Ben Habib (UCLA)

Transition Defense

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3:15 - 5:30 Weekdays

Transition Defense
- Effort (always have a chance to win)
  (always have control over it)
- Take away the post game, make
  them play half court offense
- Take it personal
- Team defense, but its personal (pride)
- Always have 2 guys back on shot
  (point/shooting guard)
- Point shoots ball before half court line
- Point always step ball unless 2 guard
  shot ball, other guy gets back (pass)
- 3,4,5 must go hard to glass already
  down 2 guys
- 1,2 always get back in every drill
  shooting drill, anything
- 3,4,5 always follow shot (every drill)
- Made shot step ball at top of key
- Missed step ball between top of key and
  half court line
- inbounder guards "funnels" point on
  made shot until his guy gets even
- Trail everything
- Send 3 and maybe 4 guys back and make you run your half court offense.

- Be so prepared and good at stopping their best (2) things.

- Sprint to ball screen (defender may be late??)

- Hedge (foot to foot)
  - Over top of screen, under teammate
  - Finish does not worry till teammate clears screen
  - Allows for 4-5 switch to help on roll/slip of ball screen.

Clear cuts (do it every day)
- Sprint halfway and slide (studder)
- Two hands up breakdown

- Make everything competitive (always winner and loser)
- Everything is about winning, never lose at anything you do

- On ball, bottom hand point at the ball

- Point guard most important guy in defense

- The best players are low, strong and explosive
Defense
- feel empowered (oliate what happens)
- belief (1st step)
- defend = get more baskets more easy shots (lay-ups) than ever before

Build up to 5 on 5
- warm up (2v2-2v2)
  - work guy in full court
  - in half court (influence) to side
  - can not come out of a stance
  - can not break hard behind back

- shed between him and basket
- press with discipline
- free throw line hard toe to side line
- put 3/4 tent
  - if you go for ball you better get it
  - most likely get behind and make him score over the top

- in a stance before the ball gets there
- head below his hood, hand in passing lane

"stunting" ball side block and recover unless you can take a charge

- coach at top, two players one on defense one an offense drawing man (must need to get scored on)

- talk "tell man guarding bad get up, pressure I got your help I'm here"
- talk, talk, talk, talk, talks
- If they catch, it has to be out of range (players score range)
- No switch (create a solid network)
- Get in the passing lane, don’t let them catch, break habit of getting in a stance once ball is caught

1 on 1 2 with coach at top
2 on 2

- Refusing to talk means you will not win
- What scores “ball”

3 on 3
- Ca$h&$t on 1 on 1 side
- Intensity on 2 on 2 side
- You can not play this game unless you talk!

- Bottom help guy needs to talk the most
- Jump to ball open up
- Bottom guy to take the “play” outside the paint

4 on 4 (skell)
- Pass and out

Non-regulators (punt of emphasis)
- Will possess ball
- Will establish
- Will fall
- Everybody in stance unless you want to move
- No easy baskets (transit lay-ups, open)
- On flight of ball = jump to ball
% pass and cut
% pass and flare
% ball screen
% stagger

guard flare
- go blind- from face man hands up
over top of screen
-between defender below help and
-talker

Defensive Goals (to 5, best out of 3)

1 - ball out
2 - 3pt
2 = 0 - release
get 1 foul otherwise free throw

Defensive Goals (to 5, best out of 3)

1 - dribble
2 - step
2 = charge
MAXGOOD

- importance of details
- know you care, you can get after them
- properly motivate them
- get good players
- make good players
- develop, make them tougher
- kids come in and get better every day
- clean up and shoot up

(make players let them know you care)

- most important (under rated) = defensive rebound
  - no shot
  - no bad shot
  - challenge
  - never give up a second shot
- would play guys full court/on
- toughness and reachability are skills

- winner "hang your head or"

- offense and defense start with your guards (punt guards"

- better have good guards

Killer Joe Drill

5 man weave
3 on 2 (passer and lay-up, get back)
2 on 1 (last guy to touch it gets back
1 on 1 (shooter vs. defense)
1 on 1 (defender takes ball)

- keep ball in the sideline
- never take a jump shot
- head on ball
- Fundamentals are always the same
- Teach to your players
- Post practice plan
- Thought of the day
- Want players to know what we are doing
- Active stretching
- Start with 6-12 min of stretching
- Everyday have skill drill
- Truck drills add space
  - 2 weeks, month, year
- Team on 3, family on 6
- Compete by number or clock
  - 10-12 sec
  - 10th make the 1st has to be right
  - Call teammate's name
- Jump line 12 quick feet
- Drop pass to opposite line
- Baseline to key line shot (between freethrows and 3pt line)
- Make sure shots are quality game shots
- 4 and 5 interchangeable
  - 2 sprint to rim, post above the block
  - Run wide, don't get ball touches baseline
  - Trail post, quick crossover screen
  - 5 man means to high post
1. Dribble up lane line, take shot.
2. Z-spiral to baseline.
3. Screen roll
4. Post seal block to block post.

How do you shoot free throws?
Defensive Drills Every Day

4 on 4 2 on 2 drill
- Make them multi-course
- System = adjustment = parachutes
  
  - stance & density off
  - put up &/
  - punch throw (screens)
  - force to a side - (down screens)

5-7 mins

Ball at top
Off player bellows at 3 pt line
2 off players at elbow

Flare
Down screen
Play

Attack (middle screen no point)

- be arm length
- get in his air space
- close to touch more up into him
- doesn't guard
  - go over at ball
  - all else help

Front = head throw chin
Red zone
reverse ball 2nd passer
cuts to post
BALL SCREEN DRILL

Post Drill

every man must move on every pass and dribble!!

5 on 4 Scramble (transition)
- closest guy attack ball -> return to point
- ever one plays hard (lip on ball -> 3 in post)
Scramble -> Sen 5 Sen 5

Special Terms
-> up 6 with 2min. 5 go back

run down shot
1st big breaks out small
2nd by steps at nail

RUN TO THE POINT
DOWN THE SHOT
NEVER GIVE UP ON A PLAY

Switch and change

Don't say "who's got him"
-> "we have to stop him"

Important
- surround yourself with good people
- be an assistant, get good at it
- be as loyal as possible
- coach your coach
- push other coaches
- protect yourself from outside distractions
- be true to yourself
- coach to shit