

SuperConference 2006

The Full Court Game-Offensively and Defensively

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General comments:

- teach fundamentals
- teach everyone all the skills
- teach decision making
- develop complete players
- all players can and should dribble

TRANSITION "D" PLAN:

How many rebounders do you send to the boards? We send the #3, #4, and #5

Our Defensive Scheme:

- The #3, #4, and #5 go to the boards – if the #2 drives to the basket #3 should go back
- #2 - plays long safety-back behind center, or to where the deepest offensive player is, don't let player behind you
- As defenders get back in transition and the basket is covered then they must move into an "on the line, up the line" position so the ball cannot be easily passed up the floor
 - Even though the defence is back the ball can still be passed up the floor – defenders must prevent this and make offence play 5 vs 5
- #1 – goes short safety – between the foul line and top of the key
 - #1's job is not to steal the outlet but to pick up ball and contain it so the bigs can get back
 - Try to get the ball out of the middle of the court

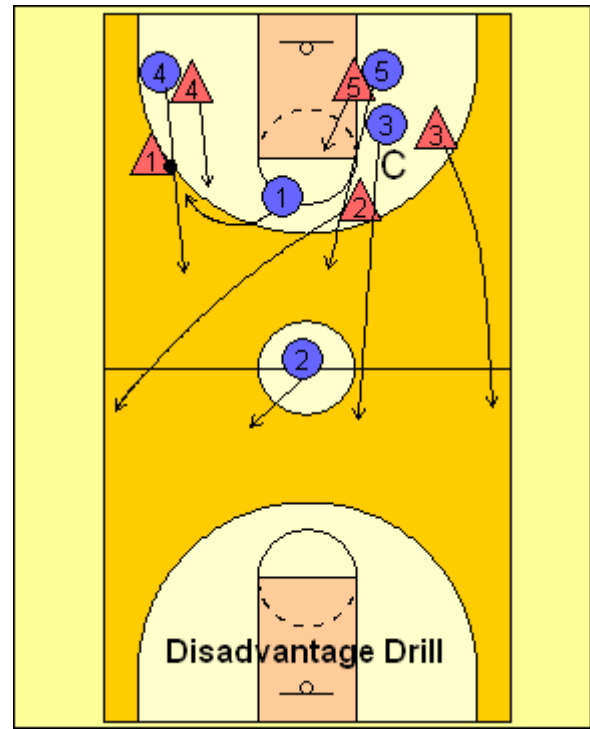
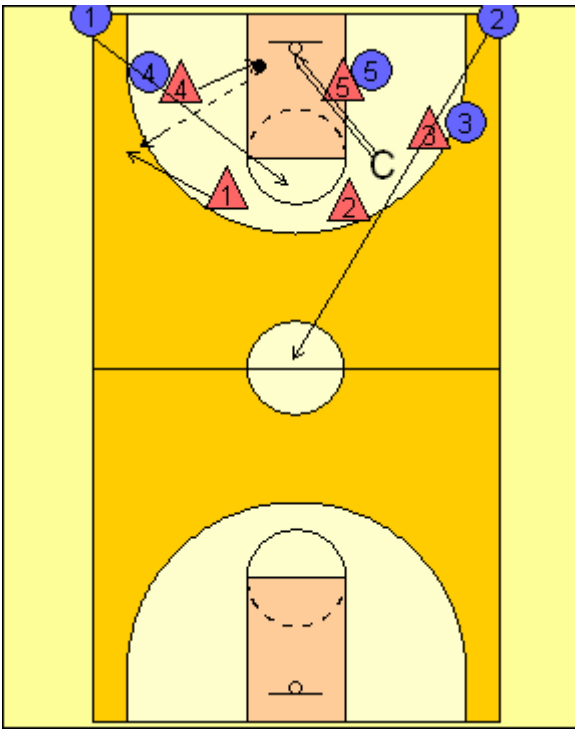
Drill:

Have the five defenders in defensive position. The coach shoots the ball and #3, #4 and #5 players rebound and 1 and 2 go to their transition spots. Another player throws it in to a guard and #1 contains her while the bigs get back on D

- Add another offensive player
- Keep adding offensive players

DISADVANTAGE DRILL:

- #1 and #2 start in the corner (they are at a disadvantage) - they must still sprint and get to their transition spots when the shot is taken.
- The coach will shoot the ball up and the offensive #3, #4, and #5 must go to the boards.
- Defenders must block out, secure the rebound and transition to the other end.
- The drill goes down and back – so each team must make the defensive transition.



Offensive Transition:

1. This is a very simple transition
2. We do not run an early offence – just found the time spent on it was not worth the returns
3. All 5 players go to the defensive boards

Transition positions:

- Point guard gets to outlet and calls for ball as it is being shot (call early) – must develop voice recognition with teammates
- 1st big down goes to the front of the rim
- 2nd big trails to guard spot opposite the point
- 2 and 3 fill either wing (not specified)

In transition the “looks” are, in this order:

- 1st. - Pass the ball ahead to a wing and can look for the “take on” – this is 1 on 1 if you have a good 1 on 1 opportunity
- 2nd. - Look for 1st big under hoop.
- 3rd. - If 1st big is taken away skip ball to weak-side wing – for 3 pt. shot, pass inside to big or attack.
 - We will take an open 3 point shot in transition – even without rebounders
- 4th. - Pass to trail post who looks High–low pass to 1st big or to penetrate
- 5th. - If point guard has “take-on” in semi-transition:
 - 3 offensive players flatten out on baseline and give space for options
 - drives to hoop
 - drives to hoop and dishes to wings or post circling under to other side

The little things that make the difference on the break:

- running hard – first two steps are the key
- early recognition that your team has the ball
- keeping spaced – run the wings wide
- rebound ball and outlet it quickly/or break out dribble (depending on D) - good ball-handlers should do this frequently
- 1/4 turn in air and ball @ ear

TRANSITION DRILLS

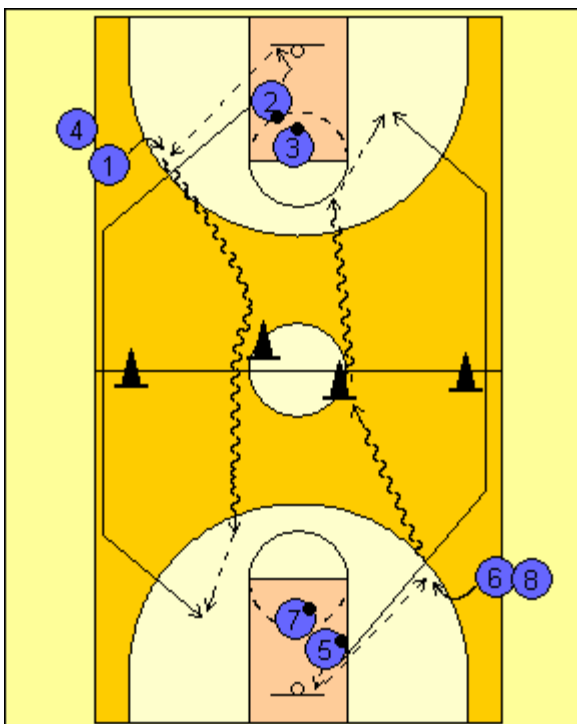
These are fundamental drills that involve running, passing, catching and decision-making at full speed. When I was coaching university 20 minutes of every practice was devoted to these type of drills. It provided us with valuable skill work and good conditioning.

A. Outlet and Go – see diagram

- In pairs with one ball between them – one starts in lane with ball, other foul line extended
- Toss ball off the board, rebound and take ¼ turn in air with ball @ ear
- Outlet player calls for the outlet pass
- Guard dribbles to middle – put chair near center and have player make a dribble move
- Rebounder runs wide for lay-up pass at the other end – may put cone/chair one step from side-line at ½ court to force players to run wide
- Switch roles and come back the other side

Add “D” on rebounder and either outlet or break out dribble depending on D

*go both sides of court



Outlet and Go

B. 3 player weave with runner

- 3 players run a 3 player weave with another player (the runner) going up the floor out of bounds
- When the runner reaches the top of the key extended she breaks to the basket
- The players weaving up the floor must pass to the runner for a lay-up
- The objective is to pass to the runner so at the proper time so she does not have to slow down or break stride
- Weavers must look up floor every time they have ball to see when to pass it – they must see the runner (look up floor)

C. 3 player weave with runner back to 2 on 2

- The same drill now becomes a 2 on 2 transition drill
- Whoever passes ball comes back on D with runner

D. 3 player break out

- This drill is used to get the point guard multiple reps at getting the outlet pass
- It is a 3 on 0 with a point guard getting every outlet pass
 - Emphasize the point guard calling for the outlet as ball is shot – early voice recognition
- Coach shoots the ball and the 3 players rebound as the outlet gets to position and calls for the ball
 - Rebound ball and outlet to point guard
 - Other players fill wings
 - Point guard takes 1-2 dribbles and then passes to wing who passes up the floor – take ball to hoop
 - Rebounder sprints down the floor with group
 - Outlet guard has to sprint back for next group

To make the drill more game like:

- add D on outlet – they can slightly challenge the outlet from getting to the ball
- add D on rebounder – may have to break out dribble

E. 2 on 1 vs coach

- Have coach or manager play defence vs the entire team – it is guided defence to give the offensive players reads
- Pair up with one ball per pair
- Pair passes the ball back and forth to center at center they get wide and attack – must attack at an angle and with speed to force defender out of the middle of the lane
- Must simulate game conditions by going hard
- No jump shots – only lay-ups
- Keep dribble with the inside hand for a better passing lane
- If defender steps in on driver – pass
 - Should usually be a bounce pass – most difficult to stop and creates better timing for the cutter
 - After passing step out to avoid charging
- If defender stays with cutter – drive for lay-up
- Only one shot because the next pair is coming

F. 3 on 2 vs Coaches

- This is the same drill as above but now there are three players coming down in their lanes vs coaches/managers
- Offence are only given one shot

G. Transition Pyramid

- Two teams line up at opposite ends of the court
- This is a full-court game
- Starts 1 on 1, after offence scores or defence rebounds a teammate comes out from the defensive team and attacks the 1 offensive player,
- After the 1 on 1, each time the play goes the other way there is a numerical advantage
- So the drill goes:
 - 1 on 1 – O1 attacks X1
 - 2 on 1 – X2 comes on and with X1, attacks O1
 - 3 on 2 – O2 and O3 come on with O1 and attack X1 and X2
 - 4 on 3 – X3 and X4 come on with X1 and X2 and attack O1, O2, and O3
 - 5 on 4 – X5 comes on and with X1, X2, X3, and X4 attack O1, O2, O3, and O4
 - 5 on 5 – O5 comes on and with O1, O2, O3, and O4 attack all the X's
 - 5 on 5 three times then start over
 - keep score and have the other team start with the ball

H. Create a Break – see diagram

- This is a fun drill that instantly creates a numerical advantage.
- The offence is lined up along the baseline and the defence along the foul line.
- Whoever the coach passes the ball to on offence, the defender directly opposite must touch end line before running back on defence.
- Play the drill down and back – then switch offence to defence
- The objective is to attack the basket and make a good decision in transition – the key is to keep spaced
- One player should run to the front of the rim and two should fill the wings.
- Drill can be played 4 on 4 or 5 on 5
- Have the players move to different spots each time
- You may choose to have the second pass always go to your point guard

