

UNIVERSITY OF PIKEVILLE MENS BASKETBALL

2011 NAIA DI MENS NATIONAL CHAMPIONS

TRANSITION CONCEPTS

1. Put pressure on the defense
2. Every possession is a fast break opportunity
3. Defense and rebounding keys to all breaks
4. Create as many easy baskets as possible
5. Lay-up or set-up (OPEN SHOTS!)
6. Bring excitement into play
7. Players buy into system
8. Afford an opportunity to play 8-10 players

KEYS TO TRANSITION

1. Daily commitment
2. Individual instruction
3. Personnel
4. Superior conditioning
5. Break system
6. Unselfish Play
7. Defense and rebounding

DAILY COMMITMENT

1. Drills should be transition focused
2. Players will do what is stressed
3. Do not take a day off from plan
4. Skill development driven by transition needs
5. Chart transition points, rebounds, deflections

INDIVIDUAL INSTRUCTION

1. Commit to it everyday
2. Develop basketball players, not positions
3. Repetition of skills
4. Game speed to improve
5. Must fit style of play
6. Make it competitive
7. Have fun while doing it



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WHY DO INDIVIDUAL INSTRUCTION?

1. Improving team members will improve team
2. When playing in open court, individual skills are utilized
3. Builds muscle memory and positive habits
4. Creates an edge for our team against our competition
5. Players understand what we want/expect
6. Prepares us on fundamentals

PERSONNEL

1. What style of transition
2. Miss and make fast breaks

WEIGHT TRAINING AND CONDITIONING

1. Develop championship weight program
2. Develop championship conditioning program
3. Be committed to it daily, weekly, yearly