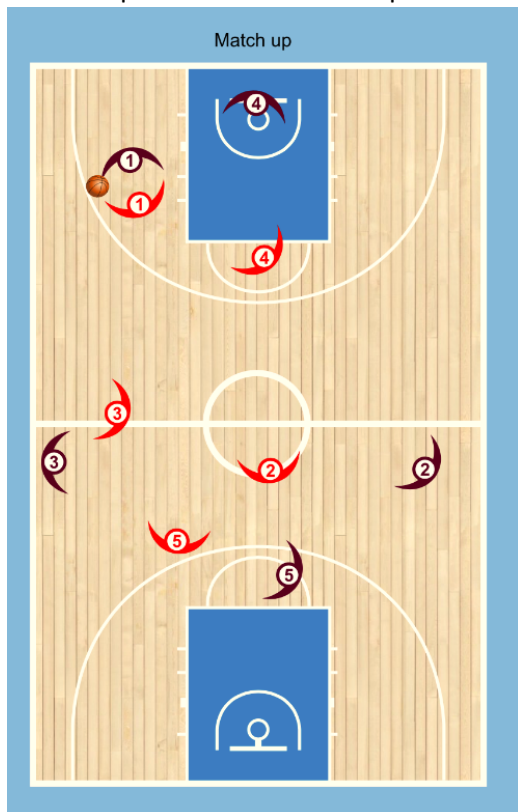




Pressure Defence Concepts - Part 2

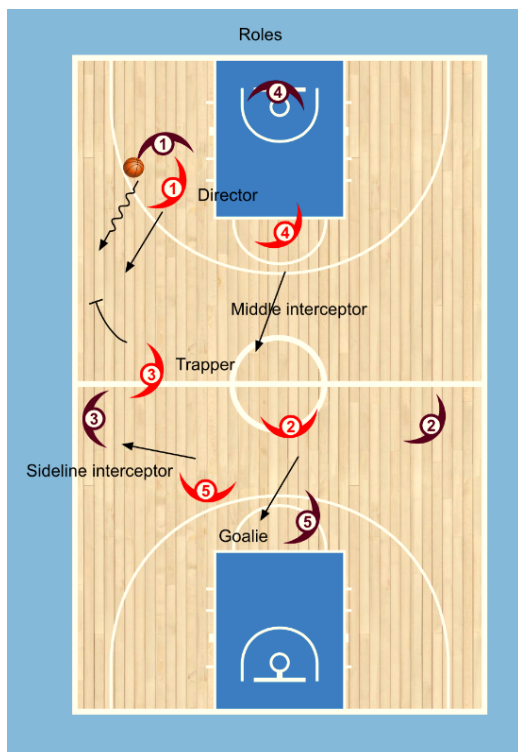
Full court

The purpose of this document is to present a few simple terms and concepts that may be used when pressuring in the full court. It is not about a specific press. It is to show that if we match up no matter what the press the roles and responsibilities remain the same.



Concept #1 – Match up

Man or zone we want to be responsible for a player in your area.



Roles

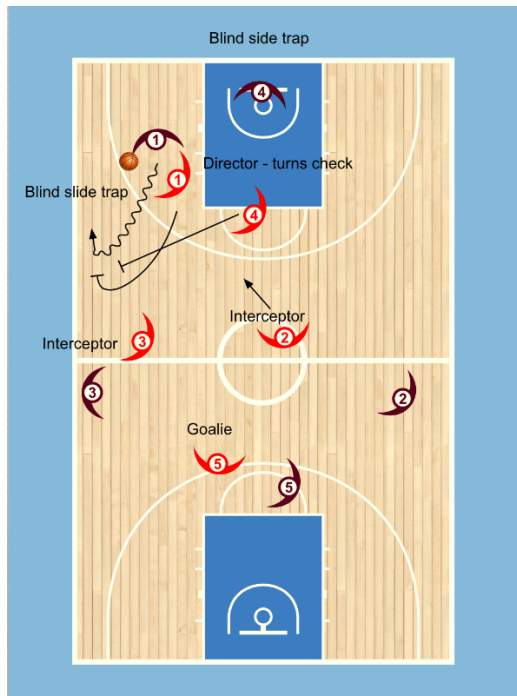
Director – direct the ball to a spot on the floor or to turn the dribbler.

Trapper – the player who will go and trap. This could be when:

- The ball reaches a certain spot (just over half)
- The dribbler is out of control
- The trapper can get to the trap in two strides and knows the interceptor is ready behind her.

Interceptor – These players read the trapped players eyes and be in position to take away the passes coming out of the trap. The most common positions are the **sideline interceptor** and the **middle interceptor**. In special cases you can also have a **reversal interceptor**.

Goalie – this person is responsible to protect the basket. She is still responsible to match someone. Be as deep as the deepest player.



Types of presses

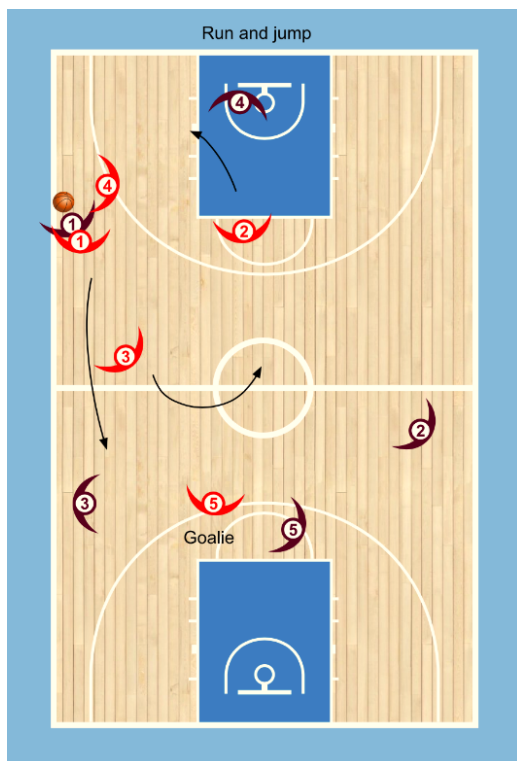
Strong side trap

In the diagram above it was an example of a strong side trap. The trap comes at the player from the strong side. The defence rotates in the direction of the trap. This can be done out of player to player or zone.

Blind side trap

The trap comes from the blind side of the dribbler. Usually the director cuts the player off or turns the dribbler. The rotation follows the direction of the trap. In this example the reversal pass is allowed. This can be done out of player to player or zone.

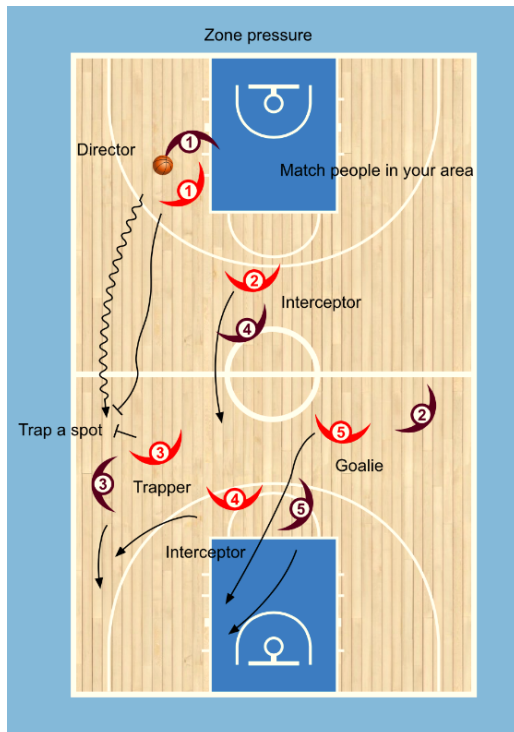
The roles remain the same.



Run and jump

In the classic run and jump the trap comes from the blind side and the defence rotates to intercept the pass back to the trailer. The director does not stay in the trap and rotates back to become an interceptor. In the diagram to the left the goalie is not involved in the rotation. Some teams will have all five players involved some may have a few as three. This is most often a player to player type of press.

The roles are still the same.



Zone pressure

This is again an example of a strong side trap where the trap occurs in a spot. Players must match people in their area. The same roles still apply.

There are many different types of zone presses; 1-2-1-1, 2-2-1, 1-3-1, 1-2-2 etc.

The point is no matter what the press, player to player or zone, we want to teach the roles in the press. If players understand roles and responsibilities that are universal to all presses they will have an easier time picking up the nuances of each press. It is these concepts we should be teaching first not a specific press. This will improve the savvy of our players both offensively and defensively.