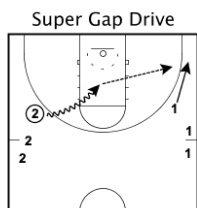
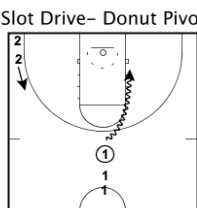
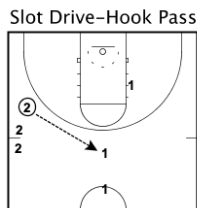
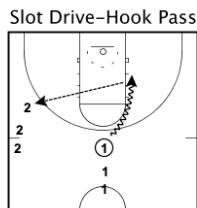
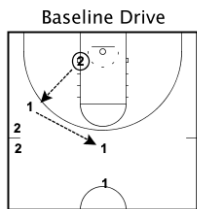
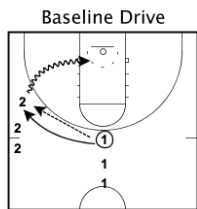


John Brannen- Transition Offense into the 4 Out 1 In

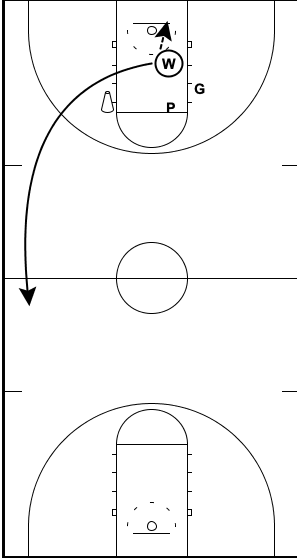
- Transition is the marriage between defense and offense
- Defense ties into offensive philosophy
- Spends 65-70% of practice time on defense
- Learn how to not play through your best player
 - Have a plan in place
- Transition
 - Sprint, space, share
 - Shot Spectrum
 - FTs, Layups, 3s (Houston Rockets)
 - Shot Selection
 - 50 point drill to give players the green light
 - 50 3s in 5 minutes
- Missed Shot
 - Bust out guys
 - Point guard and guys with a positive assist to turnover ratio
 - Get to the sideline
 - Further up the court the better
 - If you get jammed then loop
 - Catch with momentum
 - Possession over position
 - Constant rim runner
 - Celtics threw to rim runner a really low percentage
 - First big sprints to the rim
 - Doesn't get catch, get out
 - 4 gets out to 3 point line
 - 5 gets to dunker spot
 - Beating up the Xs
 - If an X (spot) is open in front of you, get to it
- 1 Standard on O
 - Sprint every cut
 - If players don't, they run
- Overload situation (3 to a side)
 - Dribble to wing, pass to player filling in slot
- Stats for how quickly they want the ball across half court
 - 26 seconds on missed shots
 - 27 seconds on made shot
 - Entire team must be across at 24 seconds
 - How quickly can you get to the 3rd and 4th pass? Second and third side?
 - Want to get a piece of the paint in the first 7 seconds
- Beating up the Xs into Cookin' into Flow
 - Beating up the Xs= sprinting in transition

- Cookin'= Penetrate and kicks
- Flow= Ball screen motion
- 20 cut=lane line extended
 - Lift from big in ball screen motion
- 4 or 5 takes the ball out of bounds
 - Whoever is closest
- Run all BLOBs out of 4 low set. If they struggle to get it in, they will go into a box formation then run to 4 low.
 - Have a card in shorts for BLOB play calls
 - Change card every game, so teams don't know call
- Northern Kentucky Drive Kick Passing Series



• Transition Drill

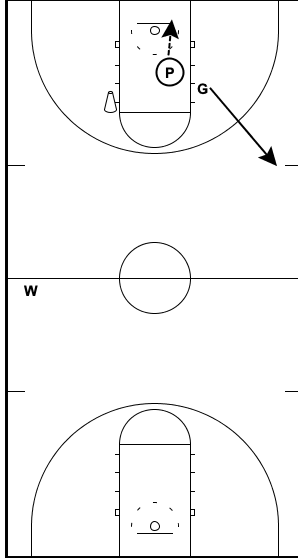
Northern Kentucky 3 Man Transition



Wing tosses the ball off the backboard and sprints out wide in transition.

The Post gets the rebound.

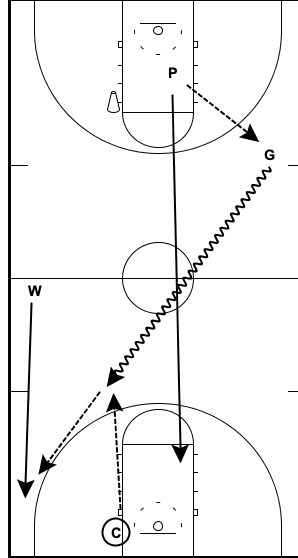
Northern Kentucky 3 Man Transition



The post rebounds the ball and tosses it off of the backboard again and gets the rebound.

The guard gets out to the outlet area.

Northern Kentucky 3 Man Transition



The post outlets the ball.

The guard dribbles up and passes to the wing who takes the shot.

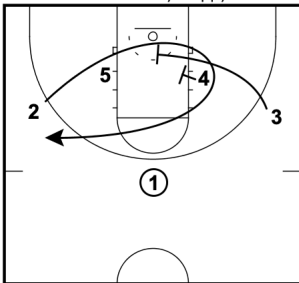
The guard receives a pass from a player/coach underneath the basket and shoot.

The post cleans up any misses.

Can add other transition reads.

• Quick Hitters

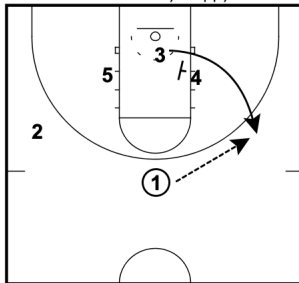
Northern Kentucky Floppy Clear



3 and 4 screen for 2.

2 curls and comes back out to the same wing.

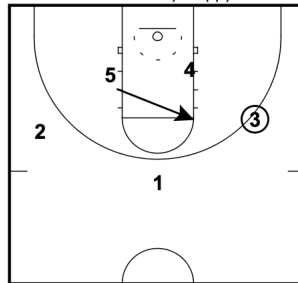
Northern Kentucky Floppy Clear



4 screens for 3.

1 passes to 3.

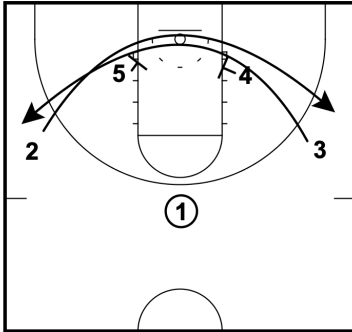
Northern Kentucky Floppy Clear



5 cuts to the high post.

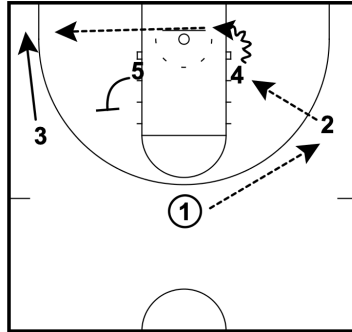
3 looks for the lob over the top if 4 is fronted or to the high post.

Northern Kentucky-Floppy Hammer



5 and 4 screen for 2 and 3.

Northern Kentucky-Floppy Hammer



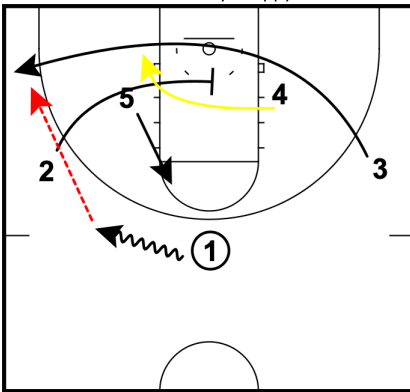
1 passes to 2.

2 passes to 4.

5 hammer screens for 3.

4 spins baseline and passes to 3.

Northern Kentucky-Floppy Cross



1 dribbles over toward the wing.

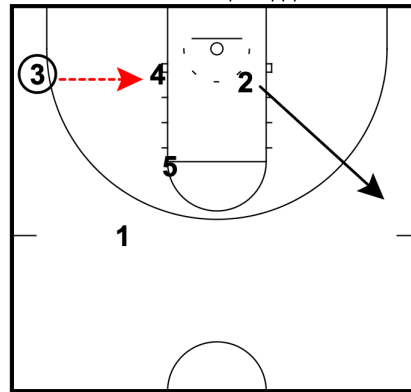
3 cuts to the ball side corner.

5 cuts to the high post.

2 cross screens for 4.

1 passes to 3.

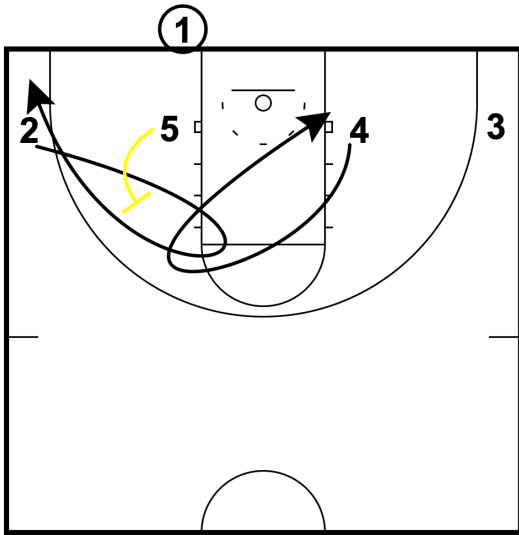
Northern Kentucky-Floppy Cross



2 cuts out to the wing.

- EOG

Northern Kentucky BLOB Twist



4 and 2 cut to the same elbow and circle and come out the same side.
5 screens for 2.