

Press Defense- Rick Pitino

To be a good pressing team, you do not need gifted athletes. You need

1. Outstanding quickness
2. Great anticipation
3. A desire to excel beyond everyone's norm

Change your presses

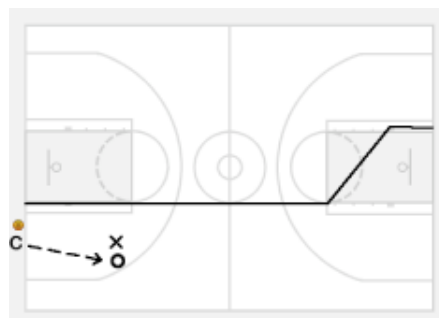
1. Jump shot → match-up press
2. Inside the paint shot → 1211 press
3. 3-pt shot → half-court trap

Fouling negates hustle

Drills

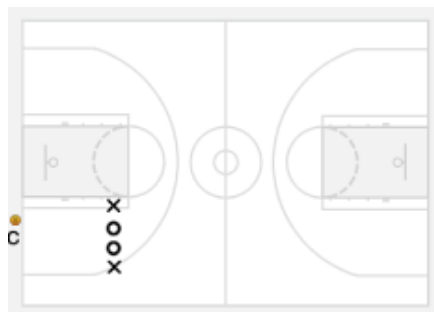
1 on 1 Full Court

- If the offensive player lines up outside the line of the ball, line up to his inside
- If the offensive player lines up inside the line of the ball, line up to his outside
- Play the ball and see the man- thumbs to shoulders position
- Do not close down on the man in a chest-to-chest position- flatten out to the baseline and make a steal by stepping in
- The ball is every players' responsibility
- Play from sideline to lane line extended
- Concentrate on both offense and defense in teaching these drills
- Offense- go by the defender and not side to side
- Defense
 1. If the player gets by you sideline, pick out a spot ahead of the ball and try to turn the ball handler by beating him to a spot
 2. If the player beats you middle, catch up and tip from behind to a teammate
 3. Turn sideline/ tip middle
- Wear down your opponents



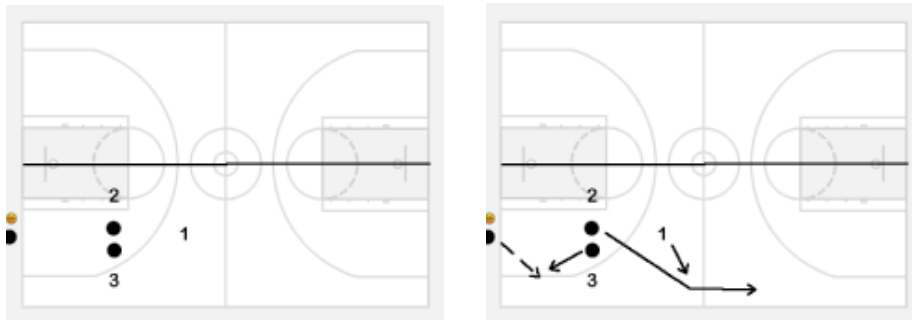
2 on 2 Full Court

- The speed of the dribbler will determine whether you trap or not- try to get them into an uncontrolled dribble
- Defense
 1. On ball → Pressure the ball
 2. Off ball → see your man, play the ball
 3. If you can trap the dribbler → both defenders take 1 shoulder and lock legs
 4. If the offensive player pivots, move with him
 5. Get a deflection
 6. Sprint out of the trap when the ball is passed to tip from behind or stop the ball penetration
 7. **Do not reach or foul (Fouling negates hustle)**
 8. If the offense lines up in a tandem, both defenders play to the outside
- Rules
 1. Ball pressure
 2. If you see the man in a speed dribble, come and trap big
 3. If the man is under control, back up and wait for the uncontrolled dribble or just have a possession with no trapping but constant ball pressure
 4. If the ball handler goes middle but the defender is on the side of him, trap the uncontrolled dribble
 5. If the ball handler goes middle and gets by the defender, tip from behind and the second defender goes to the middle of the floor and must play 2
 6. If we can tip from the behind, the player that tipped the ball immediately releases down court to the sideline to receive a pass for a shot from his teammate
- If we knock the ball out of bounds into a dead ball situation → **change your press**
- The offense will win 95% of the time
- The goals of this drill are
 1. Work out sliding
 2. Learn when to trap and get deflections
 3. Learn how to back tip
 4. Learn how to level a ball handler off

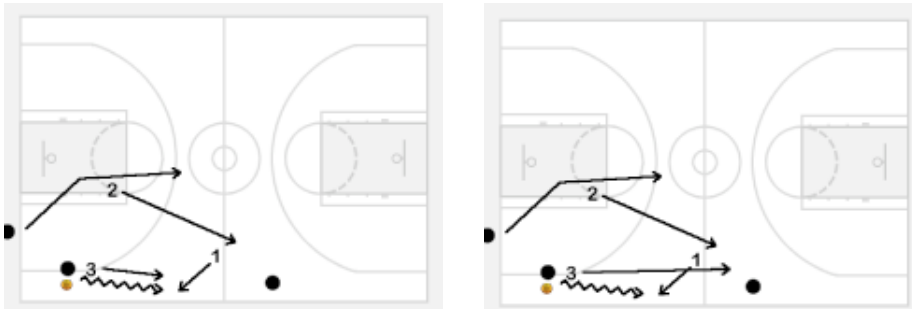


3 on 3 Full Court

- The 3-man plays to the outside
- The 2-man plays to the inside
- The 1-man plays middle and is the safety preventing any long pass
- Read the shoulders of the in-bounder and move accordingly
- This way they can fill the lanes to a numbered offensive break
- Play from the rim-line extended to the sideline
- Make the offense catch the ball below the FT line
- The 1-man will need to switch men when the 2-man **calls out that he has the in-bounder** lets go of his man and now defends the ball but sees the in-bounder



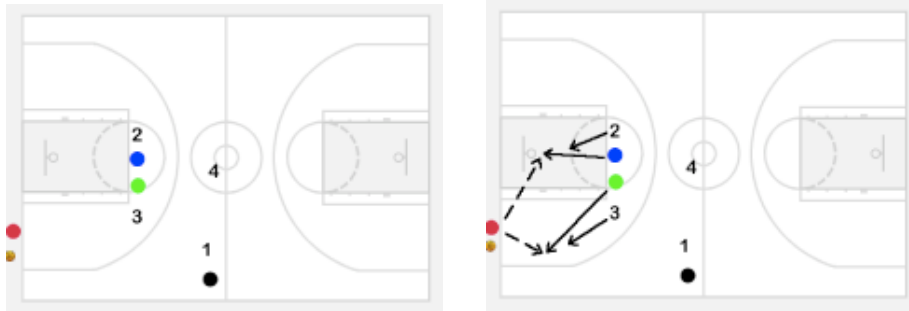
- The #1 will now trap **or jump** any uncontrolled dribble on the sideline
- The #2 will now trap **or jump** any uncontrolled middle dribble
- On any sideline trap, the #2 will need to play 2 men and will shift to the sideline and wait for a 2 count and if the ball is not passed, shift back middle toward the middle offensive player



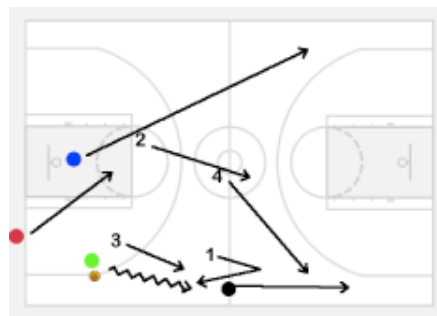
- The players in the trap try to deflect the pass
- See the man and play the ball
- If they offense misses a shot, take it and advance it to try to score (**learn to transition- get a lay-up or a 3-pt shot**)
- You want the offense to get into a run and gun situation

4 on 4 Full Court

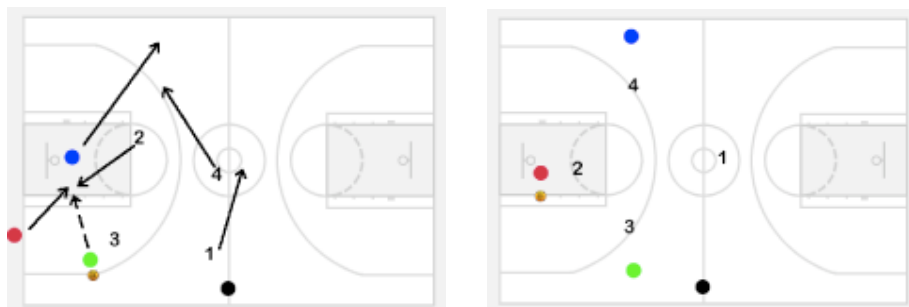
- Locate where the offensive players are lining up
- Play the ball and see the man
- When the offense breaks, the #3 will take the man to the sideline and the #2 will take the man in the middle if he receives the ball



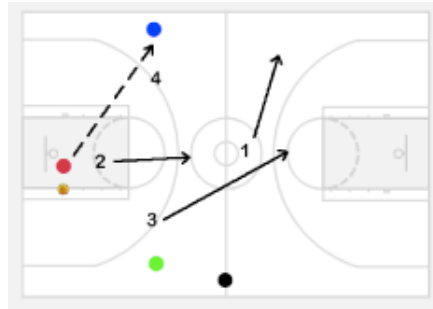
- If the ball is passed sideline, the #2 will rotate up slightly and take the in-bounder and the #4 will rotate up to play the man in the middle (the man originally covered by #2) and the #1 will rotate to the sideline. These four players form a **box when the ball is on the sideline**. The box may be distorted but it is still a box. When the ball is dribbled down the sideline, we will look to trap the uncontrolled dribble. We can also **hedge** (fake the trap and then recover to the man in your area) or **run and jump** this player as a variation.



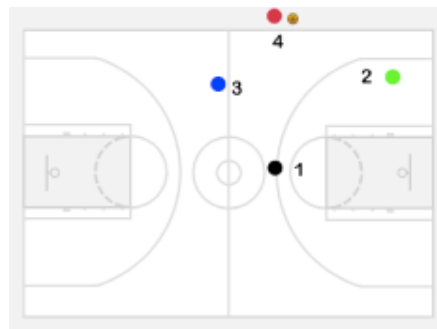
- If the **ball is rotated to the middle**, the four players form a **diamond** and it too may be distorted. Here the #2 will form the tip of the diamond, the #3 and #4 the outside and the #1 the apex if the ball is in-bounded on the right side of the floor.



- If the ball rotates from the middle of the floor to the left, a **box is once again formed** and the #4 pressures the ball, the #2 helps middle, the #1 once again rotates to the sideline and the #3 covers mid-court middle.



- Stay with any dribbler and if he **dribbles middle, get into your diamond** and if he continues to **dribble to the sideline, get into your box**
- **When a trap is made, rotate over to fill the position the man has vacated**
- If the ball goes left, the #3 has point, #2 and #1 the outsides and the #4 the apex.
- Wear down your opponents mentally and physically by playing 10 men and being in top physical condition
- Read any spin dribbles and attack from behind
- Four across- the defense loves this attack as it is easy to defend. The #2 and #3 guard the middle, the #4 guards the gap and is staggered behind the offense and the #1 rotates to the ball side gap again to the defensive side of the offensive players. #5 protects the long pass. All 4 players must be able to play all 4 defensive positions.



5 on 5 Full Court

- No traps unless the man is in a speed dribble
- You may elect to double team with the #2 and #3 immediately to take the ball out of his hands
- Diamond press
- If the ball is passed into the corner and the man originally on the ball can see it, he immediately goes and traps and the #2 rotates up and the #1 rotates middle up
- If the ball is passed into the corner and the man originally on the ball cannot see it, he rotates into his box position, the #1 rotates sideline and the #2 rotates to a position near the jump ball circle forming a box
- On any steal, pass the ball ahead quickly
- Use the same principles of the diamond press to press at the half court sideline out of bounds