FILM ROOM #6

TRANSITION – BIGS RIM RUNNING

Michigan – Transition: Bigs Rim Running

1 DRIVE & ROLL CREATES ADVANTAGE



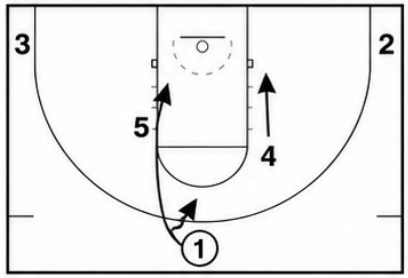
Michigan pushes in transition. The guard drives middle and draws the defense. The big (5) rim runs hard through the lane.

2 OPEN LAYUP



The defense is late in transition. The big beats the trailing defender and gets an open layup.

PLAY DIAGRAM *(Transition)*



3 and 2 sprint the floor with pace putting the defense at a disadvantage. X4 is trailing and 4 beats him down the floor. 1 drops it to 4 for dunk.

TEACHING POINTS

- Push the ball with pace and purpose.
- Bigs must sprint the floor and run the rim.
- Drive middle to draw the defense and create the advantage.
- Look up early and deliver the pass lead.
- The defense is late in transition — finish above the rim.
- This action creates an open layup for the rim runner.

KEY CUE

"Run the rim fill the lane."

When the guard attacks middle, the big sprints for the rim. Be early, be wide, be ready to finish.

WHY IT WORKS

In transition the defense is backpedaling and often not in position. When the guard drives middle, the rim runner beats the trailing defender for a wide-open layup.

PRACTICE LAB IDEA

Transition 3v2 → 4v3

- Start with a live rebound.
- Focus on early outlets and rim running.
- Emphasize the drive and drop pass.
- Track makes (goal: 80%+).
- Add a trailing defender to simulate game.

RELATED ACTIONS

- Early Offense → Rim Run
- Secondary Break → Middle Drive
- Wide Lane Fill
- Outlet → Deep Seal
- Transition → Drag Screen