

From the Blog: Attack the Press Defense!

Many teams fear being pressed. Smart, disciplined, well prepared teams enjoy being pressed as it means opportunities to score quickly and take advantage of the inherent weaknesses of pressing defenses. Below is an attacking press offense that is slightly unorthodox and creates fast break opportunities against zone press defenses.

Attacking Press Offense

Only teams who play at a break neck offensive pace and want the score to be in the 90s or 100s for both teams will press all game even when they are scored on with ease (usually). Most pressing teams will eventually get out of their full court pressing defense if they are giving up lay-ups every time. If the defense continues to press, keep scoring lay-ups!

This press offense was shared with me by one of my former players, High School All American Sam Coates who went to play and coach at Spring Hill University. This press offense is an attacking, aggressive press offense designed to get the ball into the hands of the point guard in the middle of the court while on the run, allowing for an easy transition into a 3-on-2 or 2-on-1 fast break.

Diagram One below shows the basic alignment. Note that the point guard (#1) is positioned near half court. The guard (#2) and the small forward (#3) are positioned at the free throw line extended. The offensive low post (#4) is at the foul line and #5 is the **designated inbounder** and positions him or herself just to the right of the backboard so a deep inbounds pass will not hit the backboard.

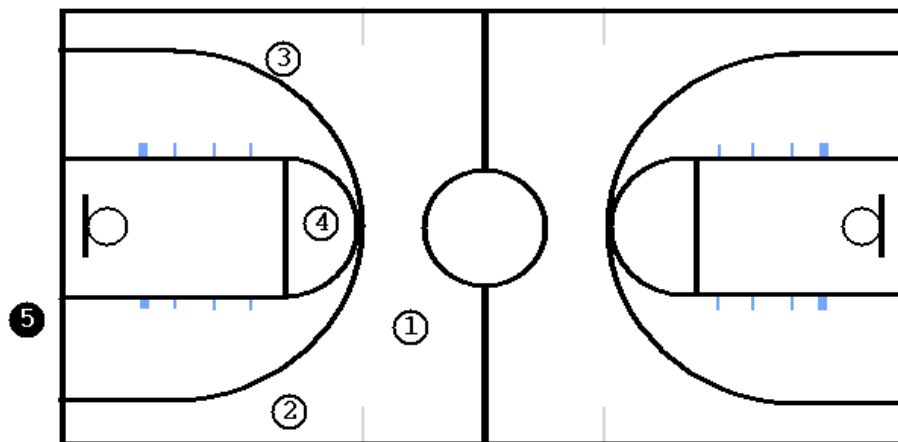


Diagram One

Diagram Two shows the ball being quickly inbounded to #2 who aggressively turns and faces up court. The same inbounds could be made to #4 or #3. If the direct pass to #1 is available, the designated inbounder should make the 5-1 pass.

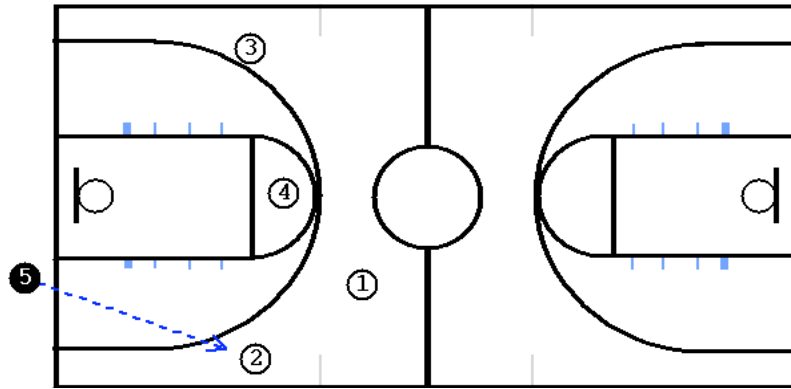


Diagram Two

Diagram Three depicts a quick inbounds pass to #2 who makes a quick pass to #1 who turns aggressively to face up and then attacks the center of the court. #2 and #3 fill their respective fast break lanes and run a 3-on-2 or 3-on-1 for a lay-up. #4 sprints the center lane and if a lay-up is not obtained continues to the rim and posts up, helping to establish a secondary break option. #5 trails up the court opposite and behind the point guard, #1.

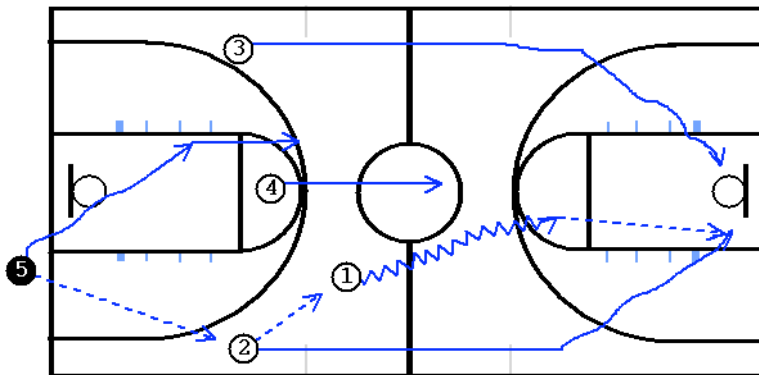


Diagram Three

Diagram Four depicts a ball reversal if the ball cannot be passed to #1 following the inbounds pass. #5 steps inbounds behind the ball. #2 pass the ball back to #5. #5 drives hard across the lane, using the fewest possible dribbles and passes to #3. #4 holds his/her position in the middle of the zone. #1 makes a banana cut underneath #4 following the ball. If the ball is reversed and still cannot be passed to #1 the process is repeated and the ball reversed back to the other side. The cutting action of #1 is not a natural or common one and is difficult to defend.

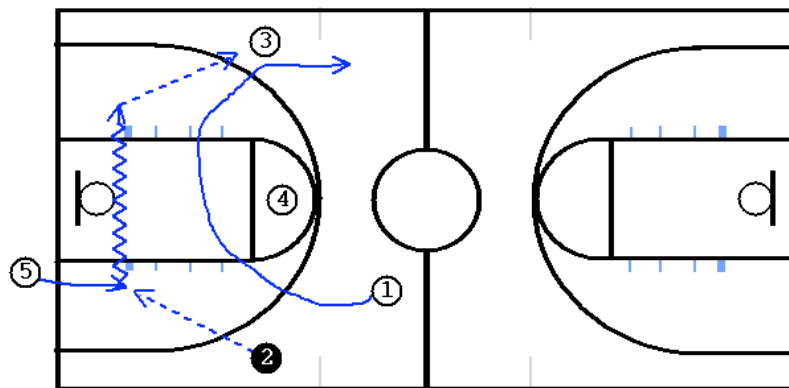


Diagram Four

Diagram Five depicts the action following a ball reversal with a successful pass to #1. The ball is pushed up the sideline as quickly as possible by #1. #2 fills the right lane at full speed while #4

sprints to the rim and then posts up on the ball side. #5 trails opposite and behind the ball to act as a pressure relief to the middle. #1 pulls up at the free throw line extended if a lay-up or 2-on-1 break is not available. #3 fills the safety outlet in the secondary spots.

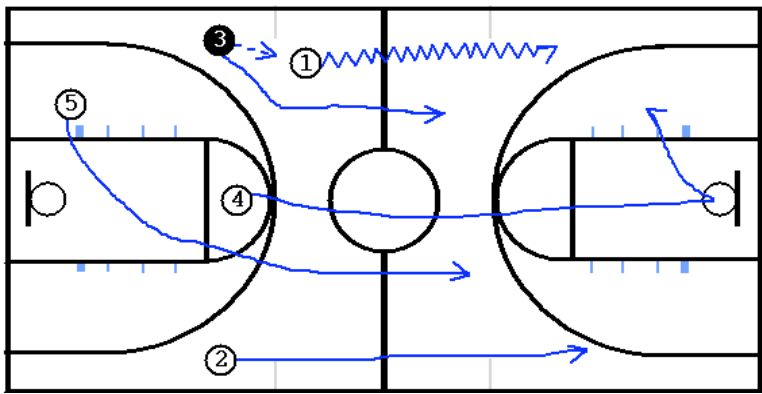


Diagram Five

Diagram Six shows the secondary break spots that are filled after breaking the press. It is wise to have a controlled transition from the press offense into half court offense. **Many pressing teams do not cause a turnover with the press itself but are successful in quickly obtaining possession of the ball because many teams shoot quickly after breaking the press or are not able to transition into their half court offense successfully after be pressured to bring the ball up the court.**

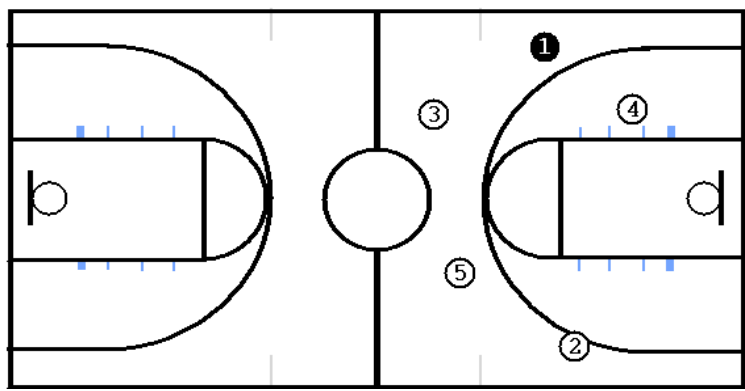


Diagram Six

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