

Basketball Coach Handout

Transition Defense

When a shot is taken and missed or the ball is turned over, we are in **Transition Defense**. We are not in Man-to-Man or Zone Defense.

Fundamentals of Defensive Transition

1. First & foremost, **SPRINT** back on defence.
2. **SPRINT** to the ½ court line and then pick up the location of the ball.
3. Encourage, not demand, the players to make a reverse pivot at the ½ court line and run backwards from this point on if they have enough space to do so. This enables them to read the ball and the situation better, but not all players are agile enough or can run backwards well enough to make it a hard & fast rule.
4. Whoever is responsible for back coverage (safety), has to make sure that no one gets behind them as the ball is coming up the floor. Have the defender put their arms out to form a fairly wide “V”. If there is any offensive player beyond their arms, then they have to back up. This principle allows proper depth at all times.
5. The person who is responsible for the back coverage (safety) on a shot attempt must protect the basket first and not try to stop the ball before the foul line area unless they have some help, and that help can protect the basket.
6. All defenders who are going back on defence who are not responsible for stopping the ball, must drop at least to the level of the ball- even if their man is slow coming up the court.
7. Our players should retreat to the keyway area (“loading up”) & then going out to a player (“kicking out”). They sometimes can’t get all the way to the keyway because of the sideline fastbreak- this can be determined as they run the court because they will be locating the ball as they run as well as where the offensive men are.
8. Someone must stop the ball as far up the court as they are capable of doing. The player nearest the ball at the point of turnover or score must take the ballhandler. We must try to turn them, as many times as possible, in the backcourt to slow the progress of the ball and give us time to get back.
9. No matter what the situation, the two things that must always take place are:
 - a. Every shot is a contested shot.
 - b. All penetration must be stopped!!!
10. Now that we have basically stopped the transition from getting an easy shot, our next point of emphasis, which is every bit as important as everything else that has been mentioned, is **SECOND SHOTS!!!** Most of the time the average defender will turn around and look where the shot is going and will be standing up straight. The offensive trailer then comes down the lane with no one blocking him out and an easy basket is scored. Because the defenders are up straight, they get caught reaching for the ball and a foul seems to happen. Unless you have shown this situation during drills, it will continue to happen.