

1-2-1-1 FULL COURT PRESS

PHILOSOPHY

THE PRESS MAKES YOU PAY FOR NOT BEING FUNDAMENTALLY SOUND. THIS IS THE MAIN REASON WE USE THE 1-2-1-1 FULL COURT PRESS AT WHITE OAK. WE HAVE CHOSEN THIS PRESS INSTEAD OF OTHER PRESSES FOR THE FOLLOWING REASONS: 1) IT IS EASIER TO SET UP IN A FULL COURT ZONE PRESS. 2) THE 1-2-1-1 IS A FOUR TRAP PRESS. 3) IT IS AN AGGRESSIVE PRESS. 4) THERE ARE MULTIPLE OPPORTUNITIES FOR STEALS. THE BASIC PRINCIPLES THAT MUST BE STRESSED ARE TO KEEP THE BALL OUT OF THE MIDDLE OF THE FLOOR, TO STEAL PASSES NOT TO STEAL THE BALL OFF OF THE DRIBBLE, AND NOT TO GIVE UP LAYUPS. AS LONG AS THE OPPONENT DOES NOT SHOOT A LAYUP, THE PRESS HAS DONE ITS JOB.

POSITION DESCRIPTION

MAN ON THE BALL

1. MUST BE AGGRESSIVE AND GOOD ATHLETE.
2. SHOULD BE FAIRLY TALL.
3. MUST HAVE SOME BASKETBALL SAVVY.
4. MUST BE ABLE TO GET TO THE FIRST TRAP QUICKLY.

WINGS

1. NEED TO BE GOOD DEFENSIVE POSITION PLAYERS.
2. MUST BE ABLE TO ANTICIPATE WHERE THE BALL WILL BE THROWN.
3. SHOULD HAVE DECENT SPEED.
4. HAS TO BE WILLING TO SPRINT THE FLOOR EVERY TIME.

MIDDLE MAN (INTERCEPTOR)

1. BEST MAN DEFENSIVE PLAYER AND GOOD ATHLETE.
2. MUST BE GOOD OPEN FLOOR DEFENDER.
3. MUST BE ABLE TO ANTICIPATE PASSES.
4. NEEDS TO BE GOOD COMMUNICATOR.

SAFETY

1. SLOWEST PLAYER.
2. MUST BE ABLE TO STOP LAYUPS.
3. MUST HAVE BASKETBALL SAVVY.
4. NEEDS TO BE GOOD COMMUNICATOR.

POSITION RULES

MAN ON THE BALL

- 1.FORCE THE BALL TO BE THROWN IN ON THE SHORT SIDE OF THE FLOOR.
- 2.RESPONSIBLE FOR 1ST TRAP ON BOTH SIDES OF THE FLOOR WITH BALLSIDE WING.
- 3.ONCE TRAP IS CLOSED, GET HANDS STRAIGHT UP(DON'T SLAP) AND DO NOT LET DRIBBLER BACK TO THE MIDDLE.
- 4.IF THE DRIBBLER GOES UP THE SIDELINE, SPRINT THRU THE MIDDLE OF THE FLOOR BEING AN INTERCEPTOR.
- 5.IF THE BALL IS REVERSED, READ THE PLAY OF THE INTERCEPTOR:
A)IF BALL IS CUT OFF, TRAP THE BALL.
B)IF BALL GOES UP SIDELINE, BE INTERCEPTOR THRU THE MIDDLE.
- 6.MAY BE ALIGNED OFF THE BALL AGAINST CERTAIN PRESS BREAKS BUT RESPONSIBILITIES DO NOT CHANGE.

WING (SHORT SIDE)

- 1.ALIGNMENT-FREE THROW LINE EXTENDED.
- 2.FORCE MAN TO THE CORNER. IF THEIR IS NO ONE IN FRONT OF YOU, BACK UP UNTIL YOU FIND SOMEONE.
- 3.DO NOT ATTEMPT TO STEAL IN BOUNDS PASS.
- 4.ONCE BALL HAS BEEN THROWN IN, TRAP WITH MAN ON THE BALL. GET HANDS STRAIGHT UP(DON'T SLAP).
- 5.ONCE BALL IS TRAPPED, DO NOT LET THE BALL UP THE SIDELINE.
- 6.IF BALL DOES GO UP THE SIDELINE, FUNNEL TO SECOND TRAP.
- 7.IF BALL IS REVERSED, READ PLAY OF THE INTERCEPTOR:
A)IF BALL IS TRAPPED, BECOME INTERCEPTOR
B)IF BALL GOES UP SIDELINE, SPRINT TO THE BASKET.

WING (WIDE SIDE)

- 1.ALIGNMENT-APPROXIMATELY THE TOP OF THE KEY.
- 2.KEEP THE BALL OUT OF THE MIDDLE OF THE FLOOR.
- 3.ONCE BALL HAS BEEN TRAPPED, ANTICIPATE THE NEXT PASS WITH PRIORITY GIVEN TO THE MAN IN THE MIDDLE.
- 4.IF THE BALL SPLITS THE TRAP OR GOES UP THE SIDELINE, SPRINT TO SAFETY.
- 5.IF THE BALL IS REVERSED, EITHER CUT THE DRIBBLER OFF OR FUNNEL UP THE SIDELINE.

MIDDLE MAN

- 1.ALIGNMENT-APPROXIMATELY HALF COURT SHADING BALLSIDE
- 2.RESPONSIBLE FOR THE FIRST PASS UP THE SIDELINE ON BOTH SIDES OF THE FLOOR.
- 3.RESPONSIBLE FOR 2ND TRAP ON BOTH SIDES OF THE FLOOR.
- 4.IF THE BALL GETS TO THE MIDDLE, MUST FORCE THE BALL TO THE SIDELINE AND NOT GET BEAT BY THE DRIBBLER.

SAFETY

- 1.ALIGNMENT-OPPOSITE THE BALL AND DEEP ENOUGH TO COVER THE FARTHEST PLAYER DOWN THE FLOOR.
- 2.ANY TIME THE BALL GOES UP THE SIDELINE, ROTATE TO BALLSIDE AND INTERCEPT THE FIRST PASS UP THE SIDELINE FROM THE TRAP
- 3.DO NOT COME UP AS INTERCEPTOR UNTIL YOU CAN SEE THE OFFSIDE WING CAN GET TO THE BASKET.
- 4.RESPONSIBLE FOR ANY MAN THAT GOES DEEP.

NOTE:ANY TIME THE BALL GOES TO THE MIDDLE OF THE FLOOR EVERYONE SPRINTS TO THE BASKET.

ALIGNMENTS VS. PRESS BREAKS