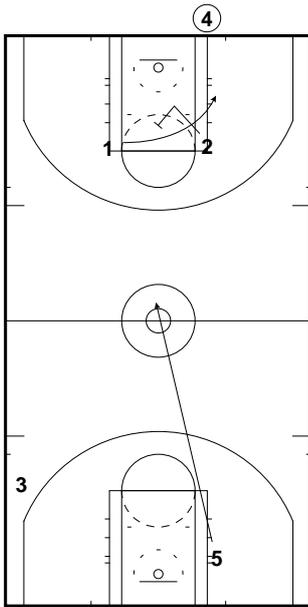


Basic Press Breaker



The keys to beating a press is patience, spacing, and two passes.

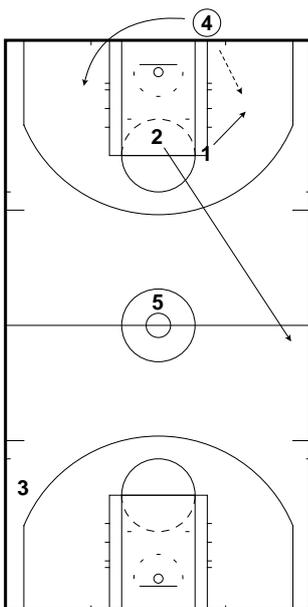
The team need to be instructed to never throw a long, high lob pass as this what the defence want. If no one is open 8 seconds in the backcourt is the best result as you can set your defence up. A loopy pass will likely result in an open layup for the opposition.

It is important to accept you may turn the ball over a few times. The key is to score enough that the press has given up more scores than it has generated for the opposition.

PRESSBREAKER:

- 4 is in the best position to see what the defence are doing and needs to be vocal if they are in a press.
- 2 sets the screen for 1 who cuts to the ball looking to catch as high up the court as possible
- 2 needs to open up to the ball as a passing option
- 5 will immediately flash to the middle of the court

Basic Press Breaker

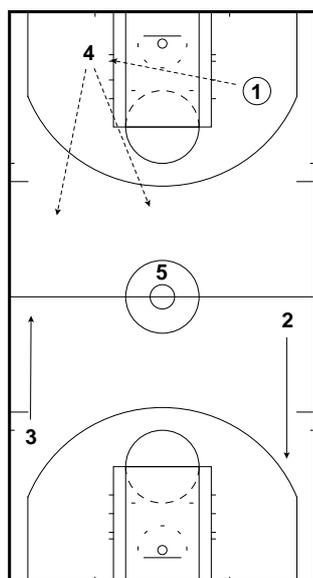


- On the pass the 2 will cut to halfway line

- 4 will cut to the opposite side to the ball. 4 needs to be outside the blockline, and below the line of the ball

- 1 will not dribble immediately, he needs to survey the court and judge how aggressive the press is. Some may double the ball straight away, others may allow the ball to advance down the court.

Basic Press Breaker

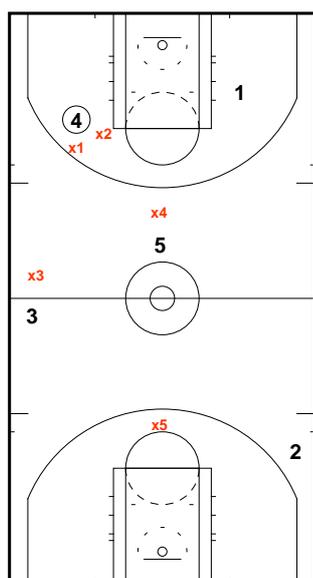


-As soon as the defence comes to double the ball, 1 will reverse the ball to 4 straight away (you don't beat a press by dribbling through it).

-The rule for 2 and 3 is that if you are on the same side as the ball you flash up the court looking for a pass. If you are on the opposite side to the ball you sink down the floor to the wing.

- 4 needs to look to pass the ball ahead, either to the middle or down the sideline. If no one is open 4 may advance the ball with a dribble until another double comes then he'll reverse the ball again to 1

Basic Press Breaker



This frame shows roughly what a full court press defence will be looking to do.

They'll have two defenders doubling the ball (x1 and x2) trying to force a high pass.

The second line needs to cover the middle of the court (x4) and down the floor on the sideline (x3) hoping to cover the easy options and intercept a high pass.

By having the offence spaced in the manner shown it engages all of the defenders on one side of the floor. x4 and x3 need to cover side and middle or the press will be beat. x5 needs to be back on the hoop as a safety due to 2 being down the floor.

It is clear that as 1 is on the opposite side, and below the line of the ball it is a relatively safe pass

Basic Press Breaker

When the ball is reversed to 1 there will be a lot of pressure put on the press to rotate effectively.

As 2 flashes high, there is a lot of pressure placed upon x4 and x3 to rotate well enough to cover a pass ahead to either 2 or 5.

This is why two passes are a key to beating a press (or any double). The first pass escapes the double. The second pass punishes it. This is because with 2 players having previously committed to the ball, someone on offence is free. You'll be playing with 3 on offence, 2 on defence for a moment in which you need to attack to score. If you can do this enough the press will be too costly to maintain.

