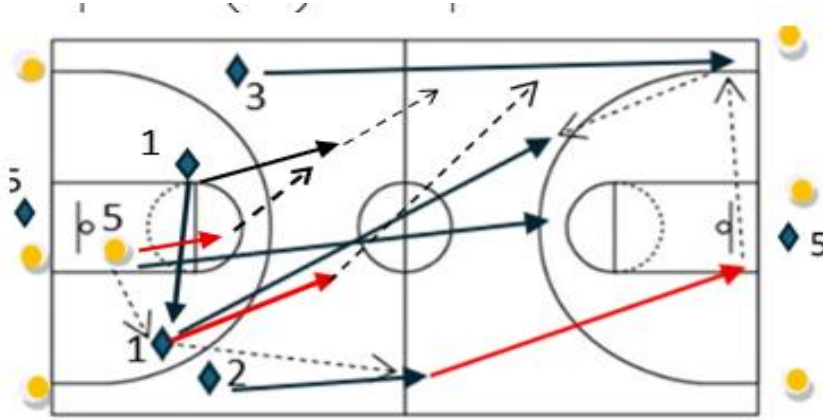


Fastbreak/Outlet/Layup/Drift Pass/Trail pass or screen

These drills build habits of *fastbreak*, *outlet*, *pass ahead*, *early and opposite first option* and attack the basket. The first option is early and opposite to create 2 v 1 on the ball side and a weakside corner spreading the floor. . 1/2-foot layup to the basket to score then *drift pass* to the opposite wing.

Offensive transition 4-person shooting

The 4-man shooting drill gives the chance to explore all transition options with shooting for all players.

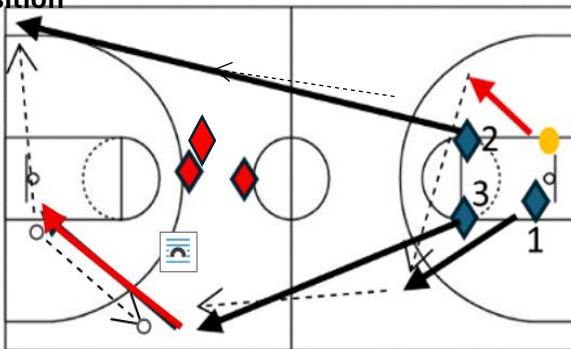


Offensive transition shooting

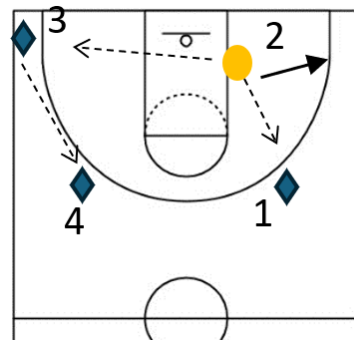
5 outlet pass to 1, 1 runs across the rebound to get the pass. 1 pass to 2 or dribble attacks the middle to pass to 3. 2/3 attacks the basket to score and two foot stops to *drift pass* to 3. 3 gives one more pass to 1. 2/3 can reverse pass to 1 if the drift pass is cut off. 1 passes to 5 cutting the key or posting up in the charge circle. 1,2 and 3 all get a pass from the balls on the baseline to shoot. 5 on the baseline rebounds and runs with the 3 passers from the baseline to repeat.

Variation on this - wings run to deep corners , if 1 drives the ball to the basket to kick to 2 or 3 – 5 rebounds and dribbles out to pass early and opposite – 5 sets a drag screen for 1 to PnR/PnP.

4 v 0 then 4 v 3 Wing outlet/Early & opposite
Transition _____



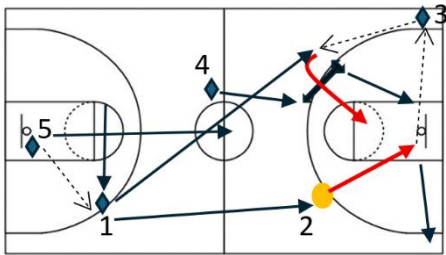
Build in Secondary



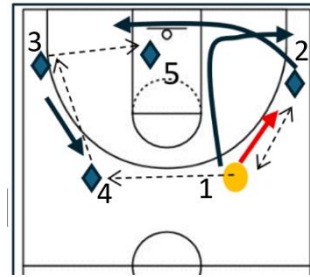
4 v 3 With this drill the players can explore *wing* pass and *early opposite* pass into the *drift* and reverse pass options. The *one more pass* in transition create early advantage for penetration to the paint and kick for an open score. If 4 doesn't penetrate the ball is reversed with cuts or screens.

Secondary Transition

1



2

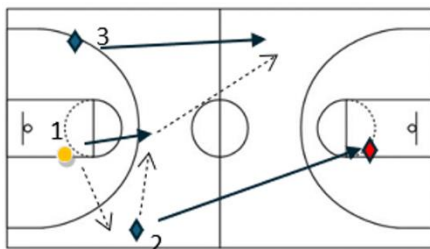
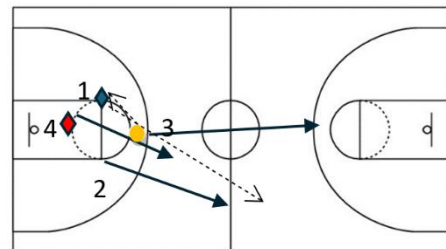


1. In secondary transition its important to flow into motion for 4 or 5 out. Options: 1 gets the ball back from 2 or 3 and runs a *drag screen* with 4/5.
2. 1 or 4 can initiate ball reversal. 1 getting the ball back DA 2 or P/C with 2 or 4 then the ball is reversed to get an entry pass to 5.
3. 1 pass to 2 and screen away for one or two cuts.

Building Transition skills

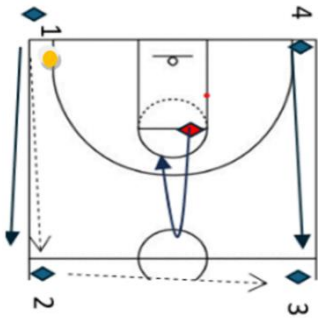
2v1 + 1 full court

Diamond shape to start – defence 3 starts with the ball and passes to offense 1. Offense 1 must pass to offense 2 on the break. Defender 3 gets back to protect the basket Defender 4 hunts the ball.



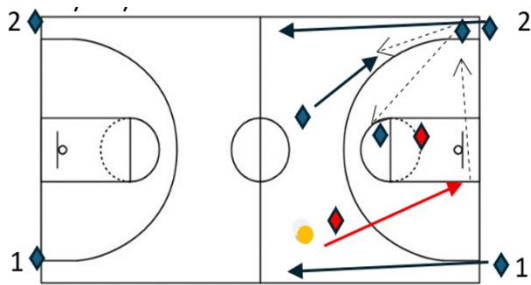
Roll Ball - 1 pass to 2, 2 rolls the ball to the middle and sprints to the basket to defend. 1 picks up the roll and passes ahead to 3. 1 must sprint to support weakside.

2v1/2v1 + 1/2v2 half court

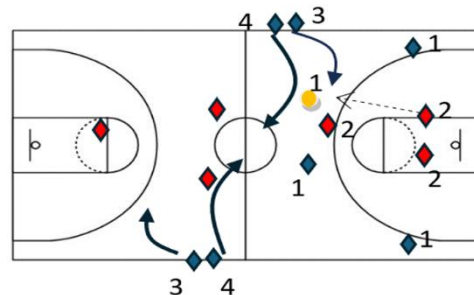


2v1 square half court game - scorer/turn over becomes defence. 1 pass to 2 then 1 and 4 replace at the half. 2 must swing pass to 3 before 2v1. Shooter or player turning over must sprint to the half circle before sprinting back to be next defender. This can be run with 2 defenders. Options - one staying, one sprinting to the half or two back no sprint.

4v2 (10 players – 4 passes max)



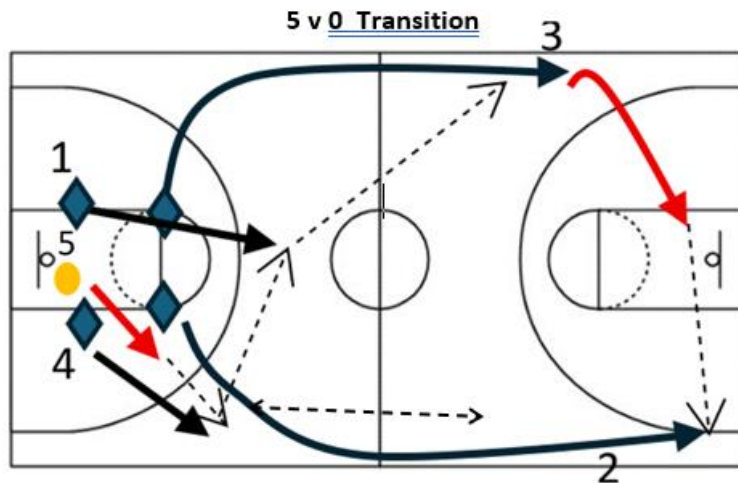
4v3/+ 1 (12/14 players) or 3v2/+1 (9/11 Players)



4 v 2 The aim of the offence is to score within 4 passes then Screen to or away from the ball. The two defenders gaining possession pass or burst out to pass to 1 or 2 who swing pass or attack the basket looking for a 2v1, drift, reverse or trail pass. The wing players coming in will be the next defenders.

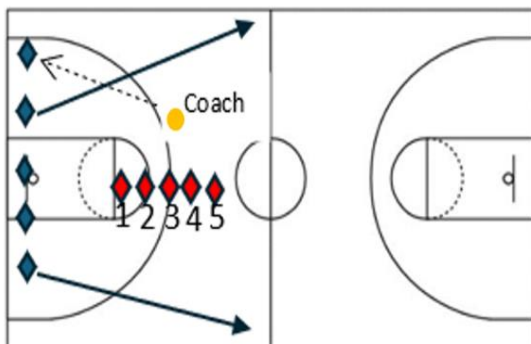
4 v 3 or 3 v 2 After playing 4v3, 3 comes in on a 'J-cut' to get a pass from 2. 3 must push a pass to either wing as 2s break. If it's a 4v3 game, then there is no 4. If we play +1, 4 runs into the centre circle when all offence cross the halfway line, before joining the defence.

Reference Video: [Transition Basketball - Nenad Vucinic - Basketball Fundamentals](#)

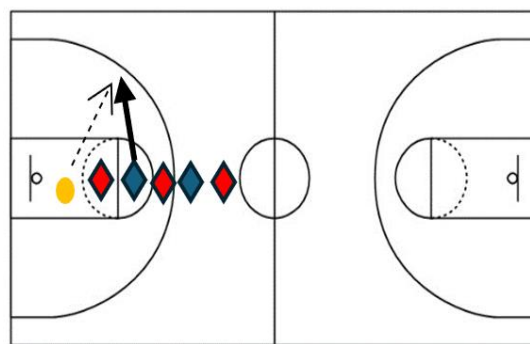


In 5 v 0 transition players have numbered roles to run. Again, emphasis is on opposite and early. Defence can be added to this drill giving the offense an advantage with 3 or 4 players. To add randomness to the 5 v 0 drill run the Tip drill below with only 5 players.

5 v 5 Transition Number Call



5 v 5 Transition Tip



5 v 5 Transition Number Call

All defensive players get a number. The coach passes the ball to any offensive player on the baseline and calls a number/numbers. The player numbers called must touch the baseline and get back. The offense must fill the wings and pass ahead looking for early and opposite. Offense looks for primary score off the layup/pass or secondary from ball reversal, a screen away or to the ball. Offense must read, 5 defenders back. They space the floor and run *Motion*. Time limit or pass limit for the offense to make a score.

In the same set up the coach can create an advantage having 3, 4 or 5 defenders without calling numbers with no players getting back. The coach limits the number of passes the offence has to score.

5 v 5 Transition Tip

Offense and defence line up alternately with 3, 4 or 5 players each. They tip the ball until the coach whistles. The player in possession of the ball outlets or bursts out to pass. The randomness of the game encourages players to adapt and fill lanes. The rebounder or the player receiving the first pass go opposite and early if they can.