

Basketball Coach Handout

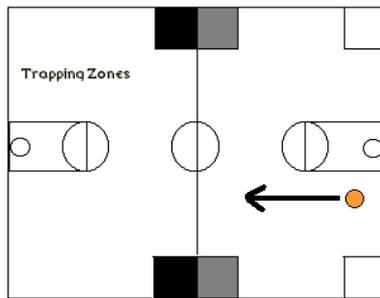
Press Breaker Tips

Beating the Full Court Press

Full court press defenses try to get turnovers and easy baskets by pressuring, trapping, and harassing the offense.

There are several principles and some strategies in beating this pressure.

1. Stay calm. The press tries to upset you, and make you commit turnovers. Try to be calm and confident that you can beat this. If you make a mistake, you must immediately forget it and stay calm. Otherwise, they may get three more steals from you, like a snowball effect. Do not dwell on what's already happened always think "next play", what is going to happen next. The coach must stay calm too. An upset, angry coach is not what the already rattled players need. In a time-out, the coach must be calm, reassure, re-focus his players, and settle his players down.
2. Think "attack!" A full court press is always a gamble for the defense. If you think positive, and attack the pressure, you can get an easy lay-up and score. So when you see a press coming at you, ATTACK! Think of it as something to beat, to get an easy score... make them pay!
3. Three "looks".
 - a. Look up. See the floor. Look up the court. Don't look down at the ball.
 - b. Look before you pass. Make good, quick safe passes.
 - c. Look before you dribble. Don't dribble unless you have to. You beat the press by quick, sharp passing usually not dribbling.
4. Avoid "trap areas"... the corners. Don't dribble into one of the trap areas (see below)... back away but keep your dribble alive, or pass off.



The white coloured zones catch the player in the corner.

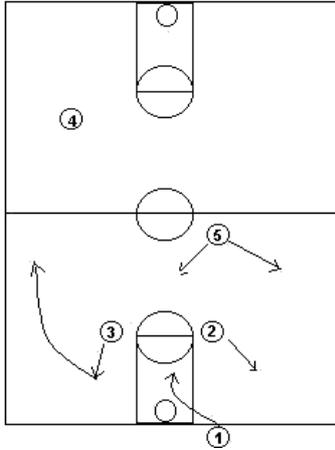
The dark zones are excellent trapping zones, since the offensive player cannot retreat across the 10-second line.

The lighter zones are good trapping zones because the offence has to worry about the 8-second count.

5. Getting the ball in-bounds. Get the ball in quickly, before the defense can set up. Make sure you make a good in-bounds pass. Do not take the ball out from directly under your basket, or your passing lane may be restricted by the backboard. If the other team has just scored, you may "run the baseline". You cannot run the baseline if the ball went out of bounds and the official is handing it to you. You must stay where the ref gives it to you. If the ref doesn't handle it (like after a score), you can use the whole baseline.
6. Quick, accurate passing. You must look and find the open man immediately, and make a quick, accurate pass. Avoid soft, lob passes. Passing up the floor, and cutting, are the secrets to beating the press. Look up the floor and anticipate where you will pass the ball, even before you get it.
7. Receivers meet the pass... go to the ball, get open. But keep your spacing. Look for the open spots in the defense. Get open so your teammate can pass to you. Before you even get the ball, look to see where other open teammates are, so you will know where to pass to immediately. When you receive the ball, don't have your back turned. Immediately pivot and face down-court, so you can find an open teammate.
8. Use the whole court and reverse the ball to the opposite side. Keep at least one player on the "weak-side" to reverse the ball to the opposite side of the court.

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This is one set you can use:



1 takes the ball out. 2 and 3 start at elbows and cut hard. 1 passes to 2 or 3. After passing in bounds, 1 steps into the middle, paint area. 5 should read the defence and either get open in the middle, or along the ball-side baseline. If 2 gets the ball, and gets double-teamed, she must immediately pass to 1, 3 or 5. If 1 gets the ball back, she should look immediately to reverse it to 3 on the left sideline, or to 5 in the middle. If 5 gets the ball in the middle, she can look for 4 down-court. Or look for 2 and 3 cutting hard down the sidelines for a pass back from 5. The press is now beat and you should "attack" and take the ball to the hoop if possible.

Remember, stay calm, see the floor, pass quickly, make sharp cuts, and "ATTACK!"