

Pete Lonergan
Full Court Defense

<https://www.youtube.com/watch?v=GJuOvh8r-yo>

Australia teams aim to create sustained pressure and be as disruptive as possible.

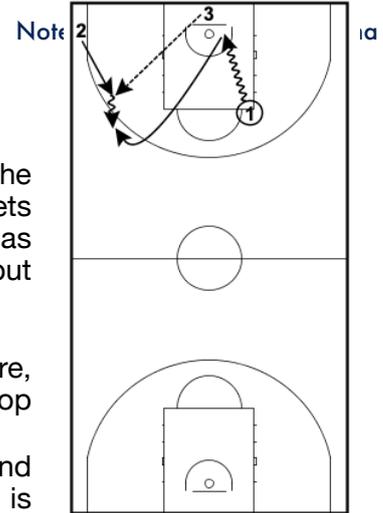
Disruption and Chaos are two different things. Run & Jump is an example of 'Chaos'. There is time for both, but against quality offense can't be in chaos mode for too long as guards will figure it out and you'll give up lay-ups.

Therefore, how can we build concepts of play to enable sustained pressure?

1. **S - Stance** - Can you get in and maintain stance?
2. **T - Talk** - Can you communicate and talk effectively? (tell them cues for what to say)
3. **E - Effort** - Have to coach the effort in training. It is your job to coach effort and behaviour.
4. **P - Positioning** - Positional awareness. Could be linked to Mike MacKay's PVAD?

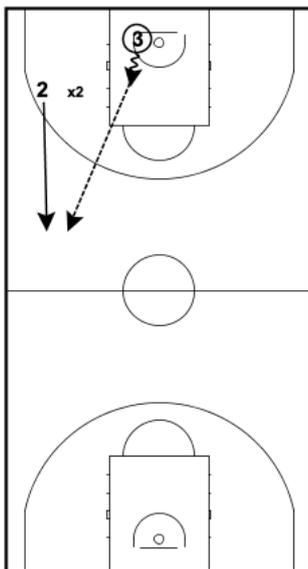
Suggests using the word 'Conversion' for describing trans d instead of transition. Want players to convert quickly from offense to defense, and kids often only associate transition with offense.

- Sprint & square is a terminology used by Australia for Trans D. Sprint and square relationship to the ball handler.
- A lot of players sprint but don't complete the square part. This is because they sprint to the player instead of where the player is going. Link in to Wayne Gretzky (NHL Hockey) player who famously said 'I skate to where the puck is going, not to where it has been.'
- Square does not mean a perfect square because that could mean giving up middle. In relation to court position.
- CoE program are using tagging up system on transition (high risk, high reward strategy)
- Biggest thing in trans D is neutralising and making it 5v5 as quickly as possible. 5v3, 4v2 etc is when bad things happen, especially in the US due to athletes.
- Avoid saying 'set it up.' What is 'set it up'? Game is a dynamic and complex environment.
- Two-way teach and also focus on the offense.
- Spending a lot of time in advantage/ disadvantage because game is a series of numerical advantages (2v1, 4v2, 5v3, 5v4 etc). Moments of 5v5 are rare. This also helps players to achieve success, which is a key element of learning.
- Key questions for reflective learning; 1. What's working? 2. What can we do better? This is what Harvard Business School do for reviewing.
- The intrinsic link between talk and action is fascinating. Talking task automatically can make players execute the action.
- Lono thinks Australia as a whole is a nation of bad offensive rebounders, mostly because drills are stopped on the shot instead of encouraging the next action. Be wary of stopping drills before the contest or after one shot.
- E.g yelling 'you gotta rebound' won't fix it. Practice design providing opportunities to rebound will fix it!
- Ideally be playing 1v1, 2v2, 3v3, 4v4, 5v5 every practice.
- No drill Peter does lasts longer than 8 minutes without a load. Play for 3 mins, add detail and talk about it for 30 secs, then play for another 2 and a half minutes.
- Don't keep doing something till you get it 'right'!



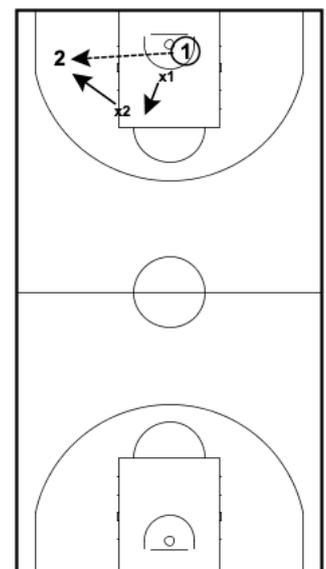
Trans D Drill Series

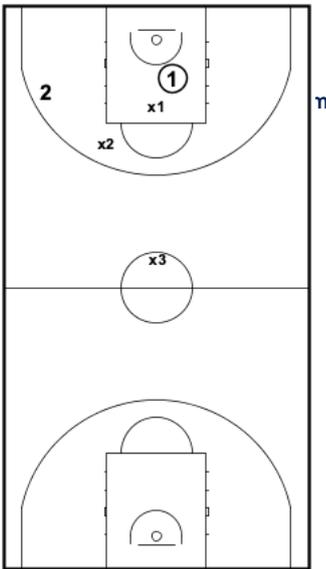
- Lines at outlet position and behind elbow, two players under the basket. Player dribbles from elbow, scores lay-up. Inbounder gets ball, inbounds it and passes to outlet. Person who scores lay-up has to then sprint and square to the ball. Fine for Phase A warm-up but not mid-practice.
- KPI = agility and avoidance. Avoid running into the inbounder!
- **Load** = add coach as guided defender next to basket. After score, defender has to avoid the coach when they sprint and square. Stop on the square.
- **Load** = inbounder doesn't have to step behind line. Just rebound and pass, increases difficulty of the sprint & square. If defender is completely beaten, they can back tip the ball.
- KPI = win the first three steps
- KPI = talk your task. What are the cues we want? (Outlet and 'I got ball')



- **Load** = receiver has to make read whether to go long or C cut (talk task). Receiver can take a break-out dribble to improve PVAD.
- **Load** = Full Court 1v1
- **Load** = 1v2 into 2v1
- **Load** = add guided defender onto lay-up (he did baseline side but not middle - we can vary). Wall-up and contest. Alternatively give an either/or for the ball handler based on whether defender cuts them off or not.

- **Load** = 2v2 guided. Guided defender on lay-up becomes inbounder and offense. Their defender comes in from next person in elbow line. Inbound defender sprints to a gap position (talk their task by saying 'got gap, got gap'). Reverse ball, one dribble and help defender adjusts. Complete three passes down the court then next team on.
- **Load** = add either or decision or do above with either or. Ball handler has 3 dribbles on each catch, trying to either get past their defender or reverse ball quickly to teammate.
- **Load** = live 2v2, constraint = outlet catch inside the 3PT line. Be wary of self-organising and just doing one dribble, reversal instead of playing live.

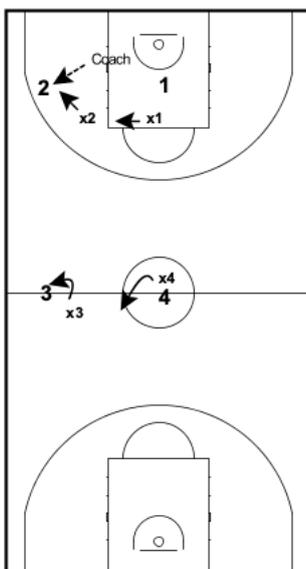
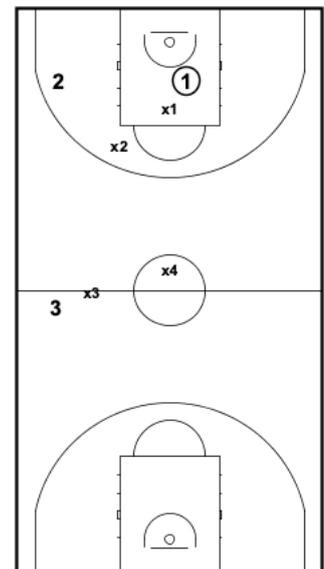




•**Load** = 2v3 (giving defense a chance of success). Adding the goalie who will be playing 'up' by starting in centre-circle. They are trying to position themselves in-line with outside shoulder of defender that is playing in the gap. Goalie is like a 'bus driver' making sure other defenders are coordinated. Lots of options - can steal a loop pass, go and trap the ball, or jump switch on a breakdown.

•**KPI** = be wary of a conservative bus driver! Don't worry about being aggressive and going to make a play - if the gamble doesn't work can rely on a teammate to fix it because it's a numerical advantage with 2v3.

- **Load** = 3v4. Extra offense and defense on same-side half as outlet.
- **KPI** = at some stage go from bus to 'Ferrari'. Nice analogy for encouraging traps - 'make a play like a Ferrari.'



•**Load** = 4v4 like a square. Coach passes ball in which determines goalie (bus driver), director, interceptors etc. Coach can sometimes pass to the 'defender' as a surprise - don't wait just go.

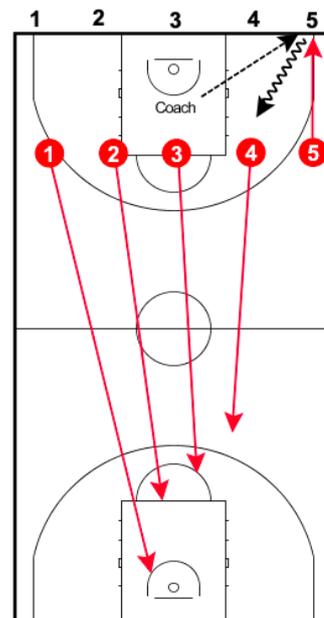
•**Load** = if coach shouts 'change' offense has to pass ball to a defender and transition back. If coach says 'switch' they have to pass the ball, but defense will attack in the same direction offense was attacking.

•**Load** = whoever shots it comes out, so next transition is 4v3. Keep playing like this and could result in an uneven balance (e.g 4v2, 3v1 etc) of opposing team doesn't get a shot off. First team to get all players off wins.

•**Load** = determine order of players that score. Team have to work to get that player open.

Navy Drill:

- **Load** = player that catches can only take one dribble and then must pass it. Diagram is with 5v5, but can be done 2v2, 3v3, 4v4 too.
- **Load** = same rule, but then no-one in team can take the next dribble until the ball crosses half-way
- Play with interceptors and goalie (bus driver). Add sustained pressure instead of just running back like people normally do with this drill.
- Sometimes talk about offense to improve the drill (two-way coaching). Even though emphasis is on transition, better offense will result in better transition. Can remind players about jump-stops, pivots, pass fakes etc.
- Value and emphasise what it is you emphasise the most. E.g. deflections, communication in leadership tone etc. Points system can reflect this (e.g. double for a deflection). Your kids will be good at what you want them to be good at!
- Don't get too obsessed if some things aren't being done (e.g. communication) but the positioning is great. Celebrate small wins and develop the working points.

**Ideas:**

- Can we use this drill series and take it as a visualisation exercise 2v0? Once they know the communication cues, can they do a trip for both O and D?
- For 3v4, could an extra defender start out of bounds, and they can enter when offense cross half-way?
- Use different starts to being the transition rather than the lay-up every-time. BDT shooting, dynamic or static 1v1, 2v1 with ball screens, DHO, pin down etc could also all work.
- 1v1 into 2v1 with back-tip. If defender tips ball it's over, offense is trying to score lay-up. Could start with the 'Around the Circle 1v1' with defender having to touch centre circle first (off advantage). Then load in extra help defender either side to work on getting ball if it's tipped and transitioning into 2v1. Good to practice full court 2v1 off different angles.