

Easy baskets in transition come from drilling fast-break movements in a game-like setting within practices



Blitz Drill: Get Your Offense Moving

Get running in the full-court offensive transition like the North Carolina men's team by using these drills in practice.

University of North Carolina men's basketball coach, Roy Williams, knows how to attack a defense.

While well known for his secondary break in the half-court, the earmark of a successful Williams-led squad is scoring in transition on the primary break.

Take the last three seasons for example. The Tar Heels have racked up a lot of wins (86) in that time while being near the top of Division I statistical rankings in average offensive points scored.

Last year, North Carolina ranked 14th in scoring at 77.2 points per game and finished with a 25-11 record. The year prior, North Carolina torched the nets at a clip of 82.0 points per game, which was second-best in the country and led to a 32-6 mark. In 2010-11, the team went 29-8 while scoring 76.7 points per game, which was 23rd best in the nation.

Williams wants players pushing the

ball up the floor the moment a rebound is secured or the opponent scores. He stresses if there are two or fewer defenders back on defense, then it only requires two or fewer passes to score in transition.

To accomplish this goal of having players moving quickly in the full-court setting while scoring with a numbers advantage, it must be drilled repeatedly in practice. While running traditional 2-on-1 and 3-on-2 break drills offer an opportunity for players to see passing lanes and work quickly, take it a step further with the Blitz Drill on the following two pages. This drill set constructs game-like breaks with a defender trailing and the offense forced to make quick decisions.

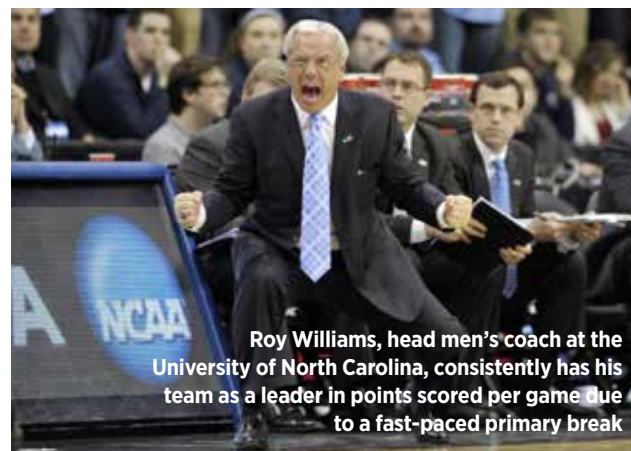
If the offense hesitates, even for a split-second, the defense now evens the numbers and has a much better chance to stop the break. The key is for the point

guard to keep the head up and pass as soon as there is an opportunity.

The pace of this drill is fast – just like transition offense in a game. Don't let players slow down. Push them hard and expect your scoring totals to climb.

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Roy Williams, head men's coach at the University of North Carolina, consistently has his team as a leader in points scored per game due to a fast-paced primary break

2-On-1 Blitz Drill

A perfectly executed fast break results in easy baskets for your squad and helps build players' confidence during the game.

WHY USE IT

Most 2-on-1 drills have players moving quickly but not necessarily at game-speed. By adding a trailing defender, it forces the offense to go all-out to score with the numbers advantage.

SET UP

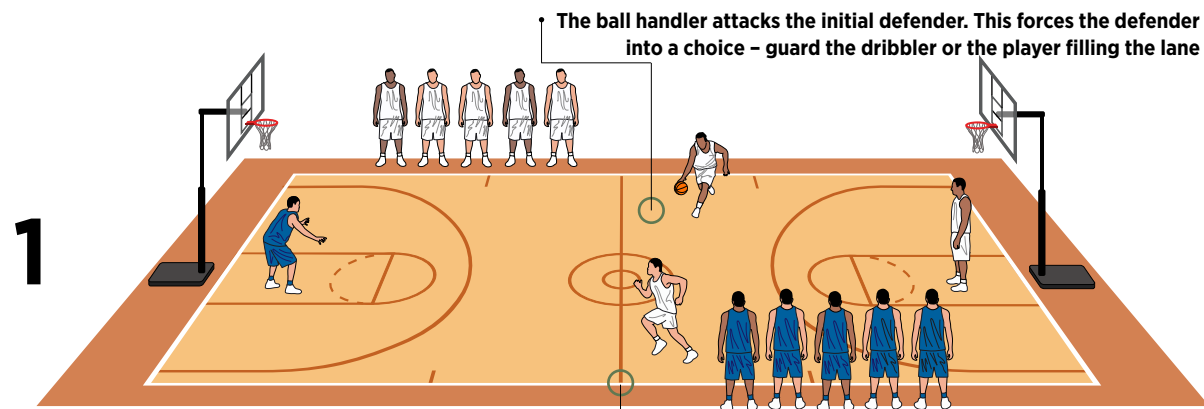
Two offensive players start behind mid-court. The defender already is in position ready to guard the ball. The team on offense (white jerseys) to start also has a player waiting to defend when the action shifts to this end of the court. Both teams have players waiting on the sidelines.

HOW TO PLAY

Once the ball is dribbled past mid-court, the defending team has a player sprint from the sideline to the mid-court circle, then rushes to help defend. Once the shot is made or missed, the two defenders now are offensive players moving in the opposite direction. Once the ball crosses mid-court, a player in a white jersey hustles from the sideline to act as the second defender.

TECHNIQUE

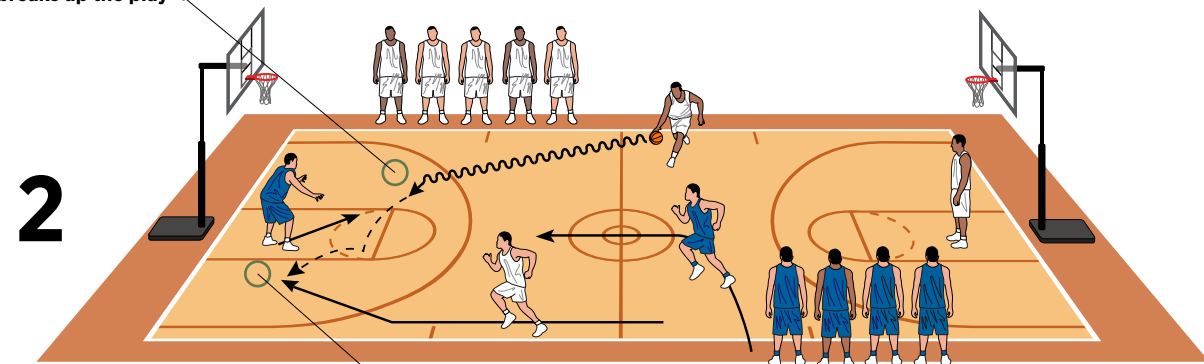
The key is for the point guard to dribble hard and fast at the defender, which causes the defender to make a choice between the two offensive players and leads to an easier scoring opportunity.



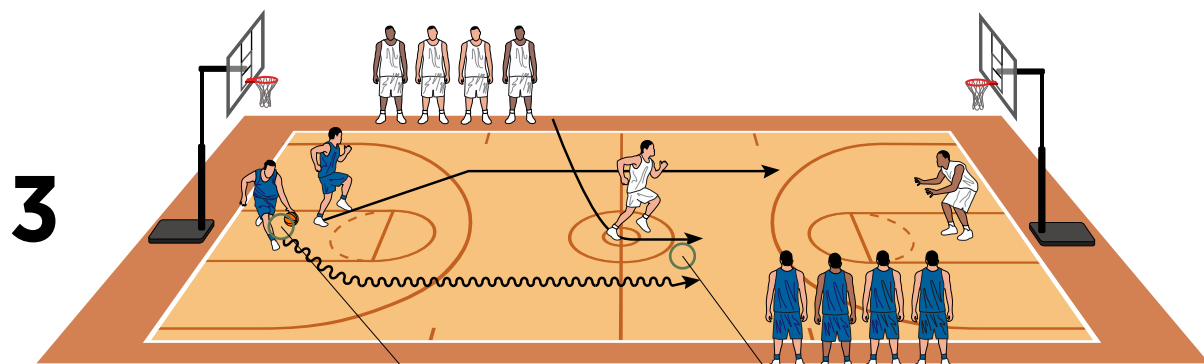
The ball handler attacks the initial defender. This forces the defender into a choice – guard the dribbler or the player filling the lane

Once the defender commits, the ball handler sends a bounce pass to the streaking teammate. If the defender waits too long, the trailing defender breaks up the play

The players on the sideline must be ready to enter the action immediately after the ball crosses mid-court. If the offense hesitates at all, this trailing defender has time to stop the break



The open offensive player goes strong to the basket. Even if the trailing defender has closed the gap, going strong ensures the best chance at scoring and possibly drawing a foul



The defense grabs the ball out of the net and pushes quickly in the opposite direction. There is no time for rest in this drill

The trailing defender enters play once the ball crosses mid-court. This allows the offense a split second of an advantage

Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

3-On-2 Blitz Drill

Once again, the trailing defender attempts to thwart an offensive break toward the hoop. Your offensive player must make quick decisions to score with the numbers advantage.

WHY USE IT

Spacing becomes critical in a 3-on-2 situation as having more players on the floor takes away open spaces for offensive players.

SET UP

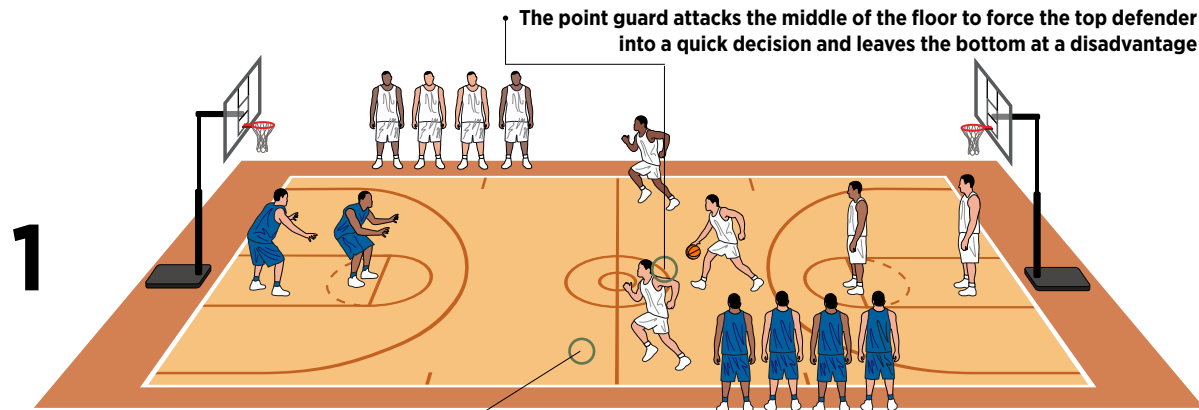
Three offensive players start behind mid-court. The defenders already are in position. The team on offense (white jerseys) to start also has two players waiting under the basket to defend when the action comes back to that end of the court. Both teams have players waiting on the sidelines.

HOW TO PLAY

Once the ball is dribbled past mid-court, the defending team has a player sprint from the sideline to the mid-court circle, then rushes to help defend. When the shot is made or missed, the three defenders now are offensive players heading in the opposite direction. Once the ball crosses mid-court, a player in a white jersey hustles from the sideline to act as the third defender.

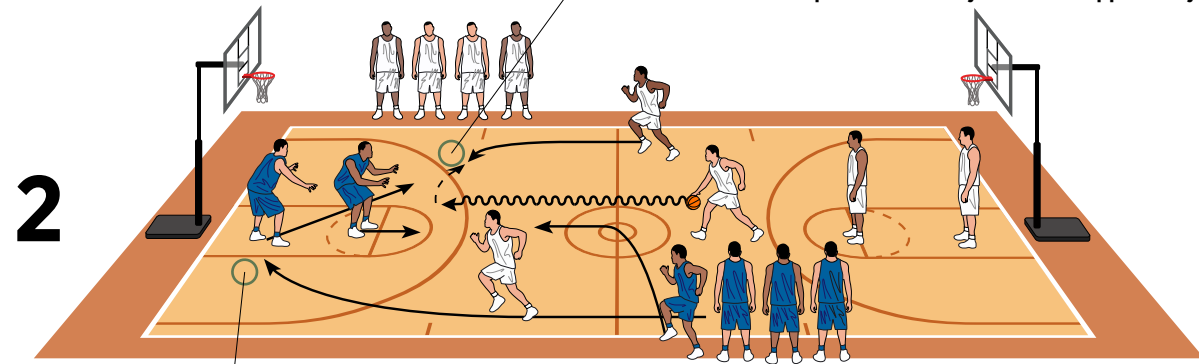
TECHNIQUE

If the offensive players fill the lanes properly, it only takes one or two passes to get the ball in the hands of someone for an easy layup. Be sure the team that just defended hustles to push the ball to the other end - this is a fast-paced drill!



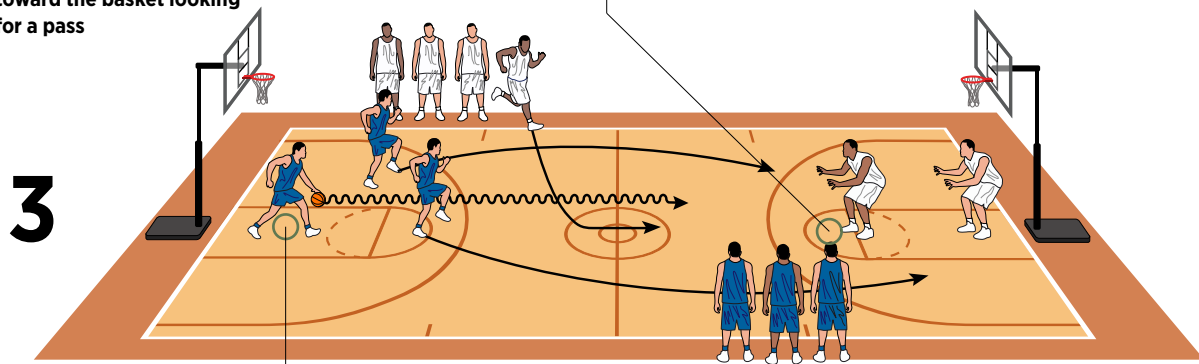
1 The wings sprint down the floor to force the low defender to make a choice in coverage. Any hesitation allows the low defender to guard both players and buy time for the third defender to enter the action

If the low defender doesn't close out on the initial pass, this player may have an open look at a 3-pointer but the goal is a layup for the streaking wing - don't allow your players to shoot 3-pointers on every fast-break opportunity



2 Once the low defender commits to guarding the new ball handler, the other wing is open and cuts toward the basket looking for a pass

The top defender attempts to slow the point guard's progress just enough to have the oncoming third defense make a difference. Have the top defender flash at the ball and step back in an effort to slow the break



3 The defense grabs the ball out of the net and pushes in the opposite direction. This forces the other team to sprint to position. The offense may catch the new defense out of position for an easy score

Player movement → Ball movement - - - → Dribble → Shot →