

## ***Billy Donovan Notes: "10 Aggressive Transition & Conditioning Drills" dvd***

Coach Donovan believes that it's difficult at the college level to inbound the ball on made baskets and get something out of transition. He doesn't like the Secondary Break because players seem to worry about their spots, so he teaches them shot selection, individual skills, and spacing to "teach them how to play" in transition.

**\*\*Teaching point for the first two drills is the importance of good spacing**

### **Defensive Drill Low**

Setup: Coach at top of key, offensive players on blocks, defender between them

1. Coach chest passes to each offensive player while defender tries to get a piece of it (in the demo, the defender tipped 1 out of 3)
2. Same as in #1, except coach pass fakes and no-looks to the offensive players (in the demo, the defender wasn't even close to any of them)

### **Defensive Drill High**

Setup: Same as "Low" except that offensive players have both feet in the paint (inside the blocks) and the defender moves closer to the coach (a couple of steps)

1. Coach chest passes to each offensive player while defender tries to get a piece of it (in the demo, the defender is successful)
2. Same as in #1, but the coach bounce passes to the offensive players (again, the defender was successful)

### **Triangle Full-court Drill**

**Initial set-up:** Three players in the backcourt... 2 offensive players on the low post blocks, defensive player (with ball) at top of the key... Three lines on the baseline, one to fill each spot

#### **Starting The Drill:**

1. Defender delivers a hard bounce pass to one of the offensive players and then sprints to half-court and locates the basketball.
2. Offensive players go as hard as possible with good spacing 2-on-1 to score **WITHOUT** a TURNOVER.

#### **Teaching Points:**

1. Offense **NEVER** wants to turn the ball over. Spacing = 1.5-2 ft. outside of the foul lanes. The player without the ball should angle in above the block.
2. Never throw the ball backwards. If you are ahead of your teammate, it's **ONE-ON-ONE**... Make the defender guard you, and use your teammate "as an offensive rebounder" (**GREAT TEACHING POINT!!**)
3. When does the ball-handler pass on a 2-on-1 break (assuming teammate is even with or ahead)?
  - Once the defender commits and is fully in your lane to the basket, then pass.
  - If receiver is attacking to score, finish the play **ABOVE** the block (can use the rim to take the defender out of the play).
4. 2-handed bounce passes for scores.
5. Defense's job: Stunt, fake, and create ball-handler indecisiveness to allow back pursuit (transition defenders) to get back in the play... At the end of the break, make the ball **CHANGE HANDS** (force a pass) with fakes/stunts!

## **2-on-2 Trailer Drill for Offense and Defense**

**Initial set-up:** Same as in the previous 2-on-1 drill, but the defensive trailer begins on the baseline behind the backboard (behind the two offensive players).

-- The trailer can't start until the ball touches the hands of the offensive player.

**Teaching Points:** The defenders must talk... tell each other who has ball. The offense is going hard to score without a turnover.

-- The defender must read his trailer... if the trailer isn't in position to cover a wing-to-wing bounce pass, then don't commit to the ball.

## **3-on-3 Trailer Fast Break Drill**

**Initial set-up:** Same as 2-on-2 Trailer Drill except one offensive player is added in one baseline corner and one defensive player is added in the other baseline corner. \*All players begin in the back-court.

### **Teaching Points:**

1. If it's a 3-on-2 or 3-on-3, the wings stay out WIDE all the way to the BASELINE... If the ball doesn't come to you, run and touch the baseline and come back off the baseline (Don't angle in above the block... that's only for a 2-on-1 or 2-on-2 break).
2. Point guard must advance the ball up the floor any time possible (pitch the ball ahead). The point guard should always move ball-side after passing the ball ahead.
3. Do not pass to a non-ball-handling Big before the Big reaches the scoring area. The point guard should NOT advance the ball in that instance... keep pushing with the dribble.
4. The wing-to-wing bounce pass should never get through against a good defensive team... the point guard moving to ball-side should allow for easy ball-reversal (so wing-to-wing pass won't be necessary to reverse the ball).
5. If the opposite wing has the ball, a Big may cut along the baseline to a "soft area" or to a quick post-up.
6. A Big on the wing may also loop toward the paint
7. Defense needs to STOP the BALL.
  - a. If the ball was advanced high and the defensive guard up top can get to the ball, it's better to have a Big remain in the paint as a basket protector.
  - b. If the defensive guard stops the ball and the ball is advanced to a wing, then the basket-protecting Big must close out to ball and the defensive guard who stopped ball must rotate to the basket.
7. The third defender (trailer coming in from the corner) must communicate with his teammates.
8. Offensive goal is to get a LAYUP or an OPEN THREE.
9. "Center it and go"-- After the first pass to start the drill, get the ball to a guard... wings get wide immediately!
10. In the front-court, you should look to drive against a defender that's flying out at you.

### **3-on-3 Down & Back Drill**

**Initial set-up:** Same as 3-on-3 Trailer Drill except...

- First offensive team gets ONE shot (make or miss)
- Don't inbound the ball.
- Wings fill lanes wide, run as hard as you can
  - If you're not a Big, you run to baseline and bounce back
  - If you're a Big, you have the option of looping into the low post or behind the backboard to a "soft area" in the defense.
- Constant ball movement is key ("like a hot potato")

#### **Teaching Points:**

1. Constant ball movement is key ("like a hot potato")
  - Ball should be "hopping all over the place" so the defense can't match up.
2. Point guards, if the ball is passed to you in the middle, don't look to reverse it.
  - The first look there should be to penetrate and "make a play."
  - If the point guard can't drive, GET RID OF IT quickly!!
3. When there is a drive, players tend to gravitate toward the basket...
  - "Fan out" = maintain good spacing, outside the 3-point line

### **4-44 Fast Break Drill**

**Initial set-up:** Three teams of 4 players compete at the same time...

- Team 1: Offense, starts a few feet behind half-court (ball-handler in middle, two wings out wide, and the trailer all the way back on the back-court FT line)
- Team 2: Defense, 2 players in their paint, the other two are at half-court on the sideline (ready to sprint in and help)
- Team 3: Back-court team, two players in the back-court paint (to defend a 3-on-2 when it comes their way), the other two are at half-court on the sideline (same as Team 2's defensive trailers)

**Scoring:** First team to 5 baskets wins... DEDUCT points for turnovers.

#### **Starting The Drill:**

- Team 1's three players near half-court begin to go 3-on-2 against Team 2's defenders.
- When they begin to move, the offensive trailer may move.
  - The offensive trailer remain high to catch and reverse the ball
  - The offensive trailer may cut to the low post for a "3 around 1" offensive set. \*\*QUICK passes and quick shots are encouraged!!
- Team 2's defensive trailers (the players at half-court on sideline) wait until the ball crosses half-court before coming onto the court. When the ball crosses half-court, they must touch the center circle and then get into the play as help-defenders.
  - So what you have is a 3-on-2 with one offensive trailer and two defensive trailers (to a 4-on-4).

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- Play until there is a basket, a miss, or a turnover.
  - On a made basket, the ball must be taken out of bounds by the trailer.
  - **Coach**, designate spots for each 4-player team after MADE baskets... "point, right wing, left wing, trailer"
  - \*Team 1's players must get to their positions... the two who were in the paint should go to half-court to be defensive trailers next time, and vice versa
- Team 2 is now on offense against Team 3.
  - When the ball crosses half-court, Team 3's two defensive trailers must touch the center circle before they can get into the play as help-defenders.
  - Play until Team 2 scores or there is a change of possession.
- Team 3 is now on offense against Team 1
  - When the ball crosses half-court, Team 1's two defensive trailers must touch the center circle before they can get into the play as help-defenders.
  - Play until Team 3 scores or there is a change of possession.

**REPEAT...**

**Teaching Points:**

1. Shoot an open 3 or a layup ONLY!!!
2. If a defender is running at you, drive to draw a foul.
3. If you can drive above the block to score, TAKE IT!!
4. If wings run shallow (close to the middle), they allow one defender to guard two players. RUN WIDE!!
5. If a wing drives baseline, opposite wing should spot up in the opposite corner.
  - If the baseline driver kicks out to that corner, the receiver should either shoot or drive MIDDLE (**not sideline again**)

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## **5-on-4 Scramble Drill**

**Initial set-up:** 5 offensive players against a 4-player Diamond zone in the front-court, the defensive team's 5th player is in the back-court and must remain there.

**Starting the Drill:**

- Begin the drill with the ball in the point guard's hands at half-court (the top defender in the Diamond zone is up tight on the ball)
- After a score, defensive rebound, or turnover, it's 5-on-5 live (with the back-court player now part of the action).

**OFFENSE:** *Coach Donovan set up the following offense with the demo team...*

- Two wings, one low post player, one point guard, one trailer
- If the ball is advanced by the point guard...
  - If the return pass to the point guard is denied,
    - Point guard cuts through the middle to the opposite corner
    - Low post player looks to seal defender "search and post" across the lane (following the ball as it moves)
    - Trailer fills top of key area (vacated by point guard)
      - Reverse the ball from the wing to the trailer to the other wing
      - Trailer sets a pick & roll for the wing that received his pass
      - Driver penetrates middle, trailer rolls to the low post area, low post player pops up to fill the vacated wing.
      - For continuity, perimeter players "may exchange" or the low post player (who is now on the perimeter) may pass and set a pick & roll for the receiver (and the original trailer would pop up to an open spot on the perimeter
    - "Keep the floor spaced... normal pick & roll stuff"

**DEFENSE:**

- If the other team doesn't have good floor balance, THROW it LONG!!
- If the offense scores on you, then you must take the ball out of bounds.
- Constant ball pressure and harassment.

**Univ. of Florida phone number provided by Coach Donovan @ the end of the dvd**

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