

“UNC” Transition Set Early offence and options

The University of North Carolina secondary break provides high percentage opportunities in transition and is effective in placing early pressure on the defence and as an “entry” to half court offence.

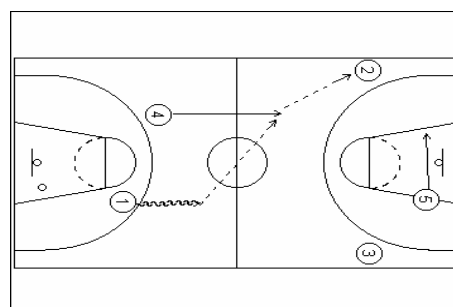
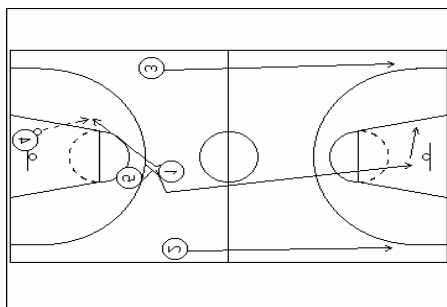
The value of the structure is that it puts early pressure on the conversion defence and then provides solid secondary options, which can flow into motion or continuity quickly and with minimal disruption to offensive rhythm.

The principles of most “breaks” apply –

- **Free the guard up to get it in**
- **Lane runners run hard and wide looking for a high percentage “early” (lay-ups)**
- **Establish a “deep catch” opportunity with the first big down the floor**
- **Trail man run opposite the circle from ball carrier and present for reversal**

When drilling transition offence, it is important to ensure players are taking care of the simple details that will allow your team to create high percentage scoring opportunities early in the possession –

- **Play the entire defensive possession**
- **Get the ball inbounds quick or make a quick outlet pass**
- **Lane runners sprint (not run) wide**
- **Ball carrier look to pitch back court to forward-court**
- **First “big” down the floor sprint and present in the “deep catch slot” at the mouth of the goal**



These aspects will assist in increasing point production from transition and broken play, along with a focus on putting early pressure on the defence.

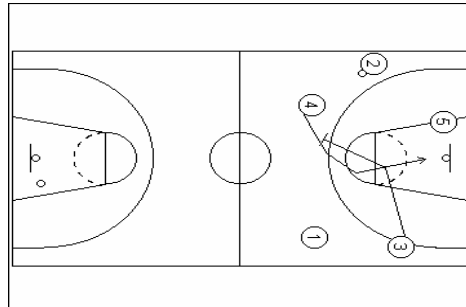
Once in the half court, the UNC set provides multiple scoring opportunities, the first of which is the “small to big” up-screen set by the 3-man for the trail big, usually the 4-man.

This screen is tough to defend because it comes early in the possession as the defence is scrambling to establish position and the “small to big” nature of the screen makes it tough to defend by switching.

Teams that switch the screen face the proposition of a post player sealing a much smaller defender in the lane, exposing a “big” to the situation of guarding a perimeter, or the screener “slipping” the screen for a lay-up.

Once the screen set is set, the ball carrier has the option of feeding the ball side post, who has “traced” the ball to the post area, or the “over the top” pass to the 4 going off 3’s screen. There is also the option of hitting the 3 stepping out after the screen.

The player going off the initial up-screen should look to “button-hook”, reverse pivoting after the cut to establish a deep catch opportunity deep in the lane. This creates a high-low entry look.

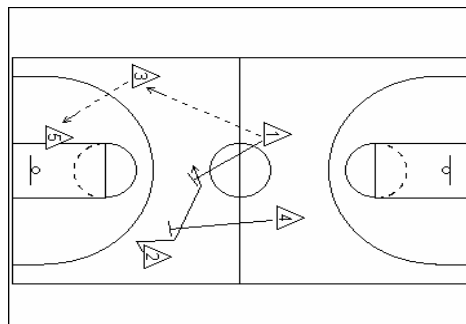


This “button hook” action is vital in providing the set with a further option and provides value for the post man who cuts hard and then seals and presents a strong target in the lane. It is important the cutter does not simply “fade” to the perimeter after the screen.

Once the action is completed, the offensive team can be quickly organised into their offensive structure, be it motion-based or continuity. Automatically, a post triangle and open side of the floor have been established, which is the basis of most 4 out, 1 in offences. Conversely, the 4-man can stay inside to create a 3 out, 2 under setting.

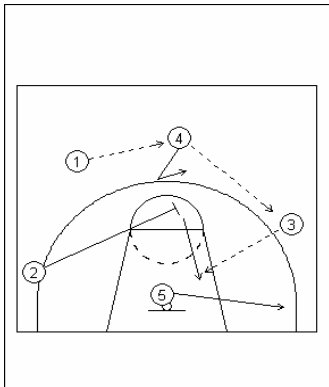
By continually placing pressure on the rim by hard running and effective up screening, the defensive conversion will tend to “collapse” and guard the lane, opening up perimeter shooting opportunities.

If the ball is thrown down the line, rather than sent opposite, the offence has the option to “kick it back” to the 4 to key the action, or a staggered screen can be set for the 2 man as 3 and 5 explore the post-game (two-man game).

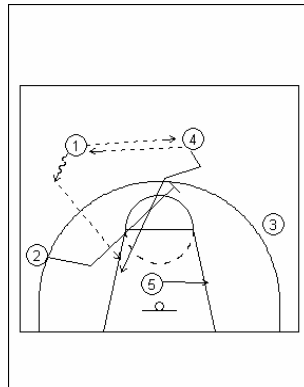


As with any aspect of the game, it is imperative the players execute fundamentals in this structure. That means sprinting lanes, shooters getting their footwork done early, passing to the advantage of a teammate, post players sealing and providing a target and intelligent decisions with the ball.

Variations –



“Slip”



“Kick-back”

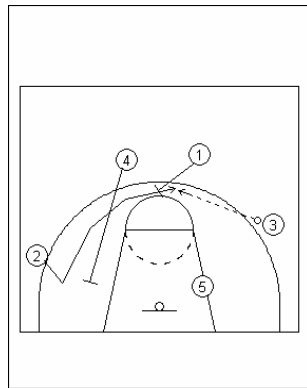
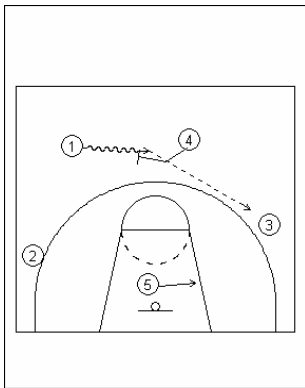
“Slip” -

- 2 guard runs action as if to send usual up-screen
- 4 runs replacement cut
- 2 slips into post-up

“Kick-back” –

- Ball is swung to 4, who immediately sends it back
- 2 runs same screening action
- 1 gets an angle with the dribble as 4 runs UCLA cut into post-up

“Dribble rub” –



- 4 sets on-ball screen for 1, who looks to turn the corner
- If not available, ball is sent to 3, who looks to play 2-man game with 5
- 4 and 1 set down stagger for 2 to come off for jump shot