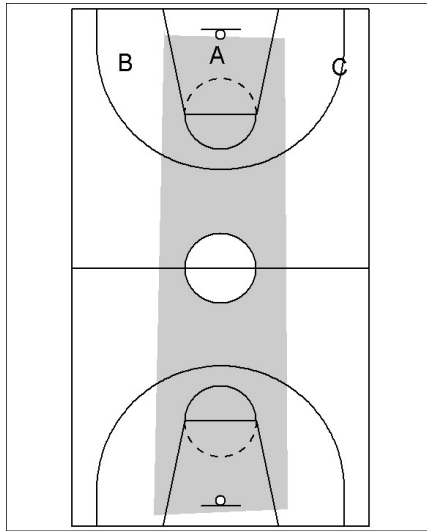


Mario desisti

Press defense



Pressure defense

Only for certain times in the game.
Difficult to play for 40 mins against good teams.

When

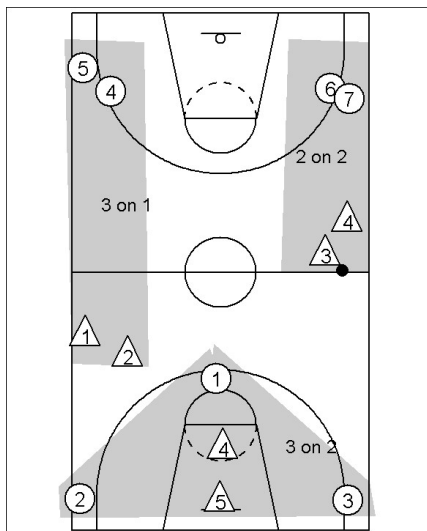
- a) after made free throw
- b) start of any 1/2, 1/4
- c) team subs in a weaker guard
- d) vs a slow team
- e) small team vs a big team
- f) lack of depth by the other team
- g) after time outs

Defensive responsibilities

Ball in A - defend A, B, C

Ball in B - defend A, B

Ball in C - defend A, C



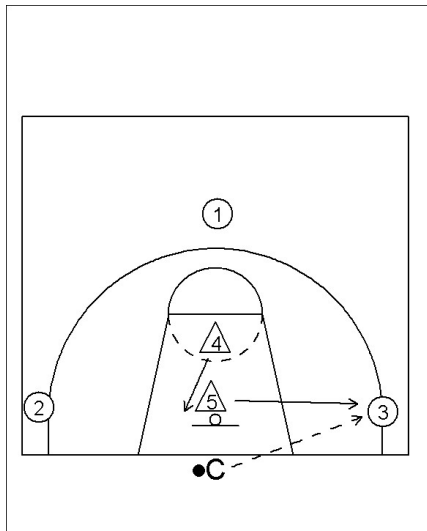
Three drills at once pressure defense

(In order to be a pressing team you need good assistant coaches)

Mario desisti

Press defense

3



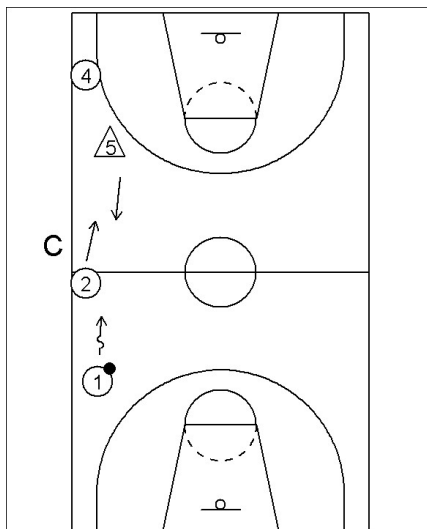
3 on 2

This drill is used to help the bigs to work on defensive footwork.

X4 X5 start facing the wall. On the pass from the coach they begin to defend. One player must be on the ball the other protects the basket.

They play for 15 secs vs just passing. The offensive player o not move. On a signal the offense attempts to score. Movement and dribbling are now allowed.

4



3 on 1

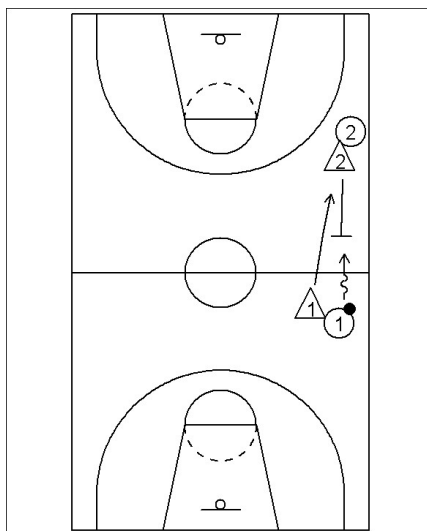
This drill is used to teach the big when to rotate up and when to stay. Also they work on recovery after the pass.

1 dribbles the ball. 5 man must make a decision on to rotate up to 2 on the pass or protect against the long pass to 4.

Lots of fake recovers.

The coach can set a trap on 1 to help in the read.

5



2 on 2

Outside players are working on

- a) setting a trap
- b) jump switch
- c) fake recover

All three drills are done at the same time. After a set amount of time players rotate.

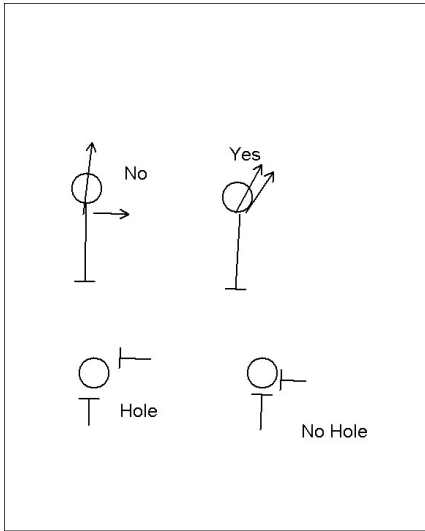
The 4 and 5 players rotate from 3 on 2 to the 3 on 1.

Work both sides of the floor.

Mario desisti

Press defense

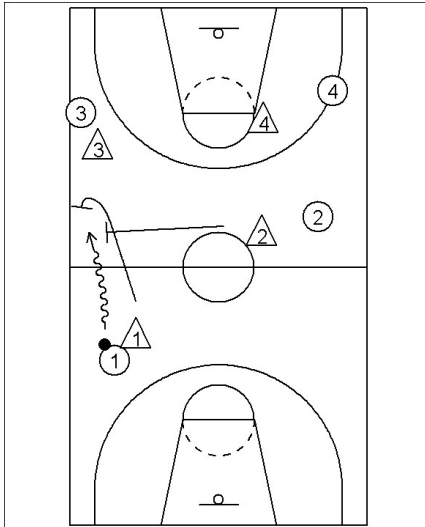
6



Set a trap

Do not allow a hole in the trap. Do not open your arms.

Keep your arms together as you trace with two hands.

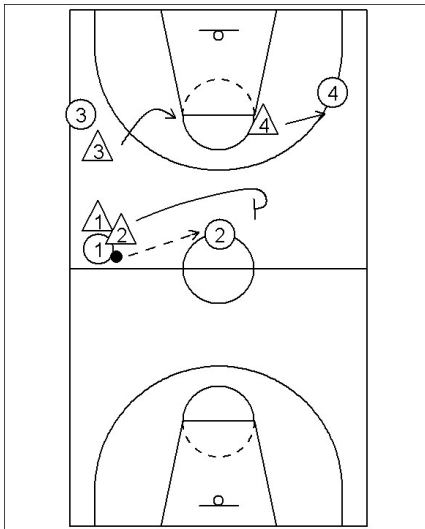


Red rotation pressure

This is used vs a team with only one good point guard.

X1 cuts off 1 has he crosses half. X2 comes and sets a blind trap.

Do not deny the pas back to 2.

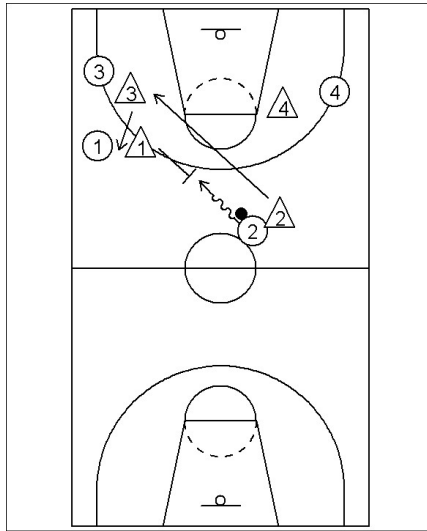


Short pass out of trap

On the pass to 2, X2 sprints to force the ball back into the middle.

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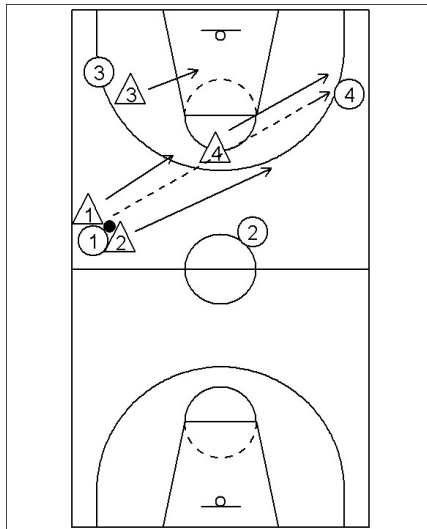
Press defense



9

On the dribble by 2 to the middle the defense runs another jump switch. Run a switch recovery. X3 looks to shoot the gap.

Remember that 2 is not a good ball handler. This defense forces the weaker ball handler to make decisions in traffic.



10

Long pass out of trap

If the long diagonal skip is made the rules change.

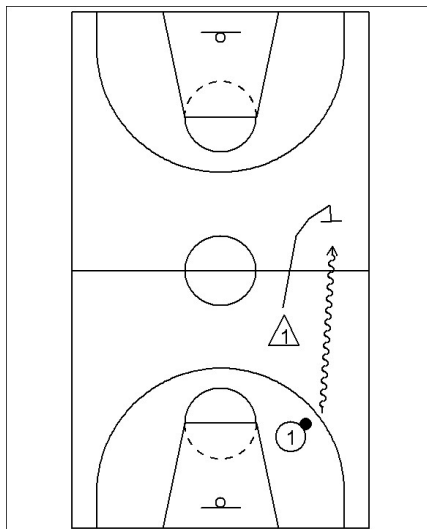
Everyone must recover in the direction of the ball. We now play normal defense.

Rules:

Short pass - force back to the middle and jump switch

Long pass - sprint to recover , play normal defense

Middle pass - recover to get in front of the ball. Play normal defense.



11

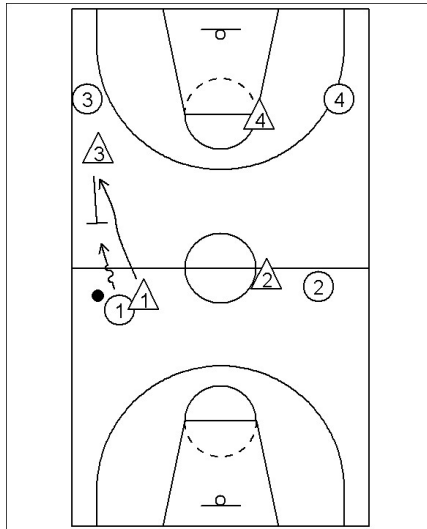
Vs. a great guard

Stay off with a big gap. Just as he crosses half come aggressive.

Mario desisti

Press defense

12

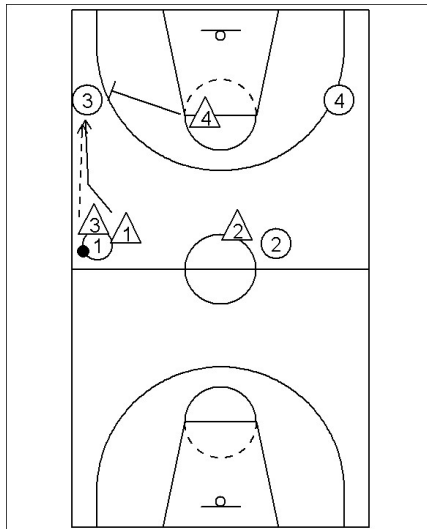


Yellow rotation pressure

This is used when a team has two good guards.

When 1 crosses half 3 comes and traps.

13



X1 jump switches into the line of the ball. This makes the pass to 3 more difficult.

X4 rotates to trap 3. X1 continues into the trap.

This defense can be run numerous ways:

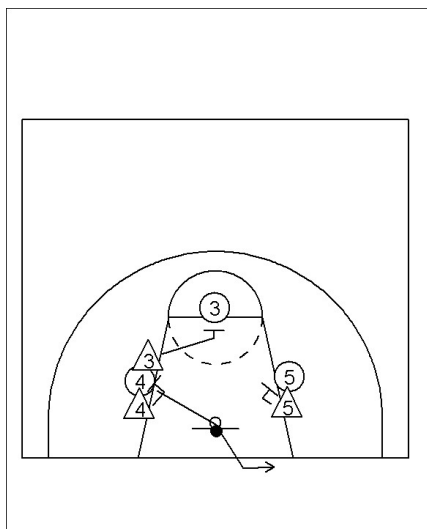
- a) jump switch
- b) trap
- c) fake recover

Play 4 on 4 or 5 on 5

Coach calls the pressure

- a) red
- b) yellow
- c) fake recover

14



Full court defense after a made basket

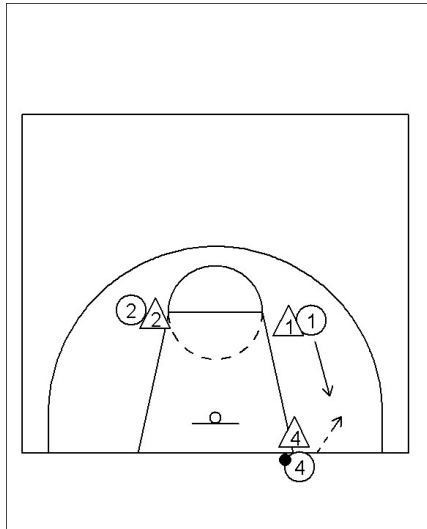
This works best after a fouls shot. Also can be used on inbounds after violations.

On the made foul shot 4 takes the ball out of the net and prepares to inbound the ball.

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Press defense

15



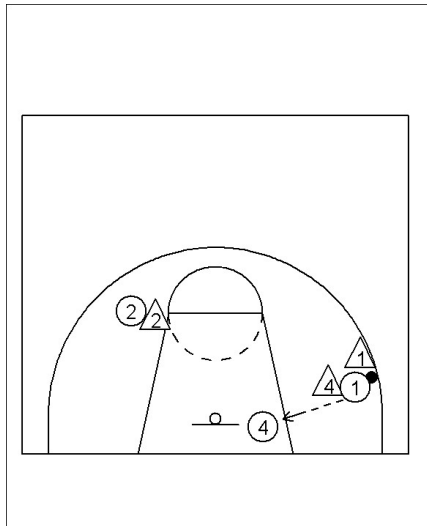
Catcher (when a big inbounds)

X4 plays up on the inbounder with butterfly arms.

X1 and X2 keep the ball out of the middle.

Allow 1 to cut to get the ball in the corner.

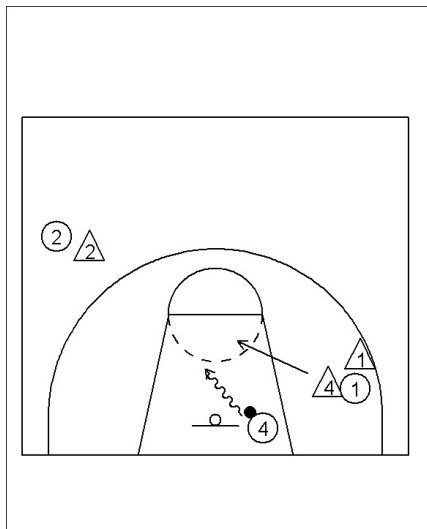
16



x1 and X4 trap 1

Allow the pass back to the big post inbounding.

17



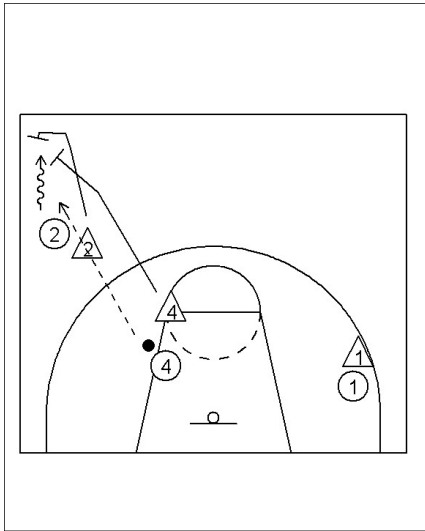
Force the big to dribble by denying the guards.

Mario desisti

Press defense

18

If 4 passes X4 chases the ball took look to trap. X2 cuts 2 off to allow the trap. Keep forcing the ball back to the big.

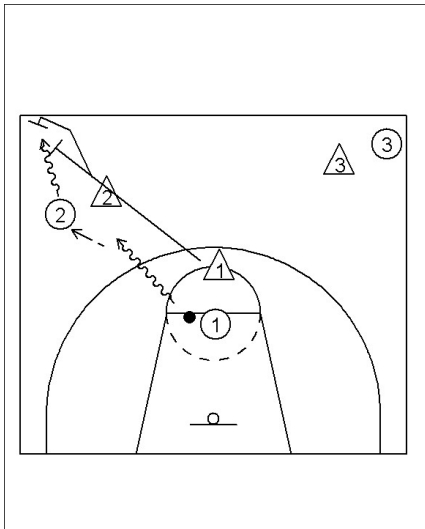


19

3 on 3 trap drill

Work on continuous trapping.
Go from side to side.

- a) chase the pass
- b) jump switch

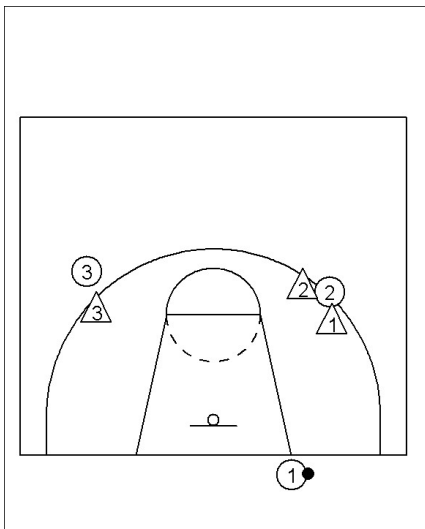


20

Short stop

When a small guard inbound X1 face guards the nearest receiver on the ball side.

X3 face guards the receiver on the other side. The basket prevents the long pass.

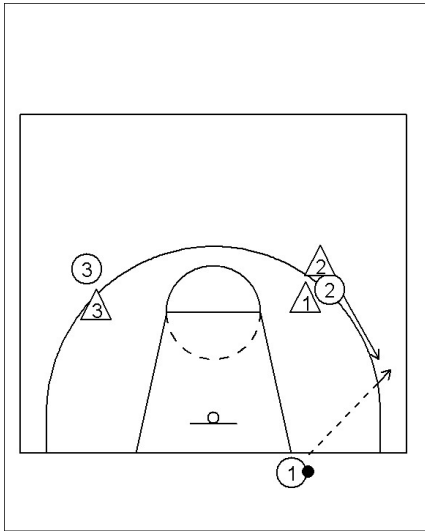


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Press defense

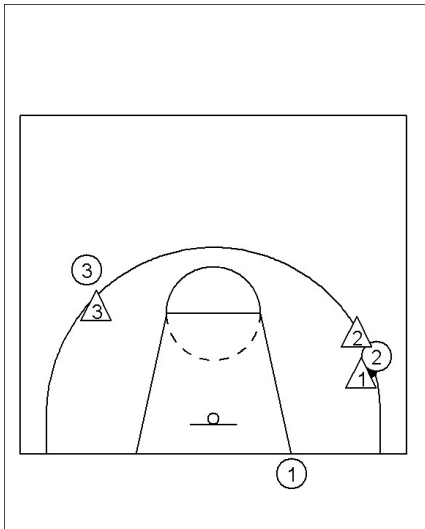
21

Allow the guard to cut to the corner.



22

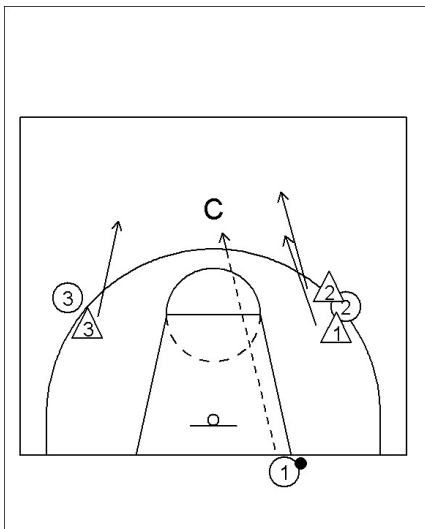
On the trap prevent the pass back to the middle to 1. Allow the pass up the side which you can defend.



23

3 on 3 + 1

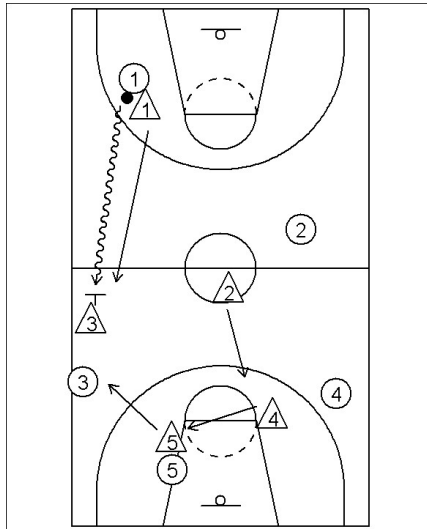
The coach plays in the middle of the floor. If the coach puts hands up the ball is thrown long. The defense must turn and sprint in the direction of the ball.



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Press defense

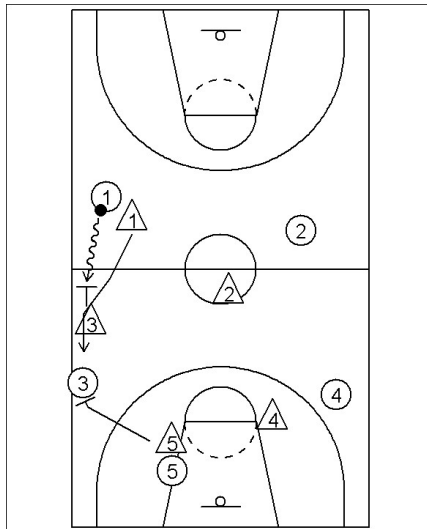
24



5 on 5
Options 1
Trap and rotate

X3 traps 1 as he crosses half.
X5 rotates to cover 3
X4 covers 5
X2 protects the middle

25

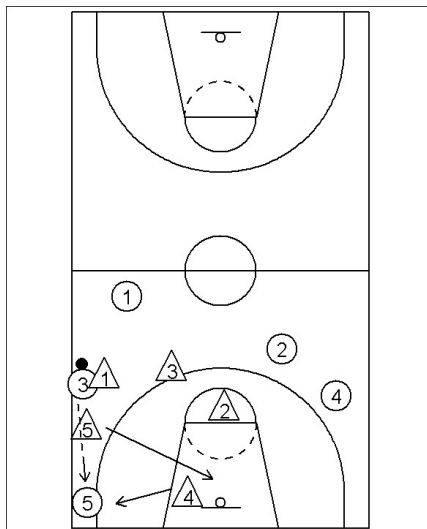


Option 2
Trap switch rotate to second trap

On the trap by X3, X1 switches to cover 3. X5 comes and sets a trap.

Always switch in the passing lane. This forces an air pass which allows for longer recovery time.

26



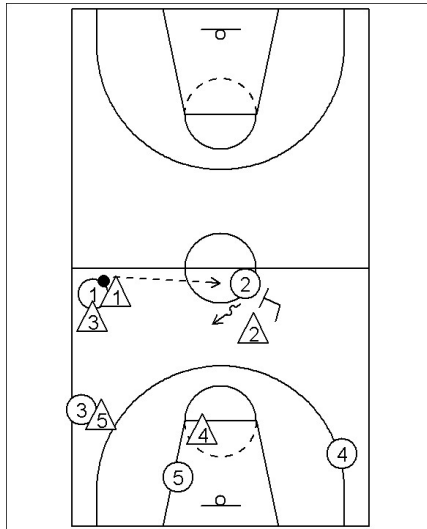
No two bigs in a trap

On a pass to the corner 5 recovers to the basket instead of chasing the pass to set another trap.

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Press defense

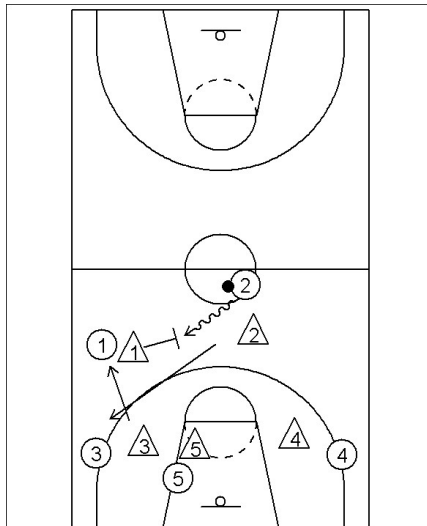
27



Pass to the middle

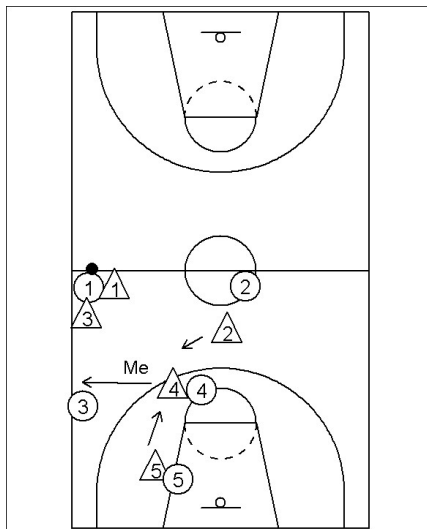
Force it back to the middle and run a jump switch

28



On the dribble to the middle run the jump switch and switch rotate.

29



Me - You

When teams play with a high post the X4 and X5 communicate who will rotate to cover 3. The high post makes the call.

Me - 4 covers

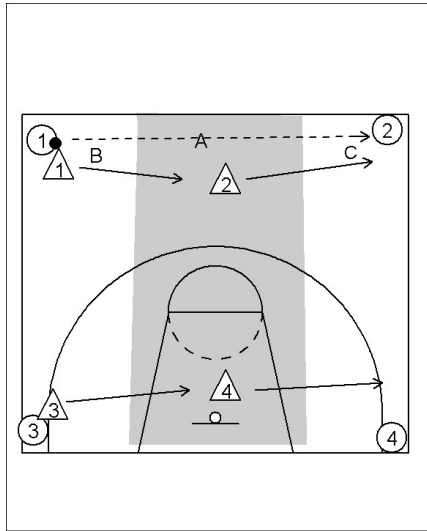
You - 5 covers

Must be communicated early

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Press defense

30

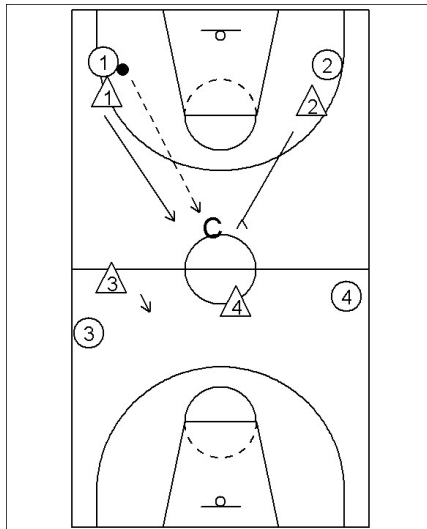


Keys

Stay in the line of the ball

Know your zones, only guard players in the appropriate zone.

31



Get back to the line of the ball

In all drills emphasize this point. Use a coach to occasionally call for the ball. All players must sprint.