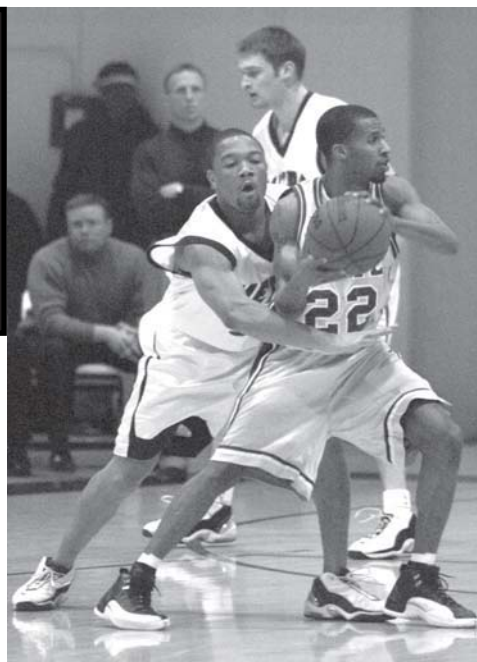


# Defensive Transition

## By Mike Dunlap

Coach Mike Dunlap breaks down defensive transition into seven points of emphasis. Practice and game footage are used to help illustrate the points. Included are three key drills Metro State uses when working on defensive transition. This is another excellent video that would be an asset to men's and women's coaches of all levels. It will provide you with valuable information to further the success of your basketball program. The video runs approximately 50 minutes.



### Coach Dunlap's Highlights at Metro State

2 NCAA Division II National Championships  
1 NCAA Division II National Runner Up  
5 Elite Eight Appearances  
5 RMAC Championships  
6 RMAC Tournament Championships  
3 NCAA Division II National Coach of the Year  
4 NCAA Division II All-Americans  
1 NCAA Division II Player of the Year  
Coaching Record @ Metro 248-50 83.2%

### Topics Covered

1. Floor Balance
2. Stop the Ball
3. Sprint Back
4. Match Up
5. Rotation
6. Contest all Shots
7. Rebounding

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### Defensive Transition by Mike Dunlap

Name: \_\_\_\_\_

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