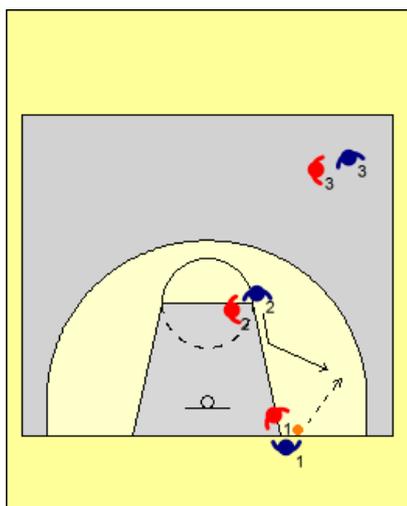


PRESSURE DEFENCE

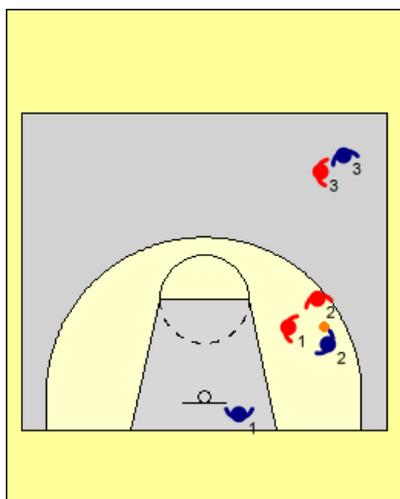
Defending the Dead Ball in Full-court Defence

The following baseball terms can help players understand the different ways to defend the ball when it is being inbounded. It is great to use when playing three-on-three in the full-court. By using these concepts it helps the players become better at attacking and applying pressure as they learn the strengths and weakness of each method. When teaching progresses into time-and-score situations, players are able to simulate different late-game situations easily. These concepts are the foundation of building all person-to-person and zone presses. It is important to note the same concepts can be used when defending a front-court inbounding situation.



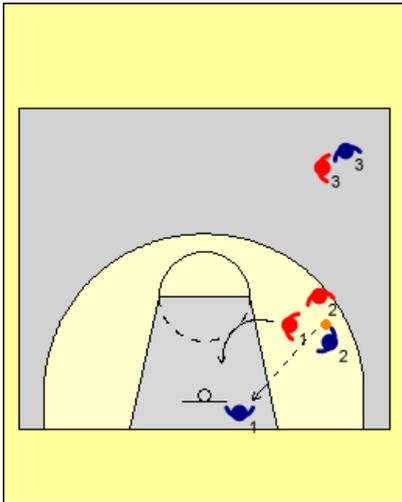
Catcher

The player inbounding the ball represents home plate. The defender closest to the plate is designated the catcher (*Red Player One*). The pressure should be on the inbounding player with a slight angle to encourage the pass to the corner. The other defenders deny any cuts to the middle and do not let their check go long.



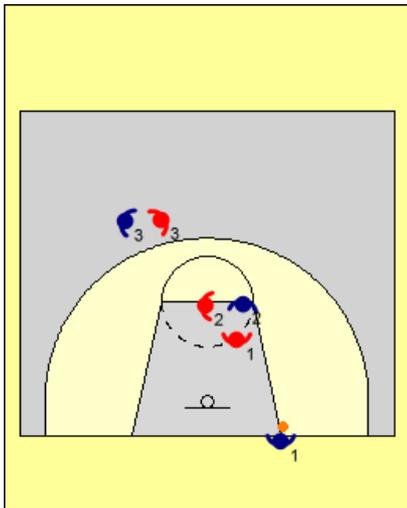
If the catcher can get to the first pass in one or two slides they players should look to trap. The other defender prevents the ball-handler from going up the slide line and allows the pass backwards to the inbounding player.

The catcher works very well against teams that have one dominant ball-handler. It is also effective when teams put a non-ball-handler as the inbounding player.



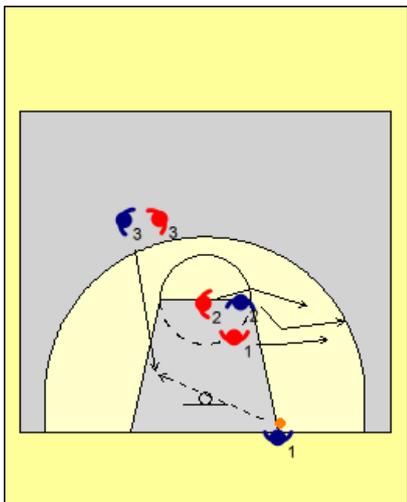
On the return pass the player guarding the ball-handler must to cut to prevent the quick dribble up the middle. It is important not to allow the player who was double-teamed to get the ball back.

From an offensive perspective, the best way to beat this concept is to throw long over the top or to have the inbounder be a ball-handler who can take the ball against pressure.



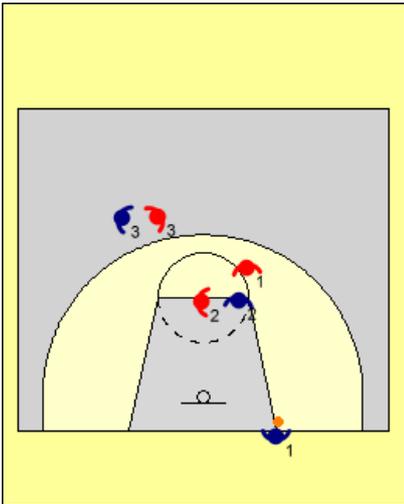
Shortstop

In shortstop, the defender of the inbounder face-guards the best ball-handler of the opponent. The other defenders prevent the ball going long or to the middle.



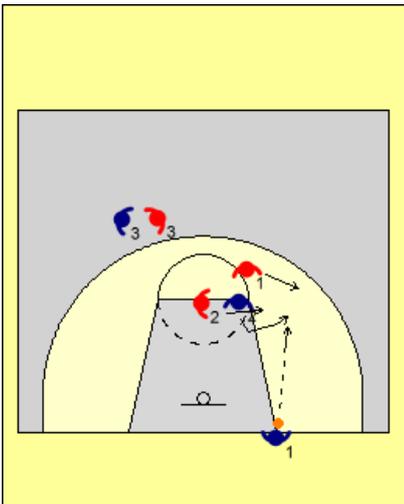
The intent is to force someone else to have to catch the ball and bring it up the floor.

The best way to beat shortstop is to throw long over the top or to have the inbounder pass the ball in quickly and sprint up the floor for a return pass before their check can recover.



Right/Left Field

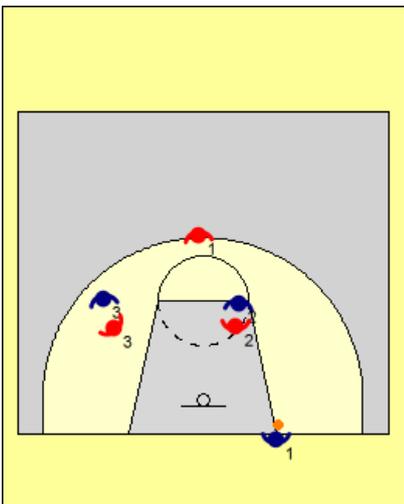
In right field, the defender of the inbounding player plays behind the best ball-handler. The other players prevent the cut long or to the middle.



With this concept, the player is allowed to cut to the corner to catch the ball. If the ball-handler tries to dribble quickly up the floor, the defender is there to slow them down.

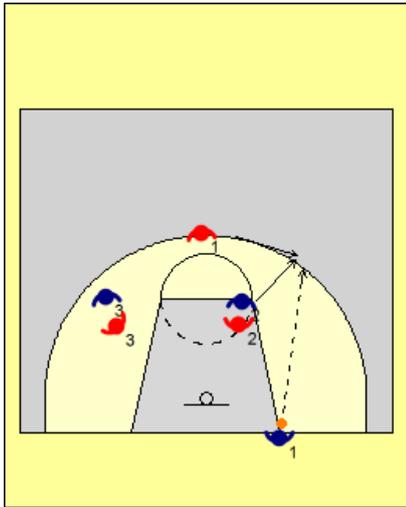
This is a good way to slow down the opponent who wants to go quickly after inbounding. As long as the inbounding player stays behind the ball, their defender can shadow the ball and slow down its progress.

The best way to beat this is to have the inbounding player clear up the floor quickly after inbounding.



Centre Field

In this situation the defender of the inbounding player plays behind the players who are the primary receivers. The other players guard the belly button and deny the cuts to the ball.



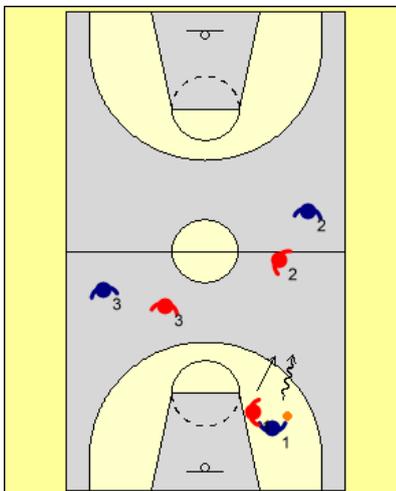
If the inbound player tries to go long, the centre fielder is there to intercept.

This works best when trying to get a five-second count or if the other team is unable to throw long.

From an offensive perspective, the best way to beat this concept is to use a formation where more than one player can go long.

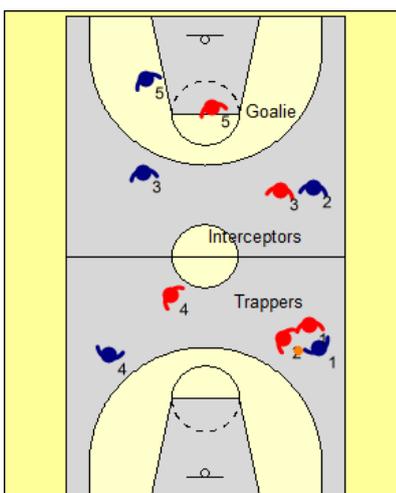
CONCEPTS OF PRESSURE DEFENCE

These concepts apply to person-to-person and zone pressure.



Forcing the Ball

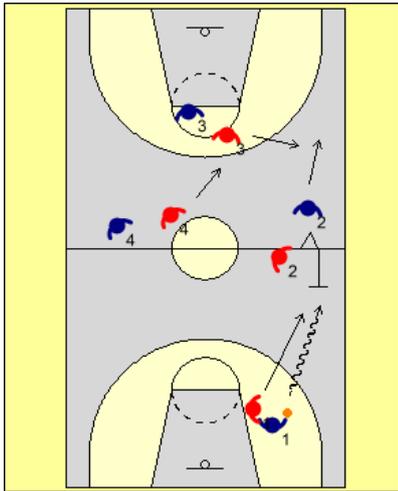
In most pressure situations, the intent is to force the ball to a specific position on the floor; preferably having the ball-handler dribble to the sideline. Some presses may force the player to dribble with a weak hand and to force the ball across half at the sideline.



Trappers, Interceptors and Goalie

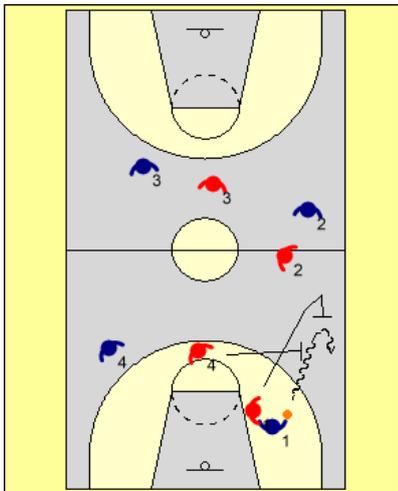
Whenever a trap occurs players assume the following roles:

- Trappers – these are the two defensive players in the trap. They are putting pressure on the ball but should not reach and foul. Turnovers usually come from the deflection of a pass.
- Interceptors – these are the two player who have positioned themselves in the passing lanes of the next logical pass receivers. They usually are defending one-and-a half players.
- Goalie – this player protects the basket. In extreme cases a coach may decide to play with three interceptors and no goalie.



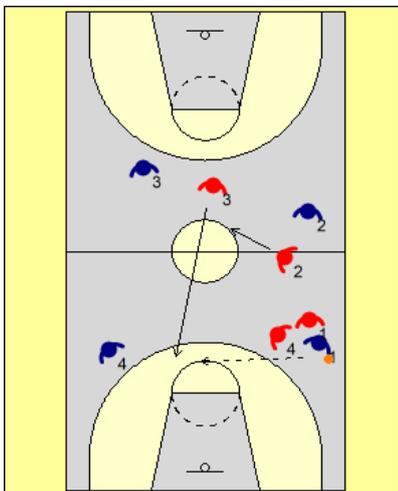
Strong-Side Traps

A good time to set a strong-side trap is when the dribbler is dribbling out of control, has just crossed half-court or the trapper can get in position in two steps. Following, the other players look to rotate.



Blind Side Traps

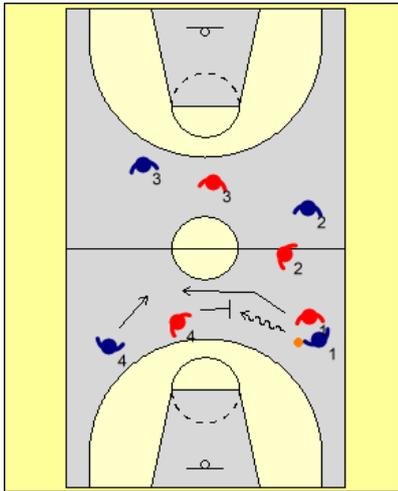
Blind side traps are very effective against a weak ball-handler. The player guarding the dribbler forces them to the sideline and then tries to cut them off. The next closest player in the middle runs a “fire” (this is an example of a verbal cue the defence can use to signal a trap). The trapper must anticipate the spin dribble or a back pivot.



Shoot the Gap

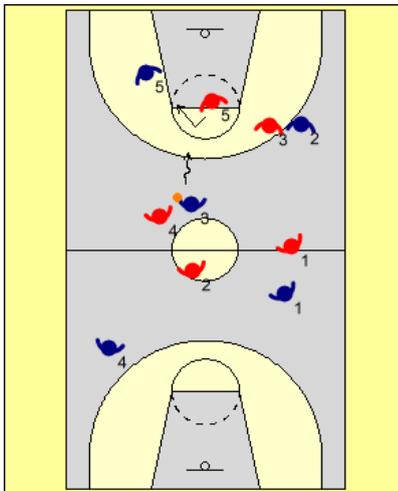
When a fire is called, the next player on the help side looks to rotate up and shoot the gap between the next offensive player. A player on the ball-side must fake at the ball-handler, trying to slow them down. It is rare to blind side trap in half-court person-to-person defence.

In some presses coaches may want to allow the pass back. This type of press is trying to slow the offence down and waste time. It also effective when the player trailing is not a good ball-handler.



Ball in the Middle

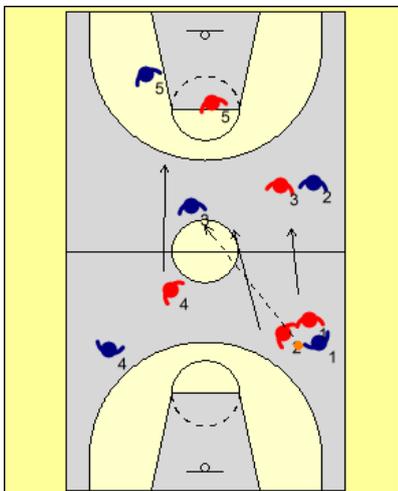
When the ball gets into the middle it is important not to allow the dribbler to split two defensive players. The defence can jump-switch to slow down the ball or fake recover to encourage a pass back out to the wing.



Fake Recover (Stunt)

When caught as the last defender protecting the basket, the goalie wants to fake at the ball-handler and then recover to the offensive player closest to the basket. The hope is that this will slow down the offensive player or create a bad pass.

Fake recovers or stunts can also be used by a strong-side defender to fake a strong-side trap.



Sprint out of traps

When the ball is passed out of a trap, all players must sprint to recover and get in front of the ball.