

## Continuous Press break

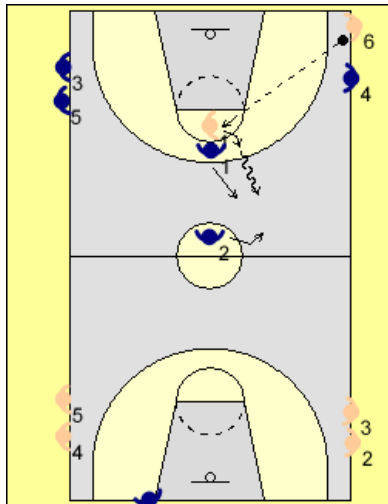
Here is a progressive drill that works on the concepts of pressing:

- Containing the ball
- Shadowing the ball
- Trapping the ball
- Rotating to the open players
- Protecting the basket
- Building your long and short safeties

And press breaking skills:

- Getting open
- Attacking double teams
- Pull back dribbles
- Cutting to openings
- Pressure release
- Faking

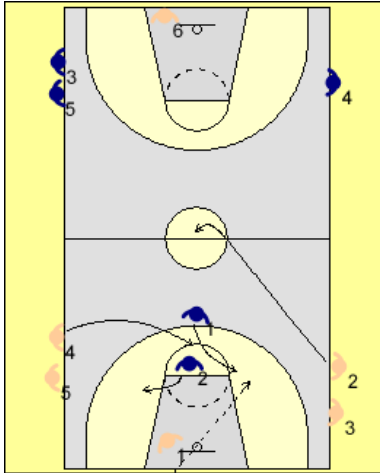
It gives every athlete an opportunity to work on the skills of pressing. Divide the team into two equal teams wearing different colour pinnies.



One offensive player starts at one end of the floor ready to receive an inbound pass (Mix up the different places where this occurs). Two defenders are on the floor ready to play defence (Again, mix up how they play. Eventually against a good offensive player allow them to start with a double team). An inbounder for the offensive team has the ball out of bounds. The subs for the defence are on the sideline of their offensive end. The defensive subs are on the sideline at the opposite end.

Once the ball is inbounded the offensive player is now playing **1 on 2**. The defenders are working on containing the ball handler, shadowing the ball and ultimately trapping the ball. If the ball is turned over in the backcourt allow the players to attack 2-1. If a violation occurs in the backcourt allow the offence to inbound and play.

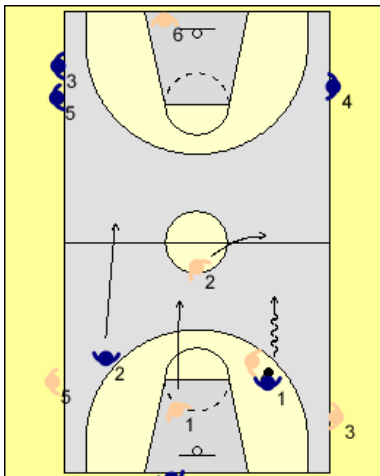
Do not start with the same players in the same places all the time. Mix up the positions and roles.



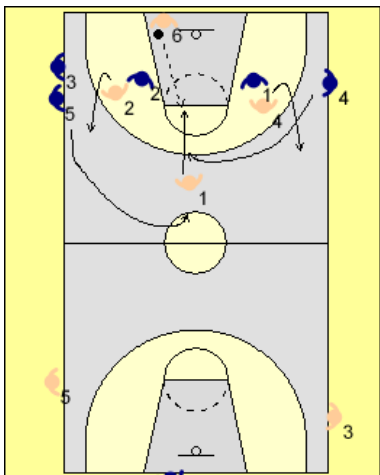
### 2 on 3

In the example, the ball is scored. Two new defenders come on to the floor plus the previous offensive player. This gives us the three defenders. They must determine their roles on defence. This will only occur with communication. One of the subs from the new offensive team is the inbounder. The two defenders are now the new offensive players trying to advance the ball vs. the three defenders.

If the ball was turned over in the front court or rebounded by the defence the two defenders come in from the sideline. If there was a violation, (travel, out of bounds, double dribble, 5 second count) start with an inbounds.

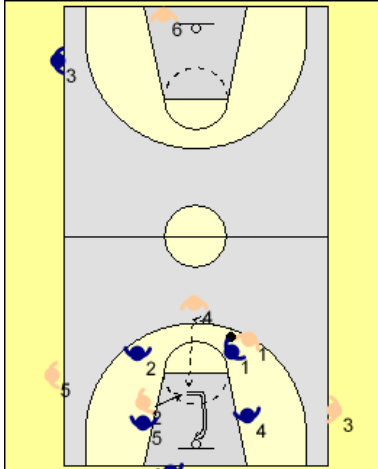


The offence is working on attacking pressure and the defence is working on containing, shadowing, trapping and rotating on defence. One important skill for the offensive to work on is pressure release. Cut back to help your teammate who is in trouble.



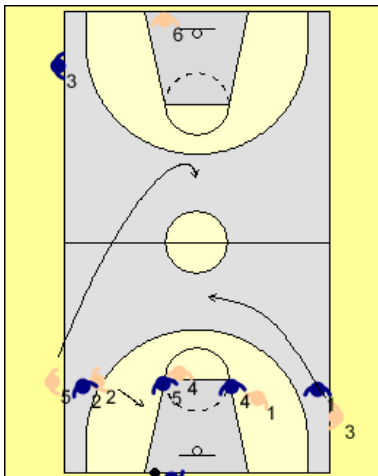
### 3 on 4

Two new defenders enter the game. They now defend the three offensive players who were just on defence. A sub inbound the ball. (It is better to allow players inbound rather than coaches, This is a skill we often assume players can do). The same rules apply if it was a score, rebound or turnover.



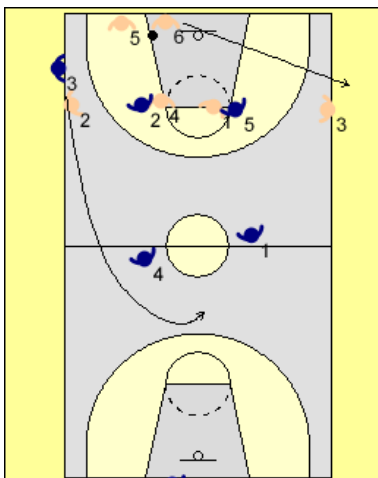
Notice that the defence could also work on being in a box zone. This forces the three offensive players to work on attacking a zone conceptually.

You can have the players play zone pressure, run and jump, straight man to man with a shadow or any combination you want. They can mix up what they do in the full court and half court. Mix up pick up points.



#### 4 on 5

When two new defenders enter the drill we now have four offensive players vs. five defenders. As you can see players should be working on the concepts of good pressure and press breaking.



#### 5 on 5

In the last possession the teams now play 5 on 5. Notice that the inbounder who was there from before steps out of the way to allow the inbounder to come from the players on the floor. You can determine how many times they can go up and down 5 on 5.

It is suggested that you debrief. It is so important to ask questions. Let them describe to you what has just happened.

When you start the next time have the sub that was inbounding start as the one offensive player. The sub and one of the last players to come on the floor should be the two defenders.