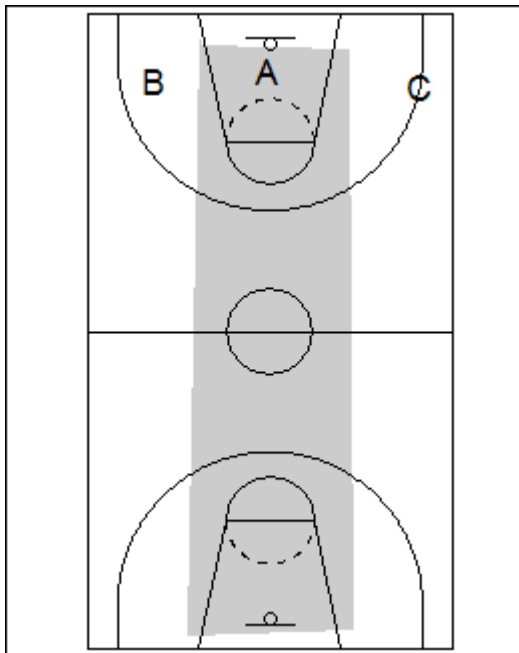




Mario DeSisti: Press defense



1

Pressure defense

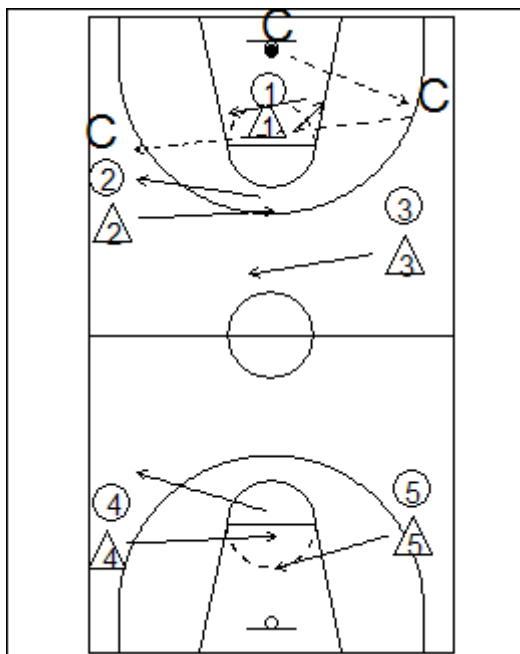
Only for certain times in the game.
Difficult to play for 40 mins against good teams.

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

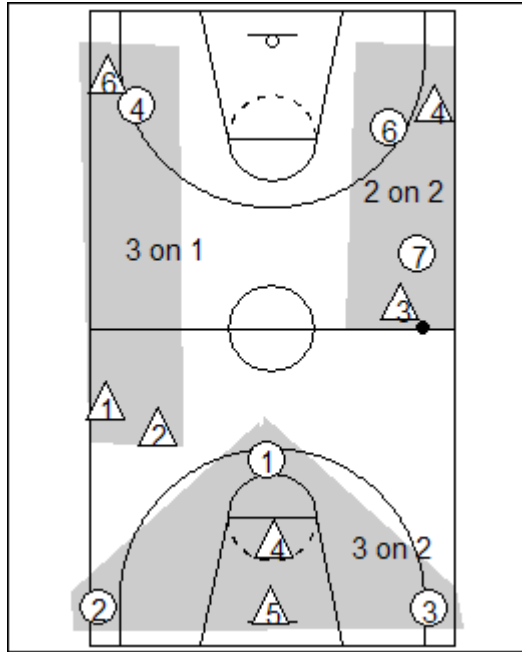
Ball in A - defend players in A, B, C
Ball in B - defend only players in A, B
Ball in C - defend only players in A, C



2

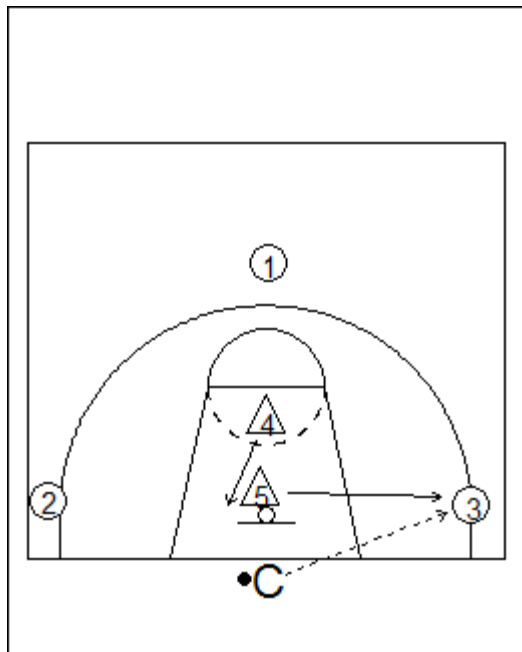
Movement in the zones

The three coaches alternate between short passes and long passes to help the players adjust their position.



3

Three drills at once pressure defense
(In order to be a pressing team you need good assistant coaches)



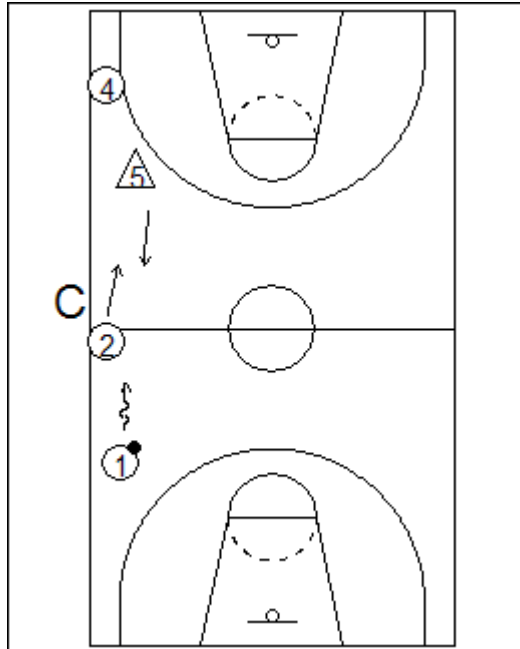
4

3 on 2

This drill is used to help the big players 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 seconds vs. just passing. The offensive player does not move. On a signal the offense attempts to score. Movement and dribbling are now allowed.



5

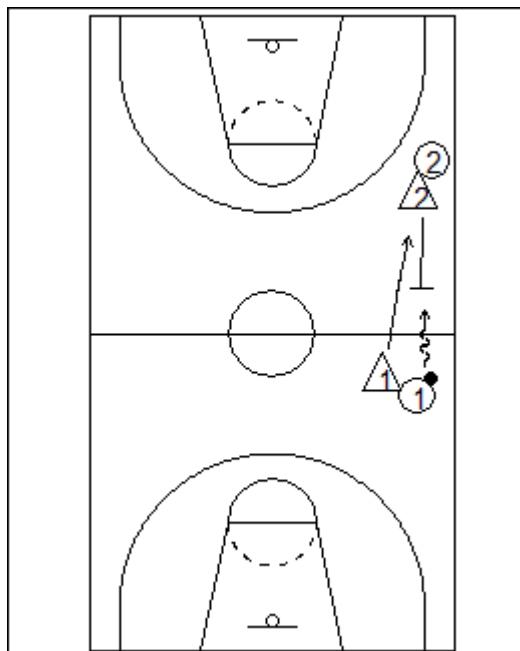
3 on 1

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.



6

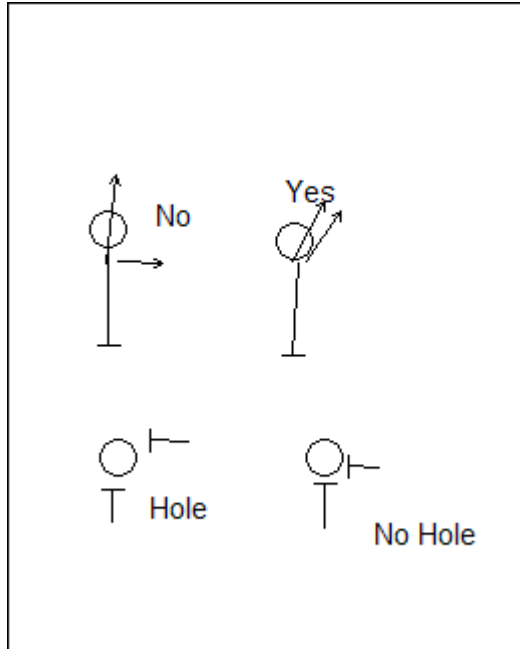
2 on 2

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.

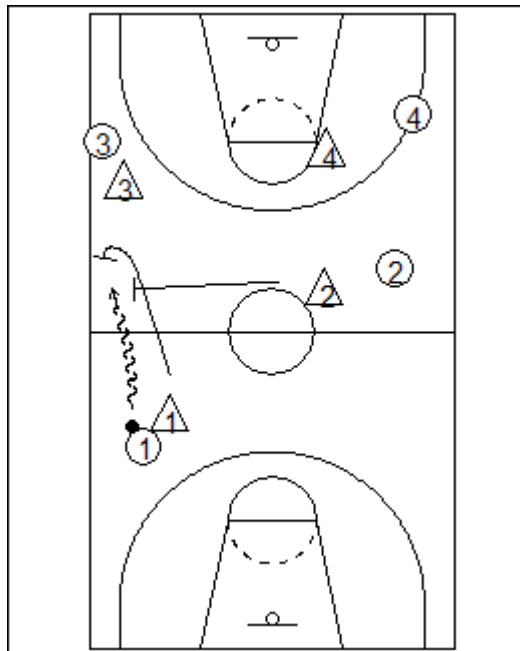


7

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.



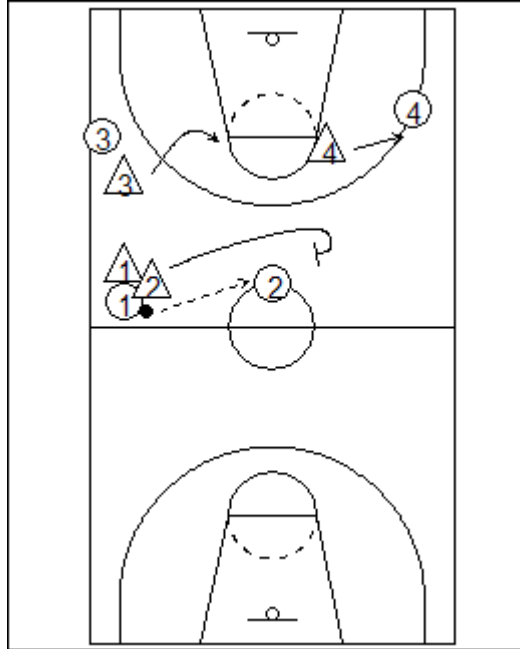
8

Red rotation pressure

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

X1 cuts off #1 as he/she crosses half. X2 comes and sets a blind trap.

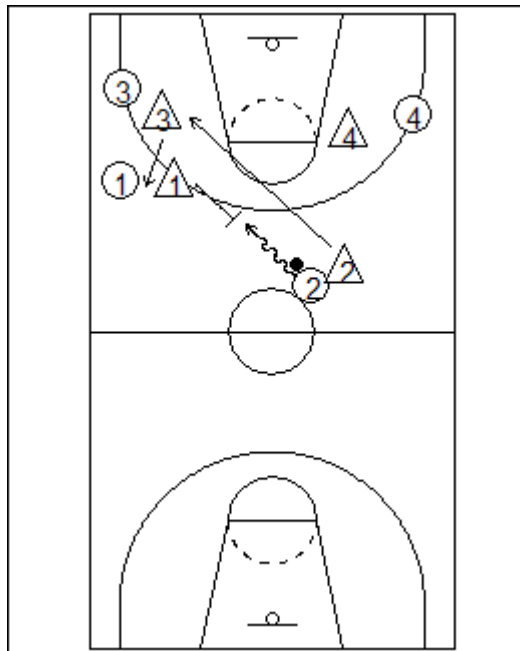
Do not deny the pass back to #2.



9

Short pass out of trap

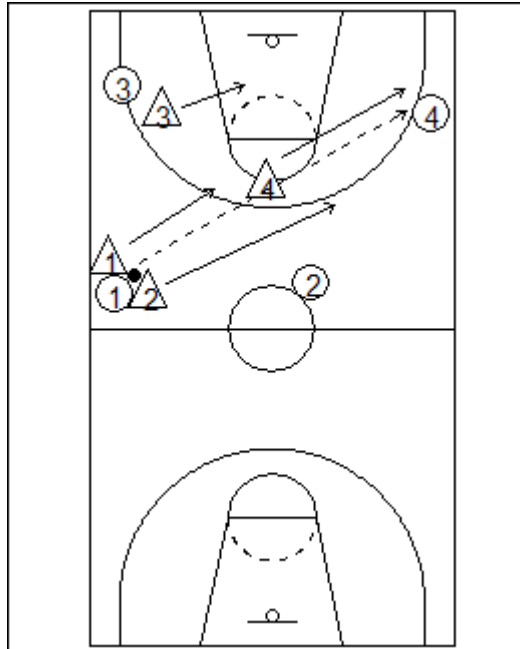
On the pass to #2, X2 sprints to force the ball back into the middle.



10

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.



11

Long pass out of trap

If the long diagonal skip is made the rules change.

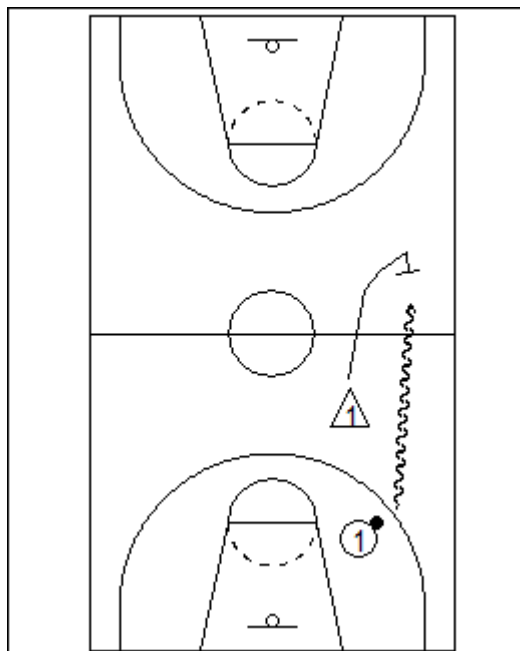
Everyone must recover in the direction of the ball. We now play normal defense.

Rules:

Short pass - force back to the middle and jump switch

Long pass - sprint to recover , play normal defense

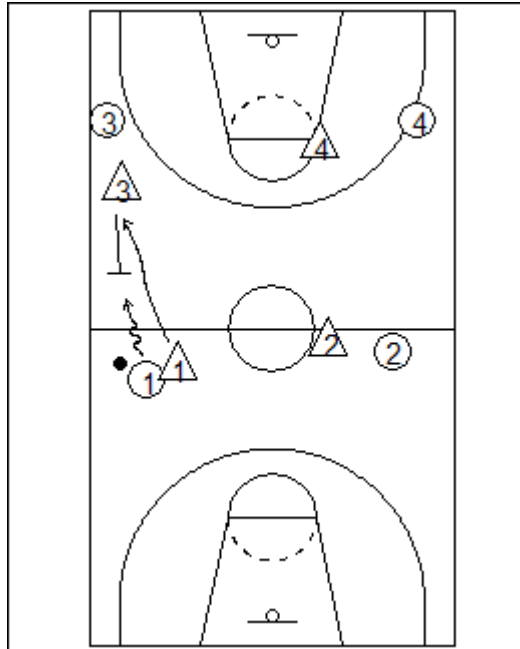
Middle pass - recover to get in front of the ball. Play normal defense.



12

Vs. a great guard

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

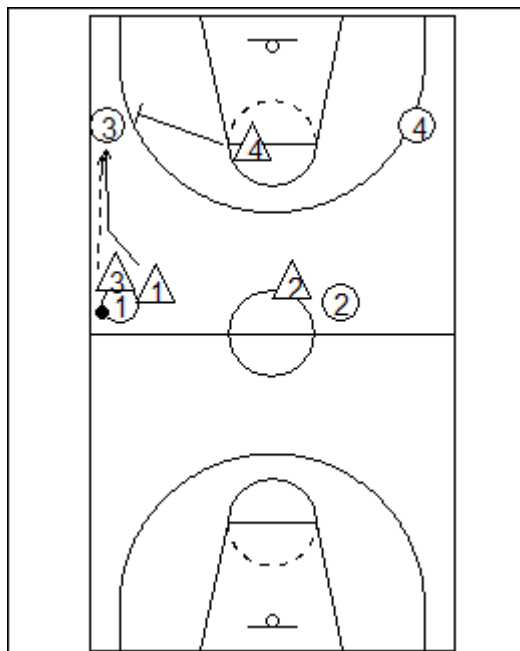


13

Yellow rotation pressure

This is used when a team has two good guards.

When #1 crosses half #3 comes and traps.



14

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.

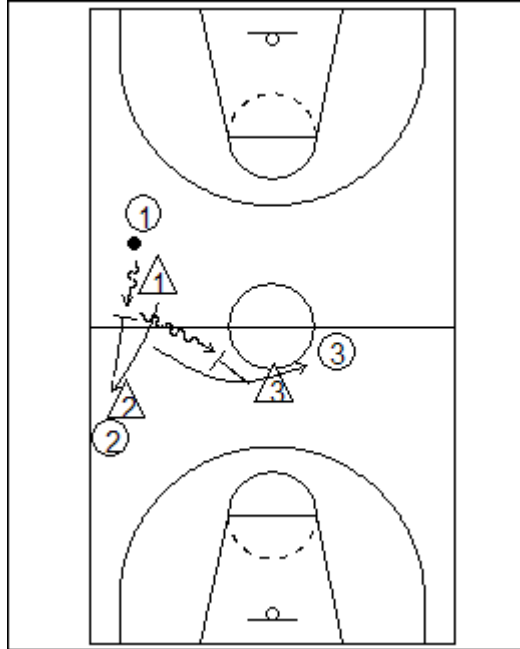
This defense can be run numerous ways:

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

Play 4 on 4 or 5 on 5

Coach calls the pressure

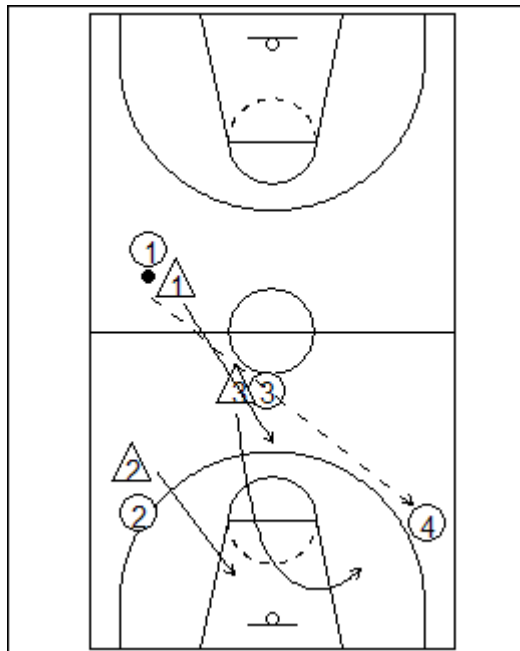
- a) red
- b) yellow
- c) fake recover



15

Continuous jump switch

#1 dribbles the ball. X2 traps #1. X1 recovers in the passing lane to #2. #1 keeps his/ her dribble and now attacks the middle. X3 traps and X2 recover to #3. This is a continuous drill to teach jump switches.



16

4 on 3 Skip pass recovery

Work on recovering out of the skip pass over top of the defense.

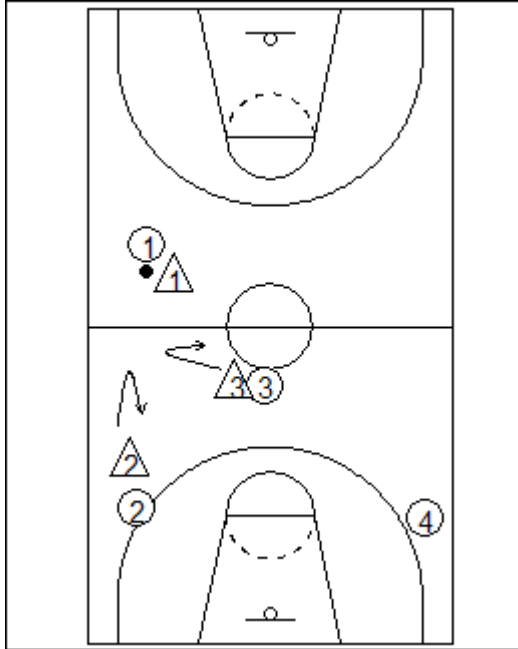
Attack the skip pass.

Offense can have the option to dribble or skip pass.

Note: when the ball gets in the middle the defense must get back to be in front of the ball.

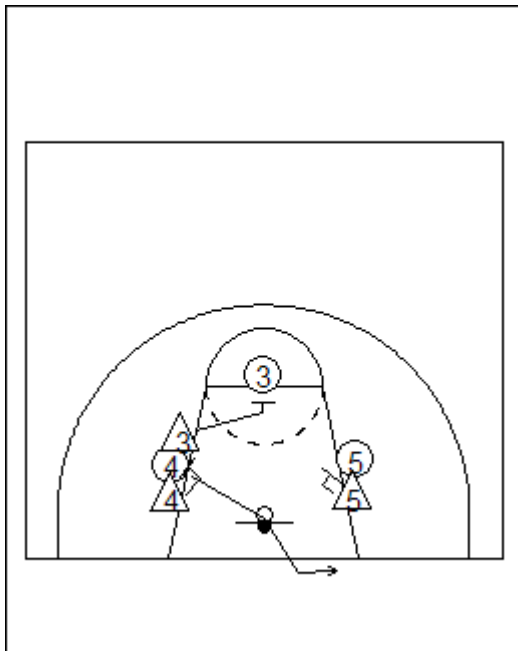
Fake traps

Fake the strong side and blind side traps. It puts tremendous pressure on the guard to read the defense.

**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.

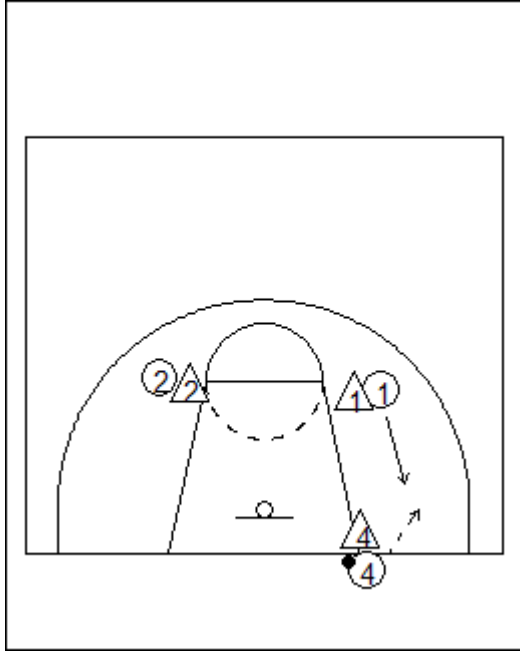


Catcher (when a big inbounds)

X4 plays up on the inbounder with butterfly arms.

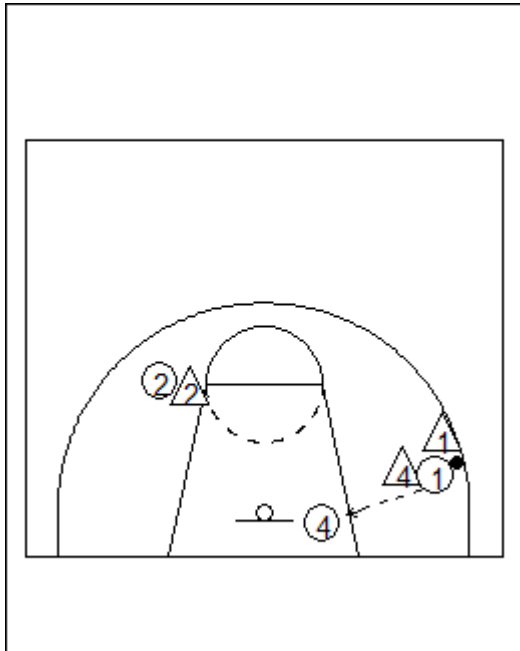
X1 and X2 keep the ball out of the middle.

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

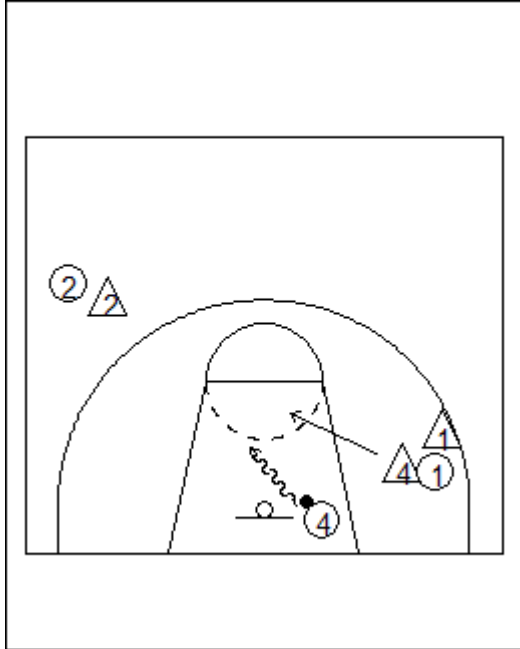


X1 and X4 trap 1

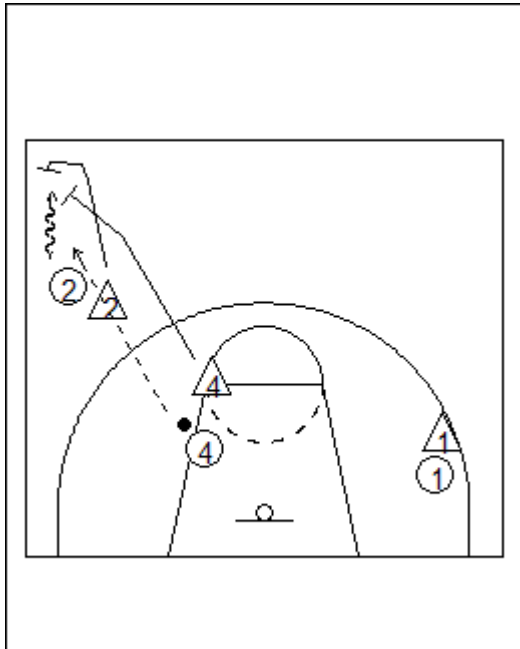
Allow the pass back to the big post inbounding.



Force the big to dribble by denying the guards.



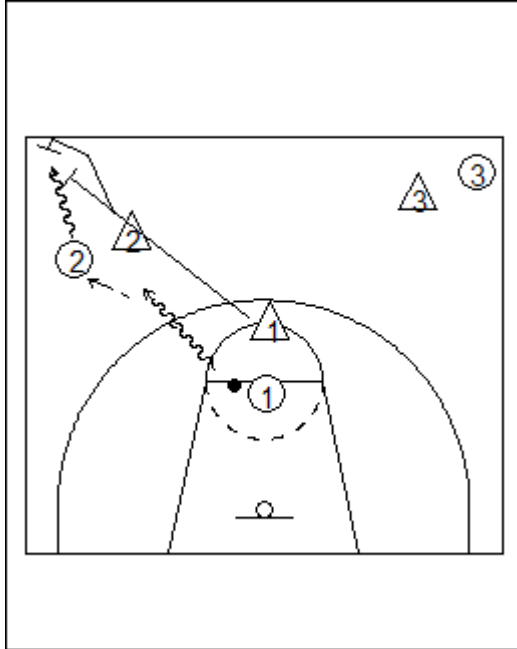
If 4 passes X4 chases the ball took look to trap. X2 cuts 2 off to allow the trap. Keep forcing the ball back to the big.



3 on 3 trap drill

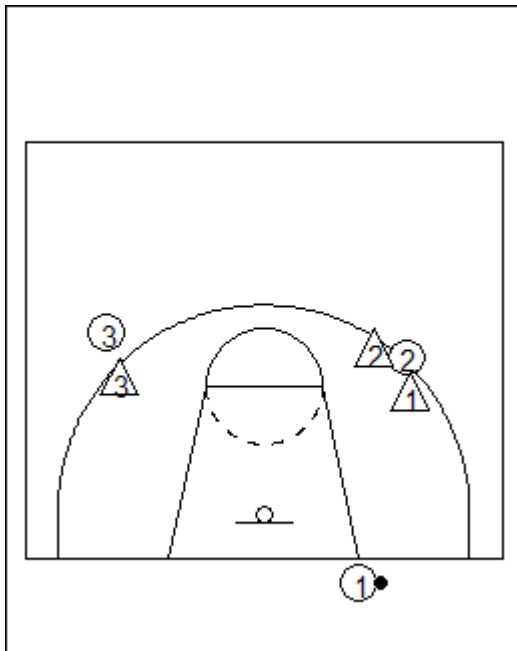
Work on continuous trapping.
Go from side to side.

- a) chase the pass
- b) jump switch

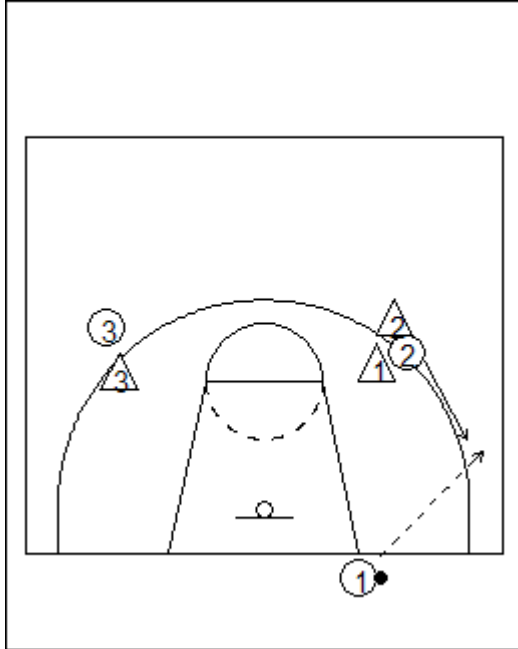
**Short stop**

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

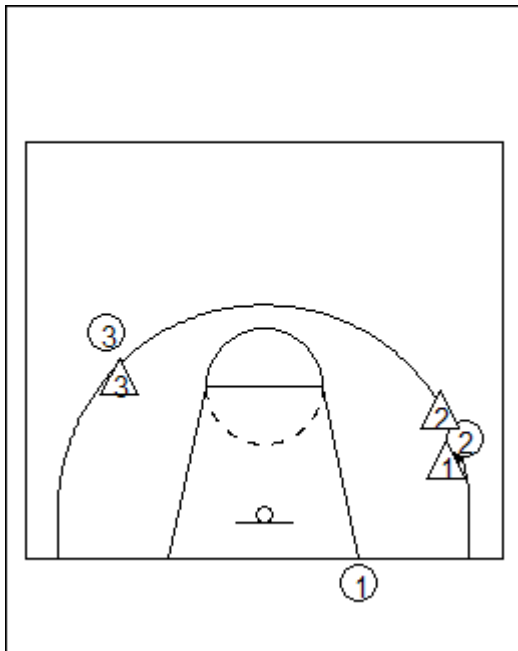
X3 face guards the receiver on the
other side. The basket prevents the
long pass.



Allow the guard to cut to the corner.

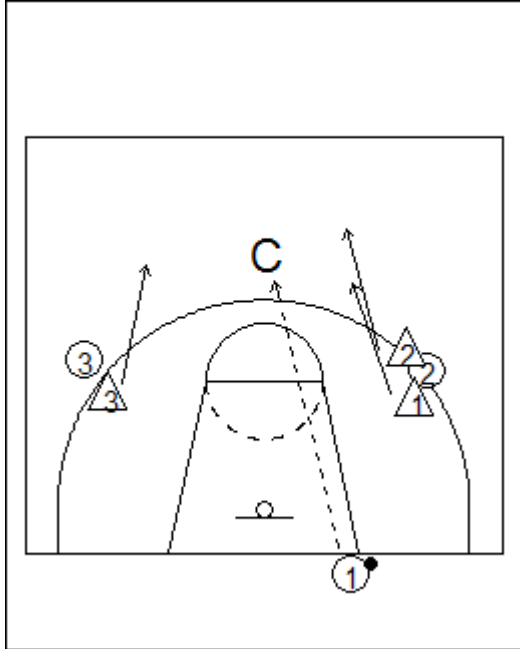


On the trap prevent the pass back to the middle to 1. Allow the pass up the side which you can defend.



3 on 3 + 1

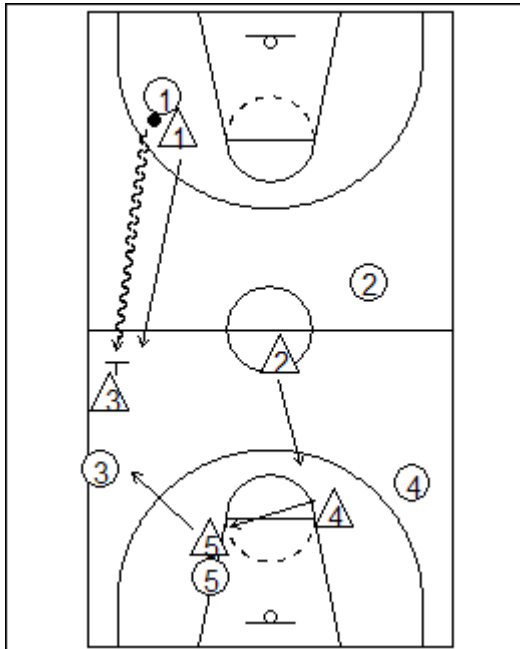
The coach plays in the middle of the floor. If the coach puts hands up the ball is thrown long. The defense must turn and sprint in the direction of the ball.

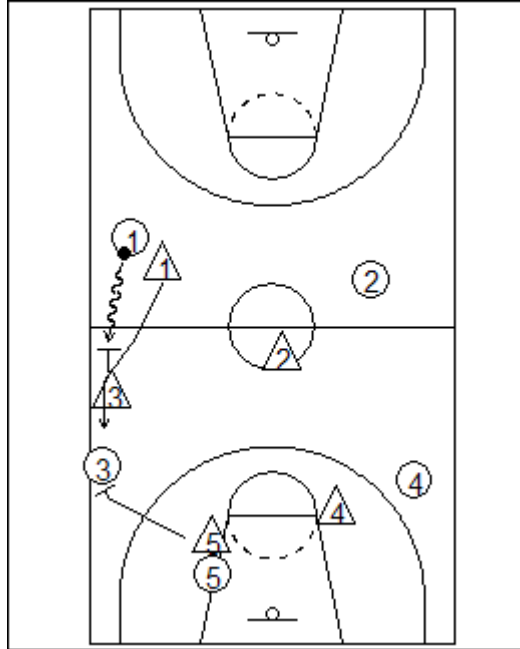


5 on 5

Options 1
Trap and rotate

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



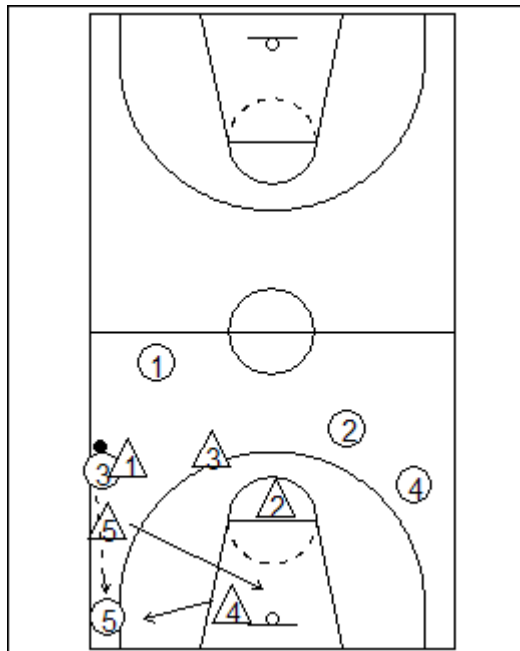


Option 2

Trap switch rotate to second trap

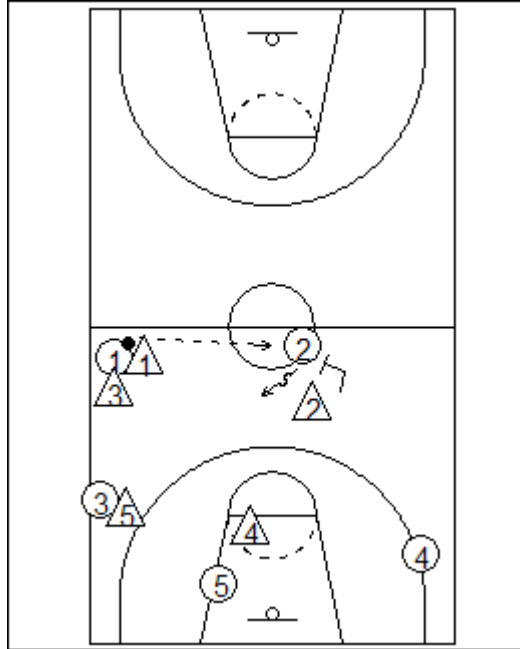
On the trap by X3, X1 switches to cover 3. X5 comes and sets a trap.

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



No two big players in a trap

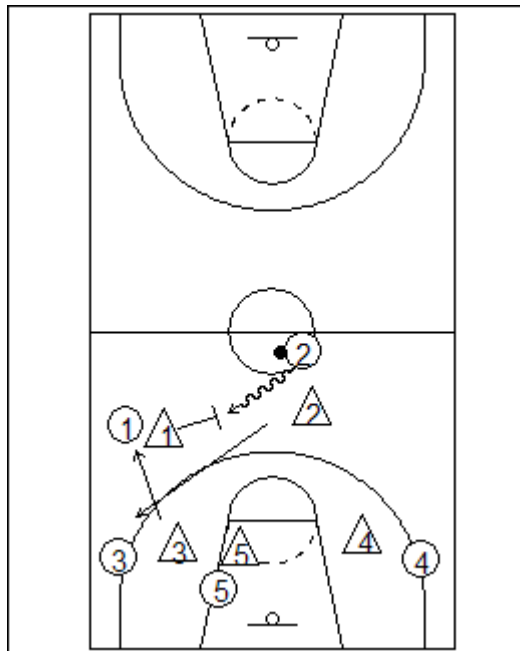
On a pass to the corner 5 recover to the basket instead of chasing the pass to set another trap.



31

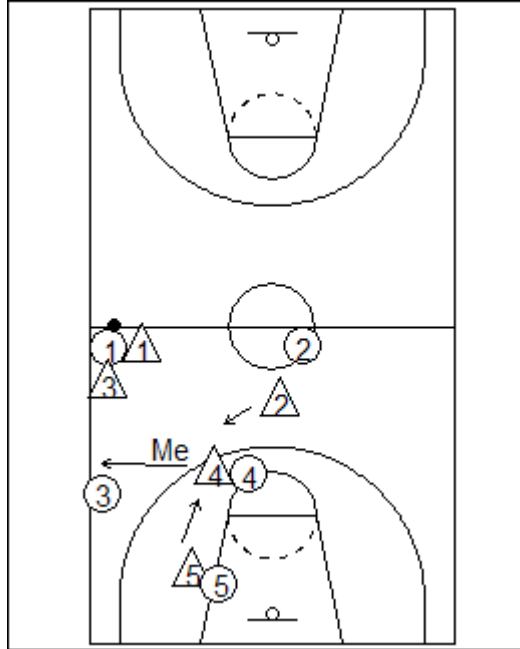
Pass to the middle

Force it back to the middle and run a jump switch



32

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

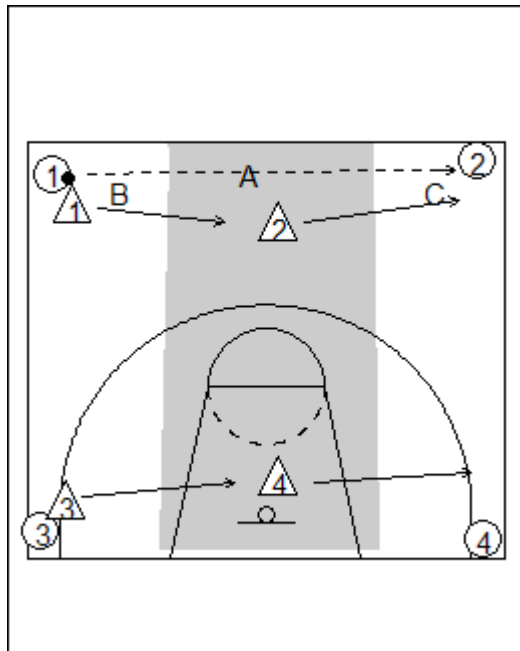


Me - You

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

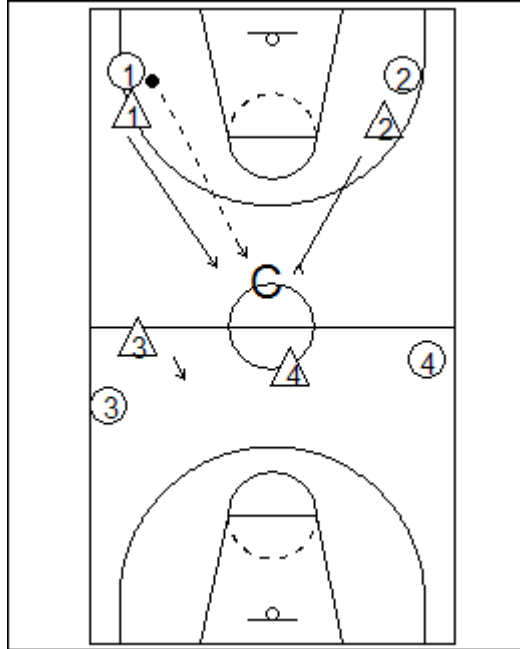
Me - 4 covers
 You - 5 covers

Must be communicated early



Keys

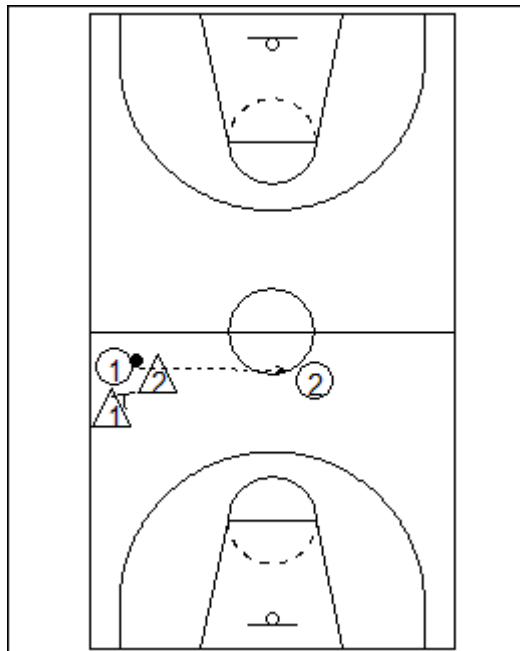
Stay in the line of the ball
 Know your zones, only guard players in the appropriate zone.



35

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.



36

Bump the cutter

To prevent the hard give and go cut out of the trap you must bump the passer with the shoulder to prevent a quick cut.