

# Attacking Zones and Full Court Presses

## Attacking Zones

### General Principles

- Recognise the type of zone and where it is vulnerable
- Aggressive in transition (beat the zone back)
- Beat with gapping, quick ball reversal, penetration, skip passes and pass fakes
- Reverse the ball in the backcourt versus half court traps

### Teach the Following

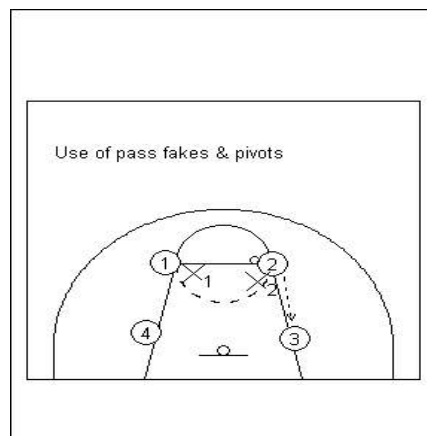
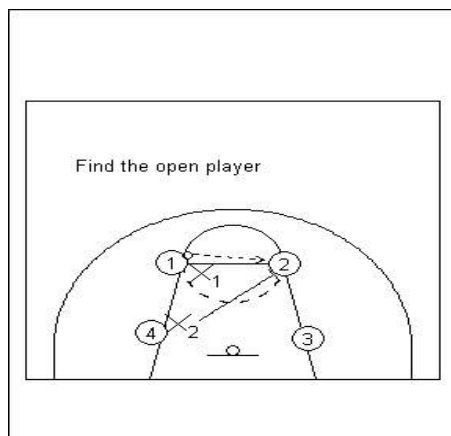
- Motion principles versus zone
- Align perimeter players in gaps
- Probing the defense
- Floor spacing (inside and outside with overloads and short corner underneath the zone)
- Cutting action (inside and outside)
- Screening action (inside and outside)
- Receiving action (inside and outside)
- Dribble action
- Ball movement and reversal (include skip action)
- Rebounding responsibilities

### Teaching Points

- Fake a pass to make a pass
- Hand to hand passes
- Organize the feet ahead of the catch
- Catch, rip and ready
- Take the ball back to where it came from

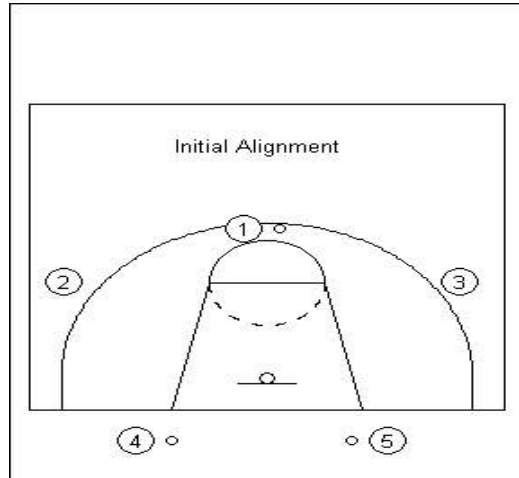
### Drills

- **Birds in a Box**
  - Terrific drill for practicing zone passing, **fake a pass to make a pass** and **hand to hand** passing
  - 4 offensive players make a "box" around the key area
  - 2 defenders in the box (the "birds")
  - Offensive players must move the ball around the square, finding the open player as the defenders attempt to deflect the ball
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- **Zone Shooting Drill**

- Perimeter players align in the gaps with the ball out top
- Additional passers with basketballs outside the baseline
- Perimeter players execute zone action and shot based on coaches call
- Additional passers pass to open receivers for a shot ; have feet ready before the catch



***ATTACKING FULL COURT PRESSES***

***General Principles***

- Set up quickly
- Recognise the type of press and where the openings are
- Keep poise
- Always look up the floor
- Look to advance the ball by the pass

***Teach the Following***

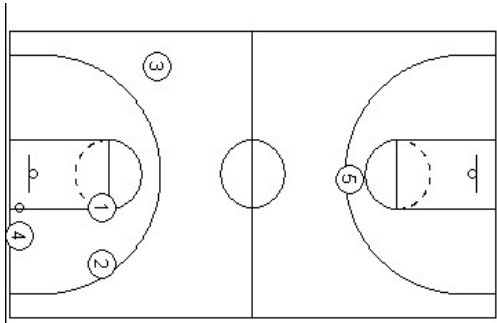
- Initial alignment
- Spacing action
- Cutting action
- Receiving action
- Passing action
- Dribbling action
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***Teaching Points***

- Come to the pass and rip
- Use dribble as a lifeline
- Take advantage of overcommitted presses
- Inbounds ball before defense is set
- Attack the press by having sideline pass option, middle pass option ( short and long) and safety outlet behind the ball handler
- Poise in handling traps
- Take the ball through to the end

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## Press Alignment



### 3 across alignment vs odd front press

- 1 and 2 work off each other to get open ; 3 stays wide to fill spot across and breaks to the ball;
- 4 inbounds ball and 5 goes long

## Drills

### • Passing from the Trap

- Offensive drill, designed to make players tough with the ball when trapped by 2 defenders
- 2 offensive players, 2 defensive players
- The 2 offensive players pass the ball back & forth, executing firm, flat chest passes
- On the command from the coach (coach yells "trap"), the player who has the ball holds and waits as the 2 defenders apply a trap
- The ball carrier now has pivots and 1 dribble to make the pass to the other offensive player
- Ball carrier **MUST** wait for the trap to get maximum value out of the drill
- Use of pivots, retreat dribbles and ball fakes vital in the drill
- Defenders must not foul in the trap, staying in a stance at all times

