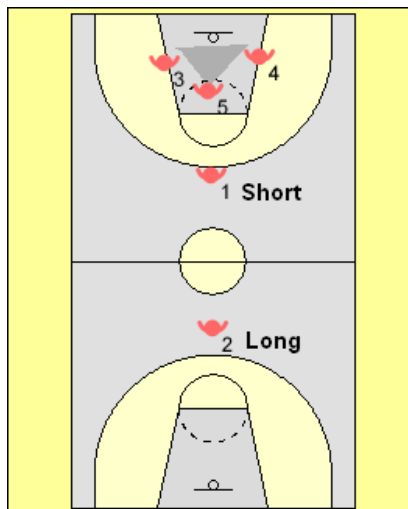
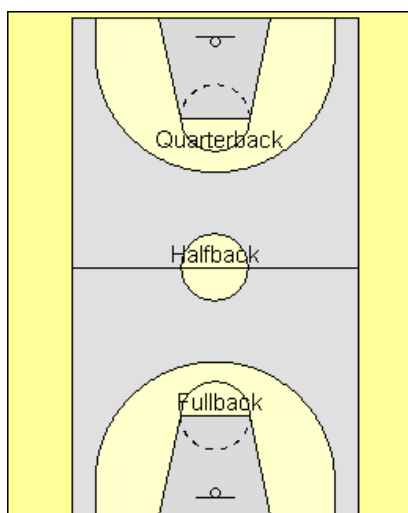


TRANSITION DEFENCE



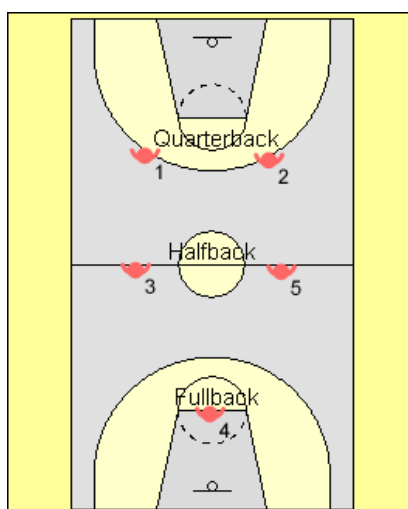
Transition Defence

The most common defensive transition strategy when a shot is taken is for *Player One* to play a short safety at the top of the three-point line, for *Player Two* to stay as long safety past the centre circle and for the remaining players to form a defensive rebounding triangle.

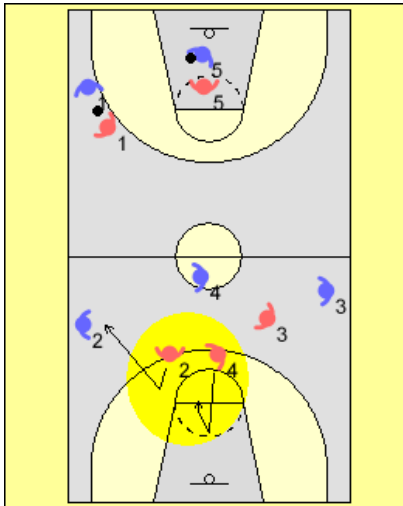


Another approach is to designate the three circles as specific positions – Quarterback, Halfback, Fullback and “Get backs” (sprint back on defence).

Depending on the strategy of the opposing team the players are assigned different positions. If playing a team that does run and uses a specific player to bring the ball up the floor, the players can play quarterback and halfback. If the opposing team is fast-breaking, the players can play halfback and fullback.

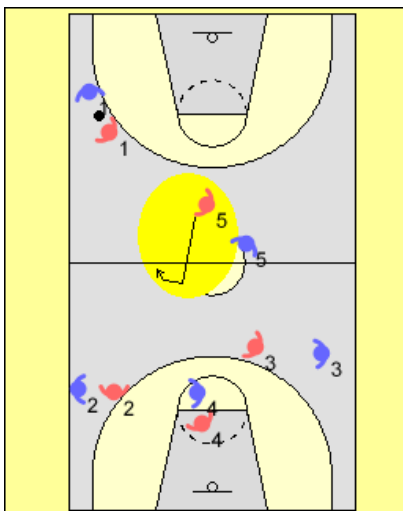


This strategy allows the coach to indicate to the players when to be turned and facing the ball. If running a press, the coach can indicate to the front line that they need to be facing the ball by quarterback; the second line is turned at halfback and the last line by fullback. These adjustments can be made as applicable.



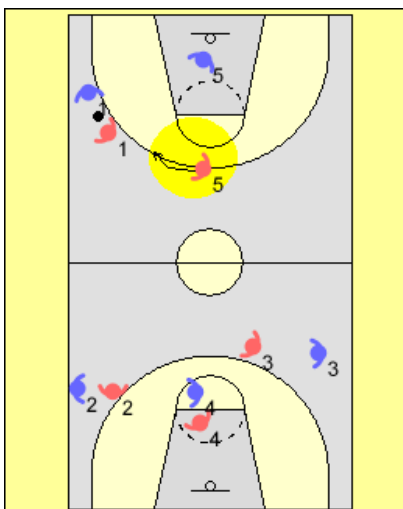
Release

This is a crucial element of this defensive strategy. In the example to the left *Player Four* has sprinted back to protect the basket to allow *Player Two* to move out to deny the pass up the floor. Most early three-point shots are due to the release not occurring. It also means a scoring opportunity at the basket if *Player Two* moves out too soon and leaves the basket open.



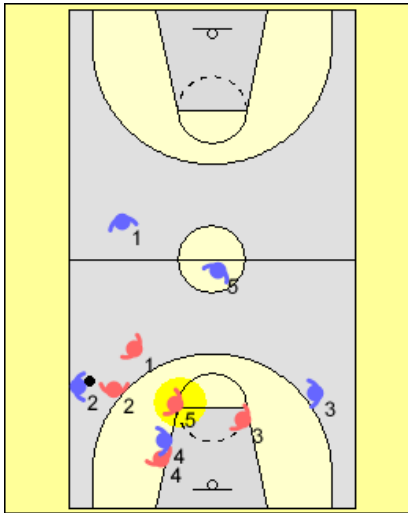
Shadow

Against teams that have one dominant player who brings the ball up the floor a trail defender can be used. In this example, the trail defender sprints to the halfback position to help on the guard bringing the ball up the floor. This is often effective as the offensive player who is being guarded by the shadow is not allowed to dribble or handle the ball.



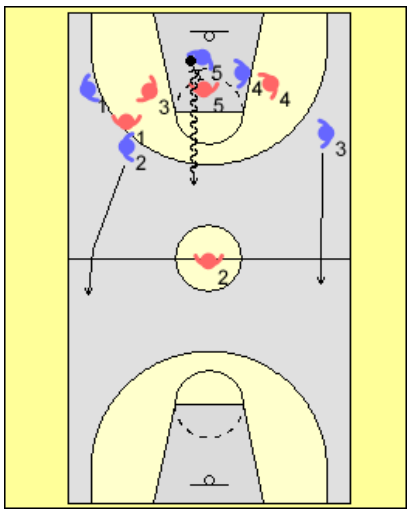
Quarterback Shadow

In this example, the trailing defender turns and looks to help by the foul line since their offensive player is trailing behind the ball. This is an effective strategy when a team uses a non-ball-handler as an inbounder player.



Fullback Shadow

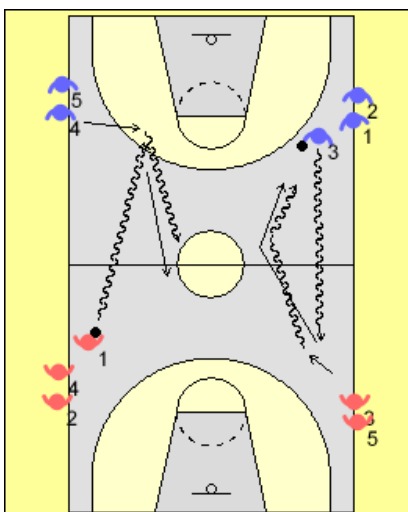
In this example, the trailing defender sprints to the fullback position to assist in stopping the ball; going inside to a dominant post player or to clog the lane to prevent penetration.



Break Out Dribbles

One of the biggest weaknesses of this type of defensive strategy is the use of the break-out dribble by the rebounder. Many teams deploy a player to jam (this is usually the player closest to the defensive rebounder) the rebounder to prevent a quick outlet pass or dribble. If a team gets the quick breakout it can often create as advantage as with long rebounds from a three-point shot it is often more difficult to jam.

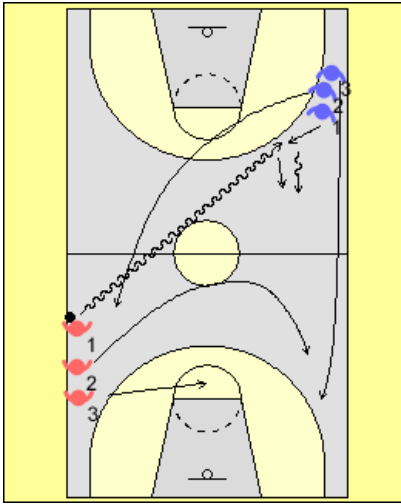
The following are drills to teach players beneficial concepts for playing transition defence. All players take part in all positions.



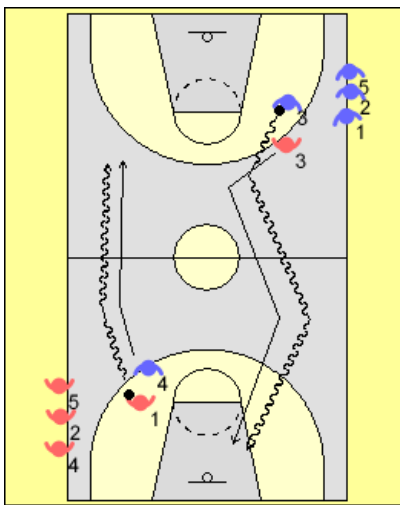
Containing the Ball

A key concept in any transition defence is to contain the ball; which is very difficult in the open court. It is important for the first line defender to make the ball move to a certain area of the floor (generally the sideline). Instant ball pressure also prevents the player from making an easy pass up the floor; especially the long cross-court pass that forces the most rotation by the defence.

The players form four lines near the hash marks. The player with the ball dribbles hard to a specific spot and sets the ball down. This player is now the short safety who must funnel the ball to the sideline. The player on the other side picks up the ball and becomes the offensive player. They play one-on-one to the far basket.

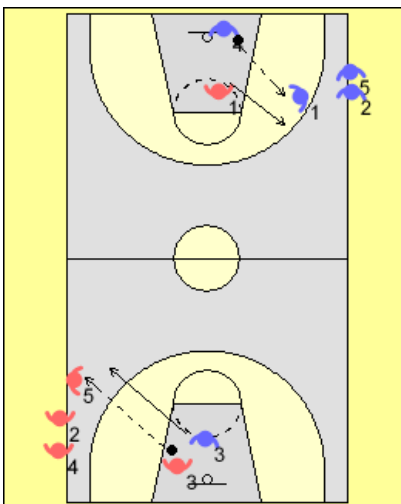


In this drill, the defensive team does a dribble-up and sets the ball down. The offensive team breaks as the ball is being dribbled. The coach may blow a whistle to indicate when the ball has to be set down.

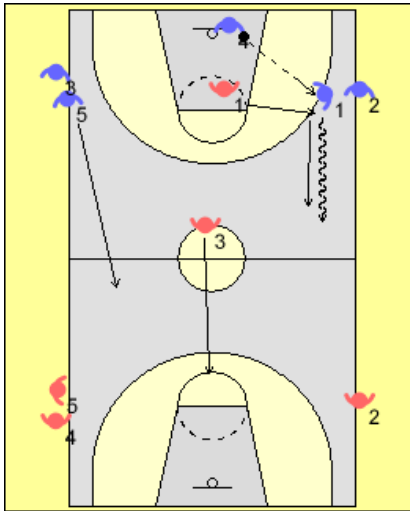


Full-court one-on-one with Transition Defence

To load the drill, the players form a line along the sideline and are restricted to an area where they can play one-on-one.

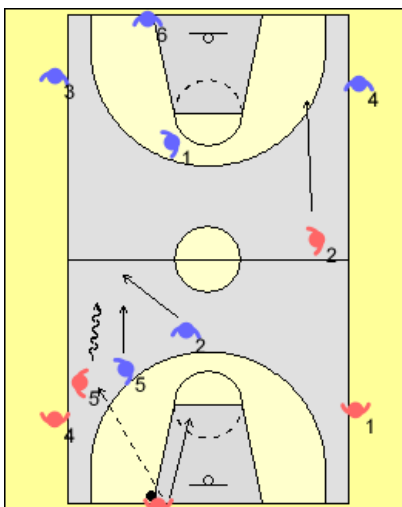
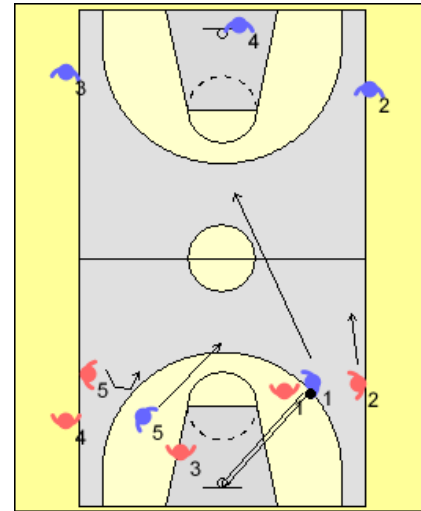


When the defender gains possession of the ball off a turnover, made or missed shot they pass the ball to the next player in line. The offensive player must quickly go from offence to defence. The drill can be loaded by allowing a break-out dribble to put more pressure on the defender.



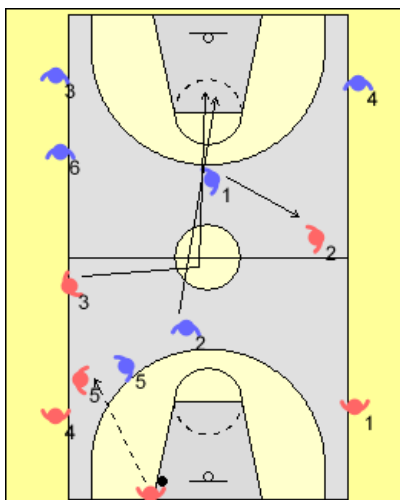
Two-on-two Continuous Transition Defence

In this drill, when the defence gets the ball it is passed to the next two offensive players. The two players who were on offence must quickly become the long and short safety. The players who were on defence fill in as the next substitutes.



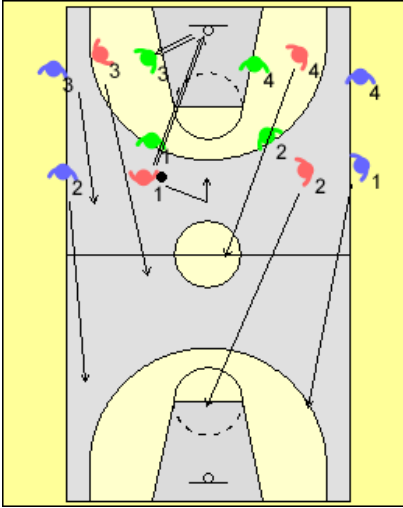
Three-on-three Continuous Transition Defence – Loaded

The third player is standing out of bounds ready to inbound the ball to allow the team to practice the shadow technique. The player guarding the inbound player can stop and help since they are trailing.



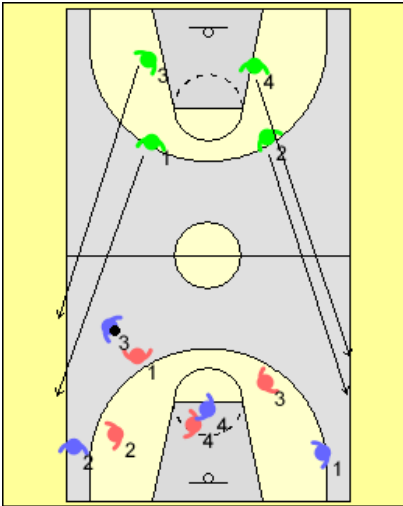
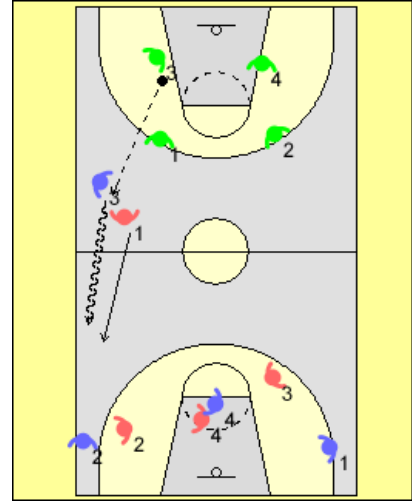
Release

By placing the third offensive player up the floor the defence is forced to practice the release technique as this offensive player runs to the basket. This player must run through the centre circle to simulate a first “big.” The long safety cannot give up the basket until the other player releases. It is important to note that all of these drills are continuous.



**Four-on-four-on-four
Transition Defence**

This drill requires 12 players that will provide conditioning from contact movement. When the team on offence gives up the ball, they must quickly match the team that is out of bounds.



The defensive team must sprint the floor to set-up in the spots out of bounds when ball possession changes. Players will cheat if they are not directed to certain spots on the floor.

A way of keeping score is to record the number of score-stop-scores a team can string together.