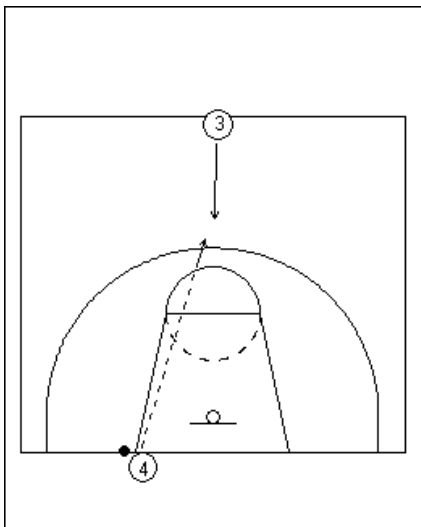


PRESS-BREAK



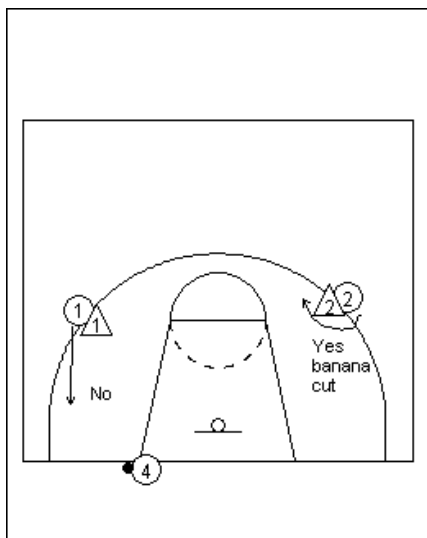
Press-Break

Questions to be asked:

- Fast shot or trying to just get over half?
- Who can hand the ball against pressure?
- Who are the best passers?
- Who can finish at the end of the press?
- Who can inbound the ball and who can get open in the middle of the floor?

It is important that players are placed where they have the highest chance of success. Players need to show confidence. The keys are to know whether to use a fast press-break or a control press-break, continually looking to create three passing options (side, middle and back) and to always have a pressure release option.

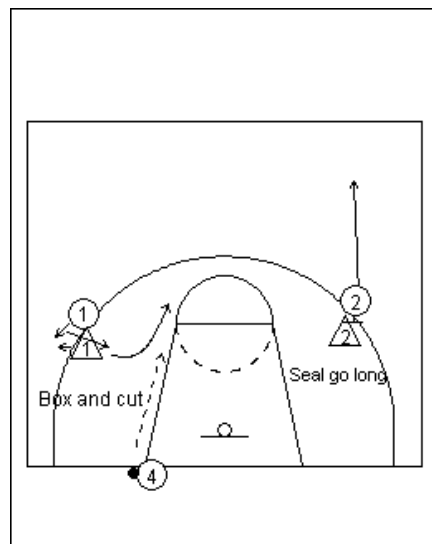
The following is an example of a press-break.

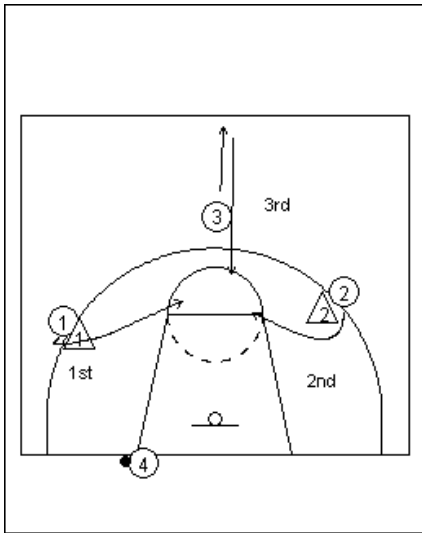


Inbounding

The inbounding player needs to be positioned so they can see the whole court. This player needs to be able to throw long and should void standing directly under the basket for more space.

It is important to never receive a pass below the foul line extended. This can be avoided with a banana cut, seal (over the top) and fake-out (cut middle).

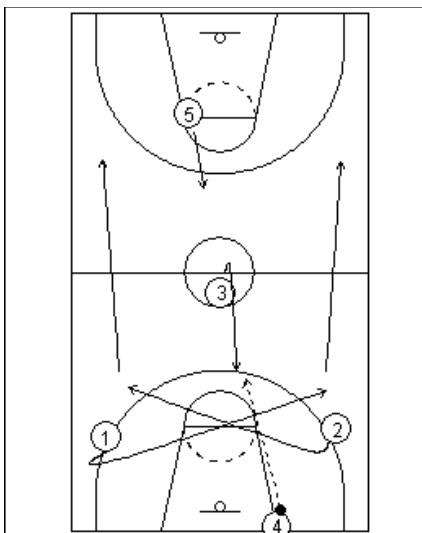




Inbound Sequence

For added room, players should stay well back off the baseline. The first look is the guard on the ball-side, followed by guard on the help-side and the last is a player cutting back hard through the middle.

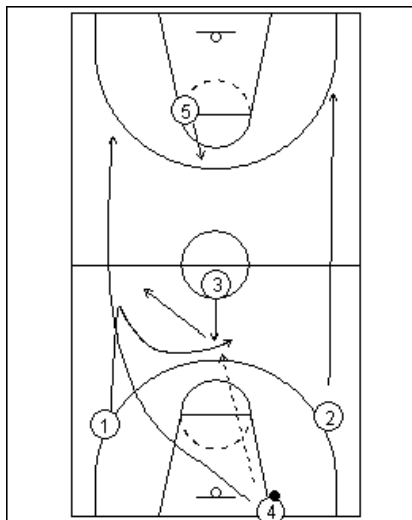
Against tremendous pressure it is much better to go to the pressure release person as the main option can result in better opportunities when the ball is in the middle of the floor.



Fast Press-Break

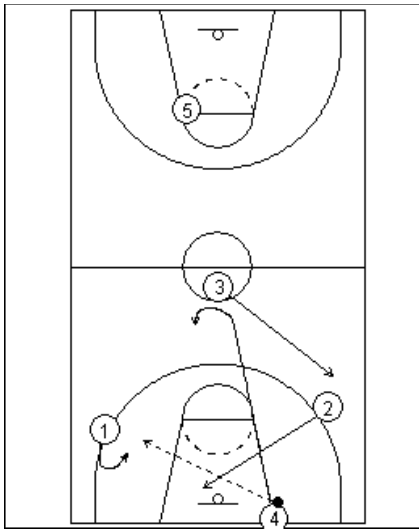
With this concept the intent is to go vertical by going over top of the pressure. On the pass *Player Three* in the middle, *Player Five* cuts back for a second vertical pass (double middle). *Player One* and *Player Two* go hard back-door up the wings and *Player Four* trails.

Next, *Player Three* reads the defence and attacks pressure. The options are middle to *Player Five*, sideline to *Player One* or *Player Two* or take on and dribble middle.



Controlled Press-Break

With this motion, *Player One* goes hard and then cuts back for the hand-off. After taking the hand-off, *Player Three* must spread the defence by running wide and filling the lane.

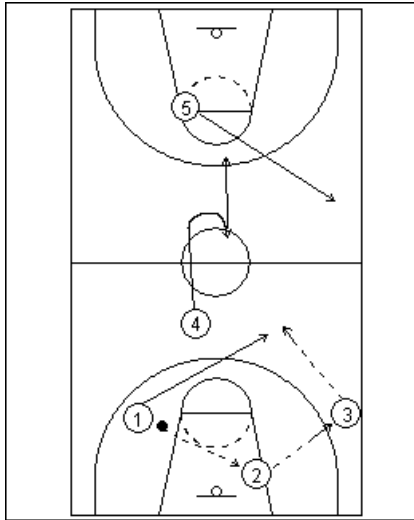


Controlled Press-Break

In this scenario, *Player Four* enters the ball to *Player One* and sprints to half and button-hooks back to the ball. *Player Two* cuts back behind the ball for reversal, while *Player Three* cuts away from the side where ball was entered (they set-up for reversal).

Following, *Player One* penetrates the sideline (fast press-break), *Player Four* stays middle at half and *Player Two* stays back under basket for reversal.

The entry can be run for *Player One* or *Player Two*. *Player Three* always goes away from the ball and *Player Four* always sprints to half.

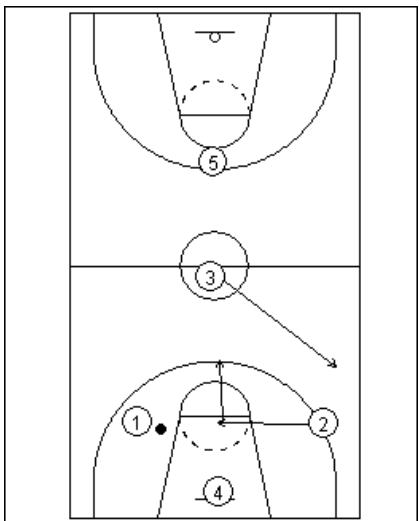


Controlled Press-Break

In this system, *Player One* passes the ball back to *Player Two*. *Player Two* quickly reads and makes one more pass to *Player Three* and they look for *Player One* cutting through the middle.

The reads for *Player Two* are vertical (middle to *Player Four*), taking on their check or looking middle to *Player One* for a give and go.

Player Three can look to the side for *Player Five*, in the middle for *Player Four* or back to *Player Two* (who will bring the ball up quickly by dribbling away from all the action).

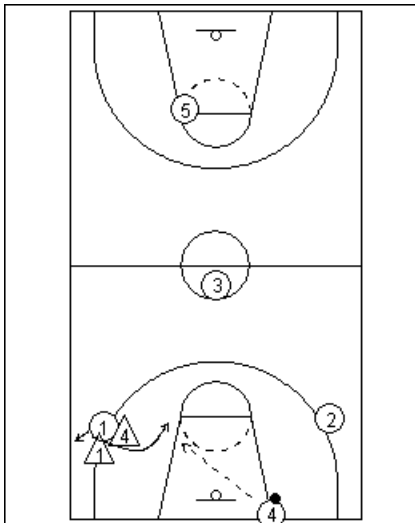


Versus One-Two-One-One Overplay Reversal

If teams do not guard *Player Three* cutting and over-play *Player Four* at half and *Player Two* on the reversal, *Player Three* then holds ball.

Player Four inbounds the ball and steps in for ball reversal and *Player Three* holds at half. To overload the overplay, *Player Three* breaks away from the ball after reading *Player Two's* defender.

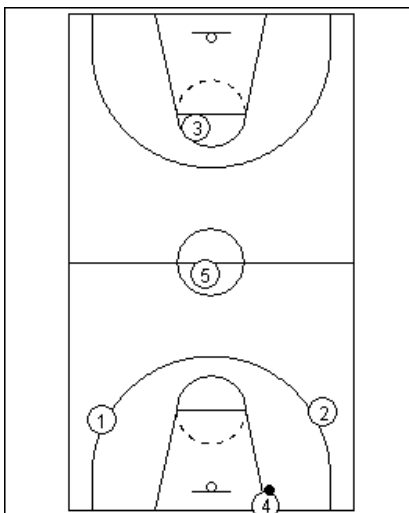
At this stage, *Player One* reads that the defence overplays *Player Four* and matches up with *Player Three*. *Player Two* needs to flash open at free throw line, while *Player One* reads that defence stays to overplay *Player Two*. In a controlled press-break the pass is made back to *Player Four* who makes one more pass to *Player Three*. In fast press-break, the pass is made to *Player Two* in the middle.



One Guard versus Two Guards

When teams only have one good ball-handling guard they must work hard to get the ball. When double teamed they need to be faking and splitting the trap as much as possible.

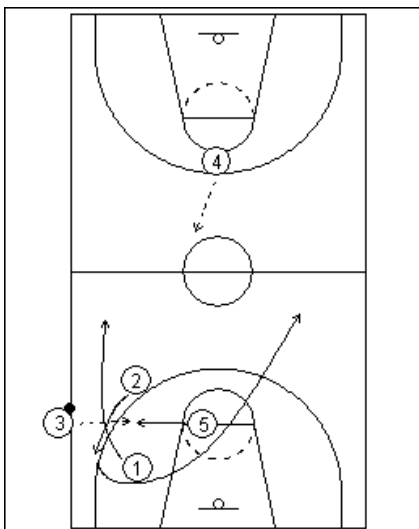
If there are two good guards both are potential pass receivers. One player can cut and clear space for the other player.



Place Players Where They Will Be Most Effective

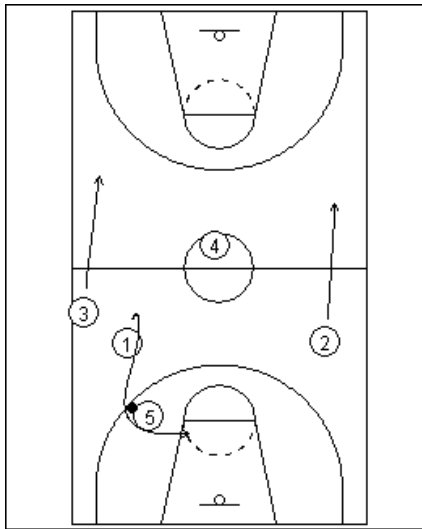
If *Player Five* is a good passer they can be the middle pressure release as this allows the other players become potential scorers. In addition, it is unlikely that *Player Five's* defender will defend the pass.

The inbounder needs to be the best passer; able to throw the ball far and make good decisions.



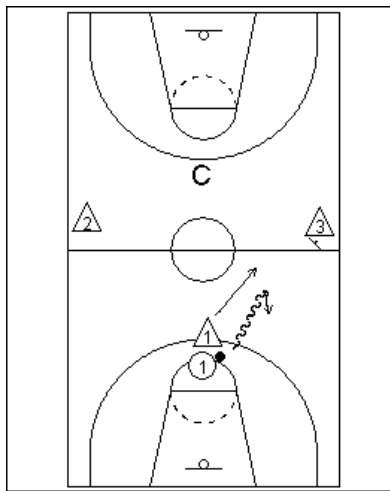
Sideline Backcourt

This is the same concept as the two guards use their cuts to get open. *Player Five* is the pressure release. On the pass to *Player Five*, *Player Four* runs the double middle, while the guards go back-door. This can be executed controlled or fast.



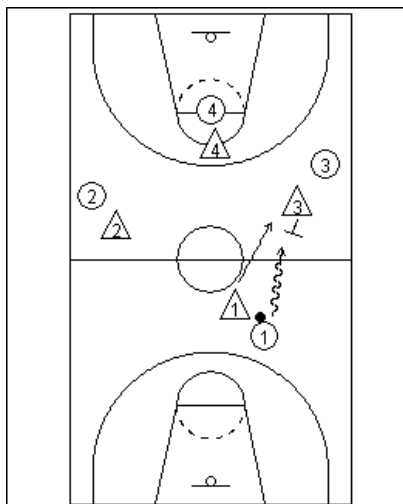
Controlled Break

Player One fakes long and comes back for the hand-off. During a fast press-break the player looks for any vertical passes up the floor.



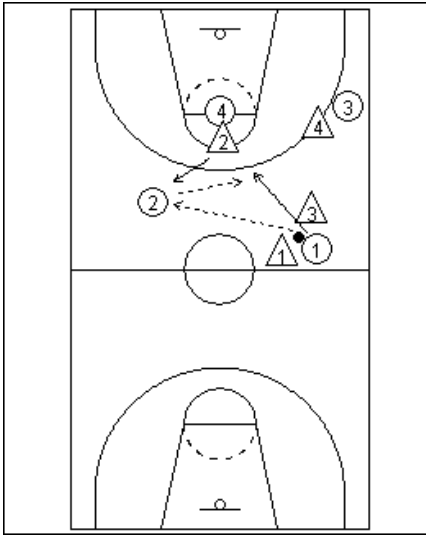
One versus Three Guard Drill

Player One attacks the press. They can use a pull-back dribble to avoid the trap and attack the other side. The key is to keep the dribble alive.



Four-on-Four

The coach signals one of three types of defensive trap and rotation for the guard to work on reading— rotate after the trap (leave the opposite guard open), no rotation (leave the wing) open and leave the middle open. In addition, the guard should be reminded about throwing the ball off the leg of a defender during a trap if nothing appears open.



Give and Go Out of the Trap

Players should be aware to run a hard give-and-go on any pass out of a trap. They can split the double team and cut hard to instantly create a five-on-three. To load the drill a fifth defender can be added, followed by five-on-five and mixing the types of pressure.