

## **BUILDING YOUR PRESS BREAKER**

### **A Fundamental Approach**

Developing an effective press breaker or full court organisation system is an important aspect of coaching. With the advent of the 24 second shot clock and the increasing level of athletic talent playing our sport, many coaches are “coming up the floor” on defence, looking to place immediate pressure on the offence and shorten the period of time in half court offence.

Be it zone press, full court trapping or run & jump style defensive extension, an effective system of offensive organisation and some basic rules are so important in ensuring efficient use of each possession.

Just as important to successfully handling extended pressure are the all-important fundamentals – the ability of players to lead, pass, catch and dribble the ball under pressure.

These fundamentals, coupled with an understanding of spacing and positioning on the floor will be key elements in handling the pressure up the floor.

#### **Fundamentals –**

The first step to ensuring a group of players has the tools to handle pressure up the floor is to ensure they can execute fundamentals under duress.

This means each player on the floor understands how to:

- Lead into space
- Present a target to receive the ball
- Pass the ball either hand
- Dribble the ball either hand
- Catch the pass
- Pivot both feet
- Keep their head up
- See the defence
- An understanding of the concept of “circling back” to the ball

None of these elements are complex, but all are absolutely essential to handling extended pressure defence.

Drills and breakdowns should be set up to rehearse these important elements and as with most areas of the sport, repetition and attention to detail will be paramount in building the skill base.

#### **Full court organisation –**

Once the players have a skill base to handle extended defensive pressure, the next step is to implement a system of offensive organisation – who is what position on the floor?

Extended defensive pressure is about creating chaos and disrupting the rhythm of the offence, making the offence rush and not allowing it to settle into any sort of flow.

To counter this, it is essential for the offensive team to be organised, that is, for each player on the floor to know their role, what spots they need to get to and which areas to move to.

Some hints for getting full court offensive organisation are:

- Nominating a player to bring the ball in-bounds
- Screening or cutting action to get the primary ball handler open to receive
- A counter if that player is denied
- Placing players on the floor to create a numerical advantage in relation to the defence
- Having the in-bounding player or a nominated player maintain a position “behind & opposite the ball”
- Use of taller, more athletic players to present to areas to relieve pressure
- “Stretch the floor” – make the defence cover a lot of territory both the length and width of the floor

Below is an example of a basic system for organisation in the full court –

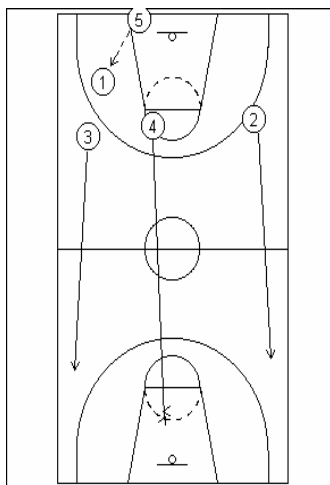


Diagram One

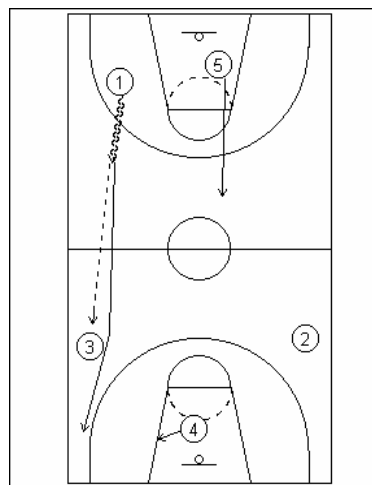


Diagram Two

Diagram One –

- Full court organisation: 5 takes it out of bounds
- 4 up-screens to get 1 open
- 2 runs opposite lane to 1
- 3 runs ball-side lane

Diagram Two –

- 4 runs to point of basket
- 2 & 3 run the floor wide looking for lay-ups
- 1 brings the ball down court off centre
- 5 presents “behind & opposite” the ball

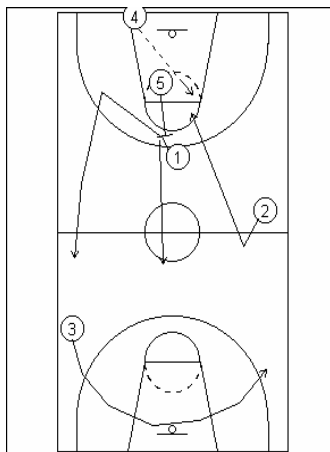


Diagram Three

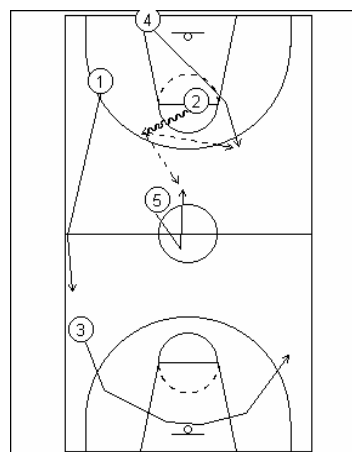


Diagram Four

Diagram Three – counter for pressure (press break)

- If 1 is denied, 2 pulls back to receive pass
- 1 man turns out to fill left lane as 2 pulls back
- 3 swings through to create open lane
- After screening, 5 “circles back” to present as an option
- Pass can be made to middle to 5, down the line to 1 or laterally to in-bounding player