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WHY WE PRESS



- Allows you to control tempo
- Creates easy baskets
- Makes people uncomfortable
- It's different
- Recruiting – fun way to play
- Team Morale – more players can play
- If have a smaller and faster team
- Fan Experience!
- Opponents are generally unprepared, and don't like to play against pressure.
- Hard to play against / hard to prepare for.
- Builds a mentality/confidence in style of play.
- Wears your opponent out – 40-minute fight.



DOUBLE FIST

- Full-Court Man to Man press with Traps
- 2 Types of Trapping Opportunities
 - Trap the Turn
 - Force the Action



INITIAL POINTS OF EMPHASIS



Mad Man

- Whoever's man takes the ball out of bounds is the "Mad Man."
- They are to have 10 Toes on the Baseline/Sideline
- Their goal is to make the inbounder uncomfortable, take away vision, and create a deflection.

INITIAL POINTS OF EMPHASIS



Everyone Else

- “Hammered Up” on their offensive player
- Deepest player can cheat up some but be careful not to get beat over the top.

GOAL: We want to deny the ball in bounds!

- If we are unable to deny the inbounds pass
 - We MUST “ARRIVE ON THE CATCH!”

ONCE THE BALL IS INBOUNDED



- If thrown to “Coffin Corner” the Mad Man has the option to trap.
 - In no other location would the Mad Man trap on the initial pass.
 - The Mad Man traps the “Coffin Corner” if and only if they feel like they can get a good trap.
 - We don’t just run at the ball without purpose.
- Once the ball is inbounded to an offensive player – all other players get to 1/3rd Position.

1/3RD POSITION & THE KEY TO THE PRESS



- 1/3rd Position is 1/3rd of the way to the ball and 2/3rds of the way towards your man.
- **STUNTING** is the key to our press once the ball in inbounds.
 - A stunt is an **AGGRESSIVE** Hand & Foot fake.
- The deepest player is only player not in 1/3rd position.
- Any handoff or ball screen in the backcourt is an automatic trap.

TRAPPING THE TURN



- After “arriving on the catch” the player wants to apply as much pressure as possible on the ball and “influence” it up the sideline.
- As soon as the opposite defender sees the back of the ball handler’s head – the defender leaves to go trap.
- Defender on ball wants to turn the dribbler and the opposite defender should be arriving for the trap simultaneously.
- This type of trap most often occurs vs a 2-guard lineup in the backcourt.

FORCE ACTION TRAP



- A lot of teams will attack “Double Fist” with a clear-out.
- When this occurs, the defender **MUST** get the dribbler out of the middle of the floor.
- The Force Action trapper is the defender of the last player to clear out.
- Once the ball gets to the top of the key extended, the defender comes back to trap the dribbler.
- In order to get a good trap, the offense must be uncomfortable.

NO PRESSURE ON BALL = NO TRAP



IT'S A TRAP

- Whether it's a Trap the Turn or Force the Action situation, once we are in a trap – the principles remain the same.

**All Traps must have 2 Trappers,
2 Interceptors, and a Goaltender.**

- The Trappers are only the first part of the trap, you need great interceptors and an aware goaltender to be effective.



TRAPPERS



- 4 High Hands
- Feet touching/locked together
 - Cannot be split!!
- Be Elastic in the trap– not a stationary activity
- **EAT UP SPACE in the trap**
- Be physical (without fouling) with your lower body
- Mirror the ball with your hands
- **SPRINT OUT OF THE TRAP AND FIX IT!**
 - You are not going to get a steal in every trap – “fixing it” is as important as getting a good trap!

INTERCEPTORS



- Always want to have 2 interceptors
 - Interceptor High & Interceptor Side
- They are looking for the most obvious pass
 - Read the offense's eyes and shoulders
- Interceptors in great 1/3rd position can shrink the court and get in the passing lanes quicker.
- If they cannot get a deflection/steal, they must be able to **CONTAIN** the offensive player to give the trappers time to get back into the play and fix it.

TRAPPING DRILLS

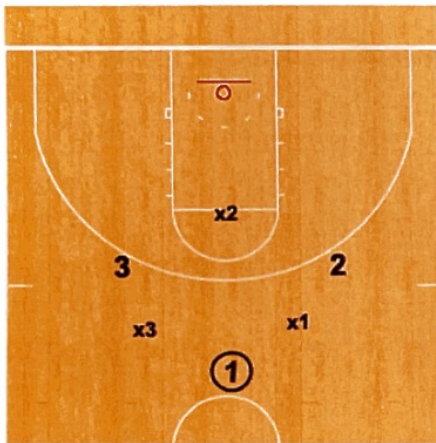
- Circle Trap (6 or 8 players)
- No Escape
- Coffin Corner Passing
- Full Court Stunting
 - Work on PPS – Pressure, Position, and Stunting



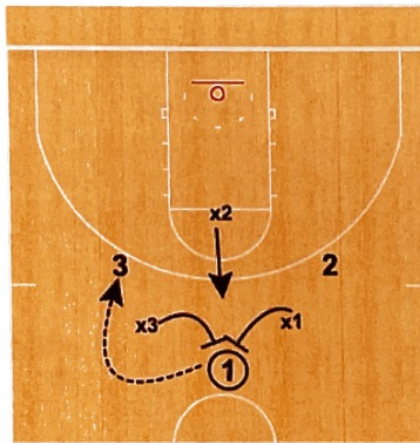
CIRCLE TRAP DRILL



Frame 1

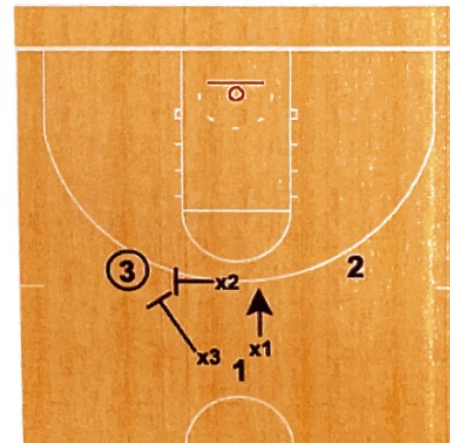


Frame 2



1 must hold the ball for 2 seconds then look to complete a pass
x1 and x3 trap the ball
x2 becomes interceptor

Frame 3

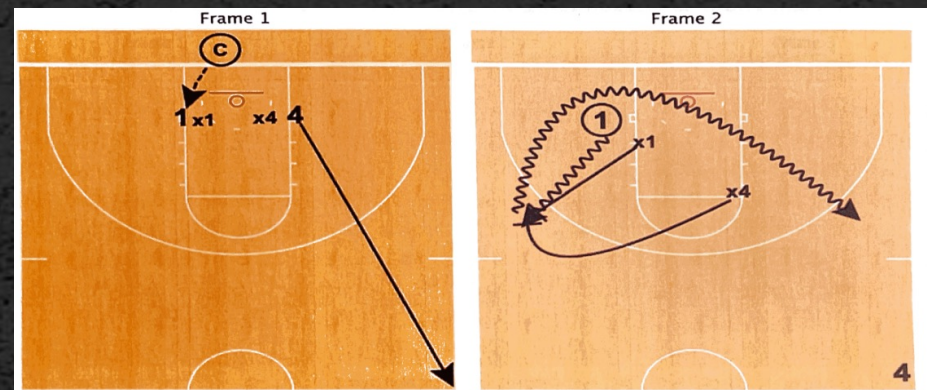


Drill is continuous as passes are made
Need extra balls ready with a coach
If you want to make it competitive – each deflection is a point



NO ESCAPE DRILL

- Coach starts with a ball
- Coach can throw ball to either player
- Can simulate trapping the turn or a clear out (force the action)
 - If trap the turn, handler will take ball up the sideline
 - If force the action, player without ball will clear to middle of the floor
- Dribbler cannot pass the ball once entered



MATCH UP AFTER A MADE BASKET



- Best **PRESSURE** defender on opponent's primary ball handler.
- 2-4 find closest player to guard
- 5 is back
 - unless they score a layup/dunk in paint, then the 4 could take back
- **COMMUNICATION** is critical when pressing after makes.
 - The press is most vulnerable in the first couple seconds after a basket when players are trying to match up.

TORPEDO SITUATIONS



- A torpedo situation is when a dead ball is taken out 94 feet from the basket.
- This is when we are the most effective denying the ball inbounds.
- If the player is unable to run the baseline, then the intensity reaches another level of pressure. We should get a deflection on this type of situation or at a minimum make them catch it in the coffin corner.
- Deflections in torpedo situations fluster the opponent, can lead to easy baskets, and add to the cumulative effects of pressure.

JAM



- Jam – taking the Mad Man off the ball and double-team denying the primary ball handler.
- Primarily use this strategy if the opponent has only 1 primary ball handler or if the best player is the point guard to help wear him out.
- Most players will not fight the jam, but under no circumstance should the player being jammed be able to receive the immediate inbounds pass.
- Once the ball has been inbounded, the Mad Man returns to his man, but the other defender continues to deny the primary ball handler the return pass.

DOUBLE FIST VS FIST



- **Double Fist** – full court man-to-man defense with traps
- **Fist** – full court man-to-man defense without traps
- The offense should not be able to know the difference between fist and double fist as you stay in your 1/3rds and the pressure on the ball should be just as intense.
- Everything remains the same, except you don't trap.
- Switching between fist and double fist puts indecision in the offense's mind and chews shot clock.

PRESSURE IN THE HALF-COURT



- Even if your team is not built to be a full-court pressure team, you can still incorporate pressure into your half-court defense to control tempo and disrupt the comfort of your opponents.
- The two strategic adjustments we can make to increase pressure during a game is:
 - **Blitzing Ball Screens**
 - **Fist 1**

BLITZING BALL SCREENS



- Blitzing a ball screen is simply an on-ball trap when a player comes to a ball screen.
 - This can be done for all ball screens, for individual player's ball screens, or is something that is turned off/on
- Key Points
 - Pressure on the ball handler; Cannot get rejected
 - Trapper arriving with the screener
 - Decisiveness in the blitz
 - Same Trapping Rules (no splits, 2 interceptors/1 goaltender, etc.)

FIST 1



- **Fist 1** – trapping the first ball screen or dribble handoff of a half-court possession
 - Usually a 1 possession adjustment, run it back if it creates a turnover
- Called by the Head Coach or out of a timeout
- Can be put in during scouting to disrupt sets (if they start sets with a predictable action like a dribble handoff)
- Once in the trap, the same Trapping Rules apply (no splits, 2 interceptors/1 goaltender, etc.)