

**94/32**

PRESSING and HOW to TEACH IT

BY COACH TED ANDERSON

HEAD WOMEN'S BASKETBALL

ANDALE HIGH SCHOOL (KANSAS)

# MY BACKGROUND

1987 graduate of Basehor High School in Kansas (59 graduates)

1992 graduate of Pittsburg State (Kansas)

1993-2009 HEAD GIRL'S COACH: Valley Center Kansas 5A in 6 class state

2009-2015 9th GRADE BOYS COACH: Andale High School in Kansas 4A

2015-Present: HEAD GIRL'S COACH: Andale High School in Kansas 4A

MIDDLE SCHOOL READING and LANGUAGE ARTS: 1992-present

# CONTACT INFORMATION

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## REASONS for PRESSING:

- Your team needs to **work on breaking a press**
  - We work on press offense and defense in some form daily
  - Sometimes understanding a press defense helps your press offense.
- Your team is behind in the 4th quarter
  - No coach plans to have to come from behind but sometimes you have to
  - At the least you need to be able to play full court man and try to get a steal and then foul etc.
- The court is **94 feet** long
  - Some teams like to dig in and let the other team come to them
  - We believe that is a lot of free trips for the opponent

# REASONS CONTINUED

- There **is not** a shot clock in your state
  - Sometimes a press can cause good teams to take early hurried shots and then they never get into their rhythm
  - Once you get to the fourth quarter the team that is ahead has an 8 minute shot clock
- If there **is a shot clock** in your state
  - You can burn 8-12 seconds off the shot clock with a soft press
  - You can try to trap early and then play solid in the half court

# REASONS CONTINUED

- You want to play more players:
  - **Dean Smith:** I would rather have a fresh player in for two minutes than a tired player who has played the entire first half etc.
  - Many years we have played 10-12 players and played in units
  - Our second unit usually is a group that can speed the game up and help the first unit by tiring our opponent.

# LAST TWO REALLY GOOD REASONS

- You need to create **scoring opportunities** with your defense
  - It is hard to score in the game of basketball
  - Pressing can get you in an advantage situation
- Pressing is **fun** and brings a lot of **energy** to the gyms
  - You can change the momentum very quickly
  - The gym will get rocking
  - Your teams will BELIEVE that they can come back

# TEACHING METHOD

- We use a WHOLE/part/WHOLE method of teaching on offense and for the most part on defense as well.
- We want our players to SEE the big picture or what the finished product should look like.
- We will put our MAN to MAN defense in the first week before any press or zone etc.
- We will run our UCLA drill 3 on 2 with a trailer and allow pressing the first week:
- If I could only run 3 drills and had 40 minutes to practice we would run UCLA DRILL every day: All encompassing



## TYPES OF PRESSES that we have run:

1. Full court **MAN to MAN** and stunts (SCRAMBLE)
  - HOT: don't let anyone catch
  - DENY point guard (Double out): make someone else bring it up
  - Let ball in and then play zig zag with point
  - AND there are multiple ways to trap out of it
2. **2-2-1**
  - Sometimes we will just rotate back to our amoeba or just 2-3
  - GUARDS UP/FORWARDS UP
  - Pressure the ball and force the dribble up side (trapping areas)
  - Pressure the ball and play hot with the front people
  - Keep 5 man back
  - Rotate 5-4-3
3. **1-2-1-1**
  - On ball or off ball
  - We are going to trap the first pass
  - Rotate up/back or read

## HOW TO WORK ON PRESSES

1. UCLA DRILL: 3 on 3 continuous allow pressing: Play in a FRENZY
2. 5 ON 5
  - DEAD BALL
  - CIRCLE
  - FREE THROW
  - Play until a miss
  - GAME PLAN
  - SWITCH DEFENSES ATO or FREE THROW 1 possession

[PRESSES and ROTATIONS](#)

# FIX IT DRILLS TO TEACH THE PRESS

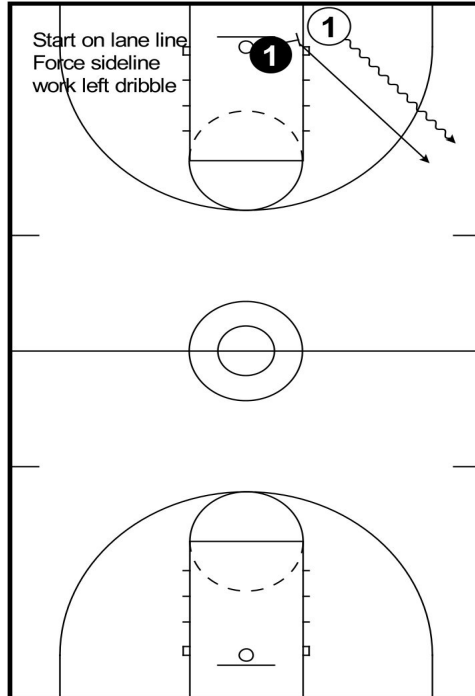
## TEACHING THE PRESS:

1. 4v4 full court: use in frosh evaluations and selections
2. BASIC ZIG ZAG
3. 1v1 CUT
4. 1v2 CUT
5. 2v2 3v3 RUGBY rules
6. MAC TRAP DRILL and 3 v 3 read in 2-2-1
7. 4v4 full court don't worry about the basket: offense no restrictions
8. FREE THROW transition with advantage 4v5 5v4 not really a press drill on way back

# ZIG ZAG

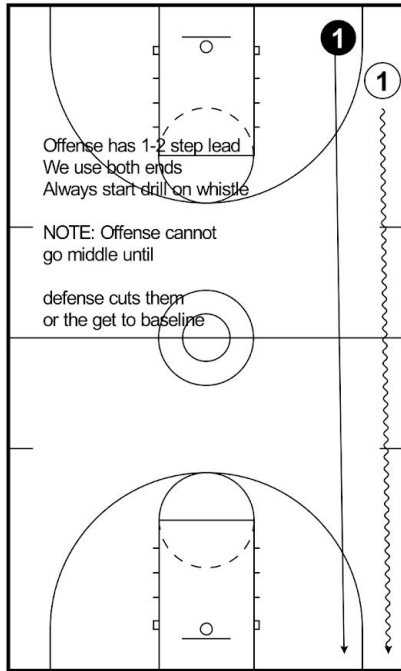
## ZIG ZAG

19-20 - Ted Anderson playbook - DRILLS

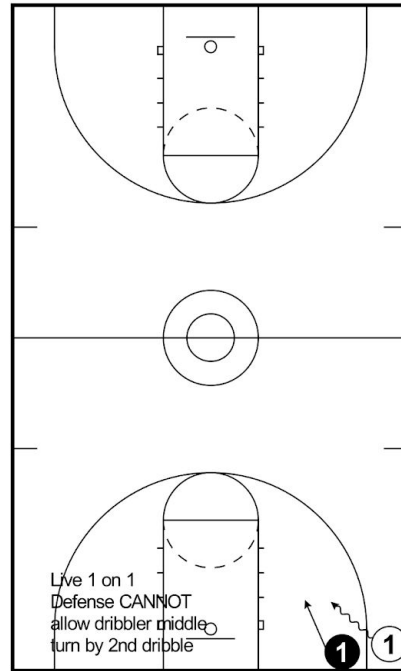


# 1 v 1 CUT

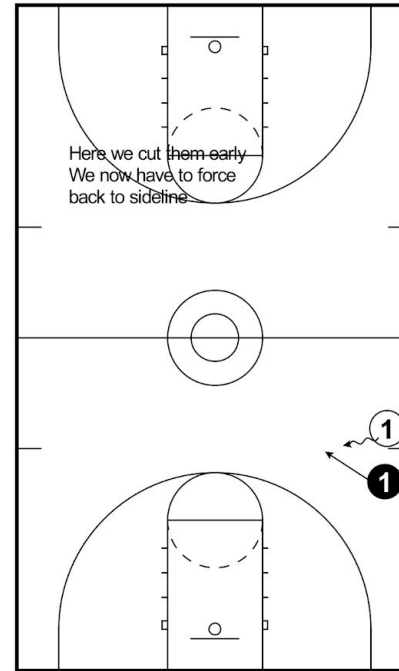
1 V 1 CUT DRILL (1 of 4)  
19-20 - Ted Anderson playbook - DRILLS



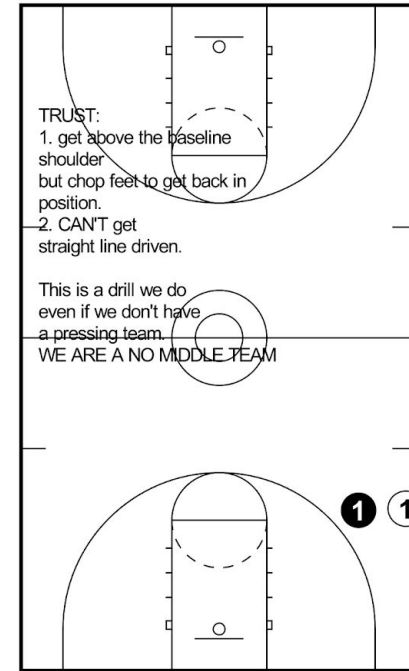
1 V 1 CUT DRILL (2 of 4)  
19-20 - Ted Anderson playbook - DRILLS



1 V 1 CUT DRILL (3 of 4)  
19-20 - Ted Anderson playbook - DRILLS



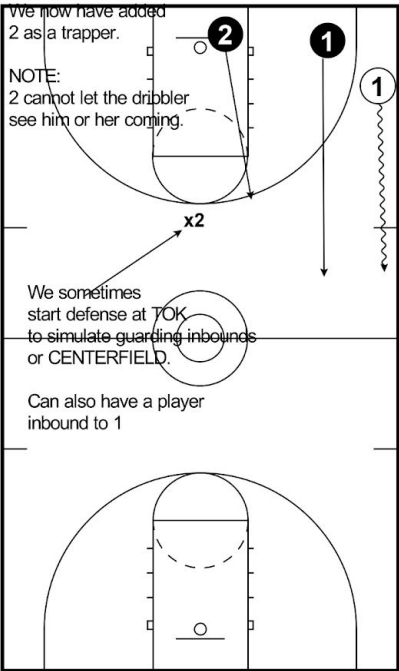
1 V 1 CUT DRILL (4 of 4)  
19-20 - Ted Anderson playbook - DRILLS



### 2 v 1 CUT and TRAP (1 of 4)

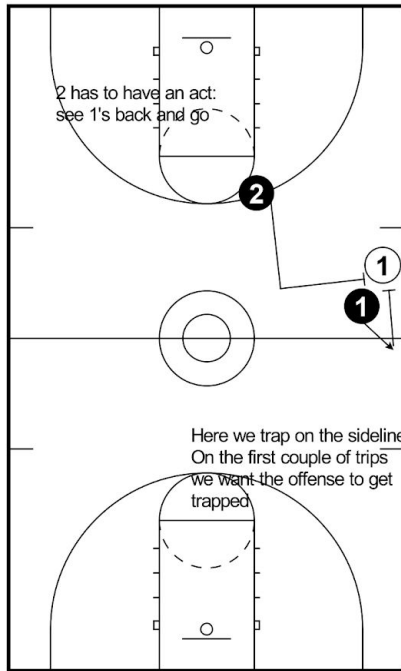
19-20 - Ted Anderson playbook - DRILLS

Same as cut drill



### 2 v 1 CUT and TRAP (2 of 4)

19-20 - Ted Anderson playbook - DRILLS



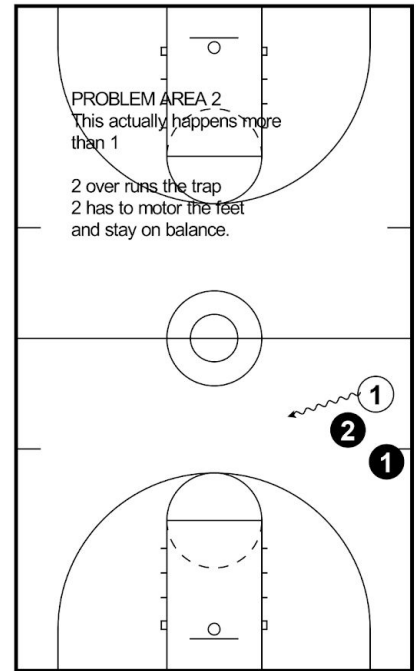
### 2 v 1 CUT and TRAP (3 of 4)

19-20 - Ted Anderson playbook - DRILLS



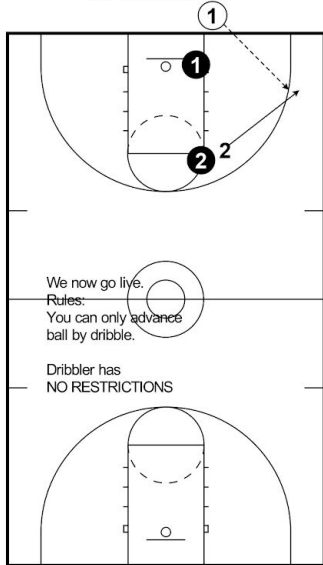
### 2 v 1 CUT and TRAP (4 of 4)

19-20 - Ted Anderson playbook - DRILLS

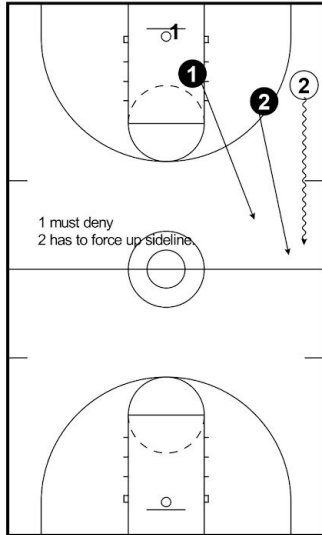


# 2 v 2 RUGBY

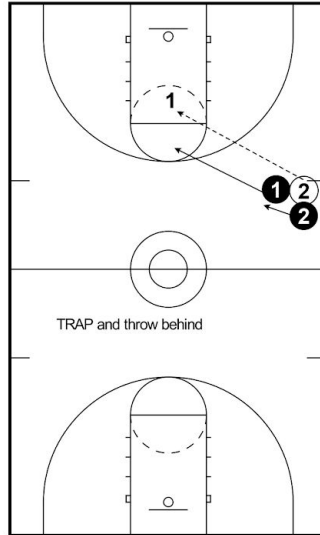
2 v 2 RUGBY (trap) (1 of 5)  
18-20 - Ted Anderson playbook - DRILLS



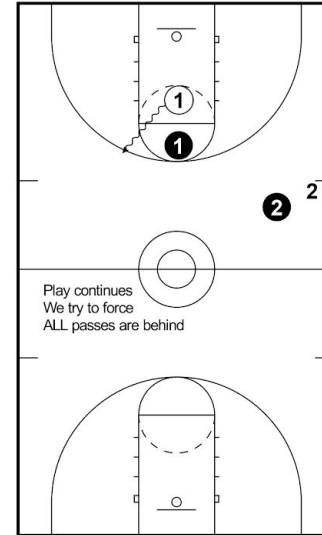
2 v 2 RUGBY (trap) (2 of 5)  
18-20 - Ted Anderson playbook - DRILLS



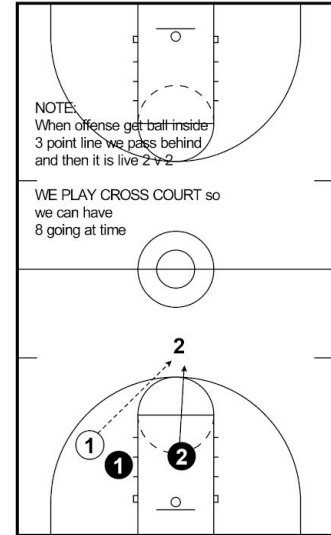
2 v 2 RUGBY (trap) (3 of 5)  
18-20 - Ted Anderson playbook - DRILLS



2 v 2 RUGBY (trap) (4 of 5)  
18-20 - Ted Anderson playbook - DRILLS



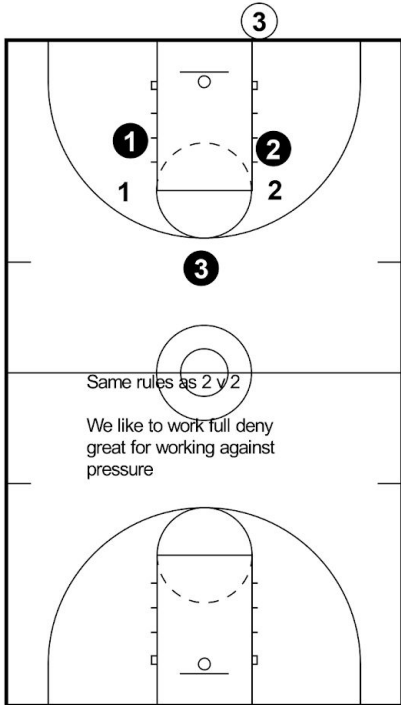
2 v 2 RUGBY (trap) (5 of 5)  
18-20 - Ted Anderson playbook - DRILLS



# 3 on 3 RUGBY

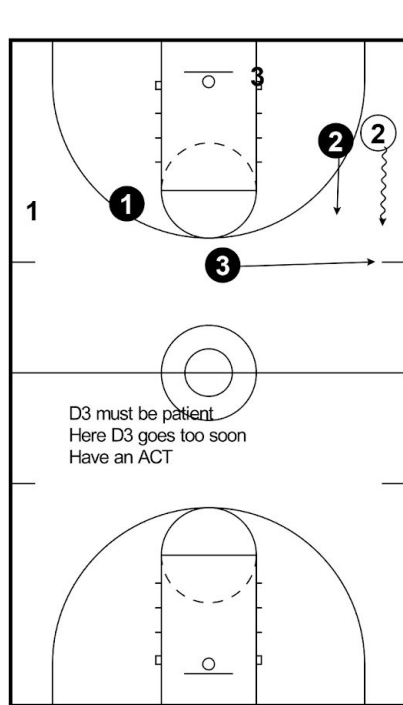
3 v 3 RUGBY (work deny) (1 of 4)

19-20 - Ted Anderson playbook - DRILLS



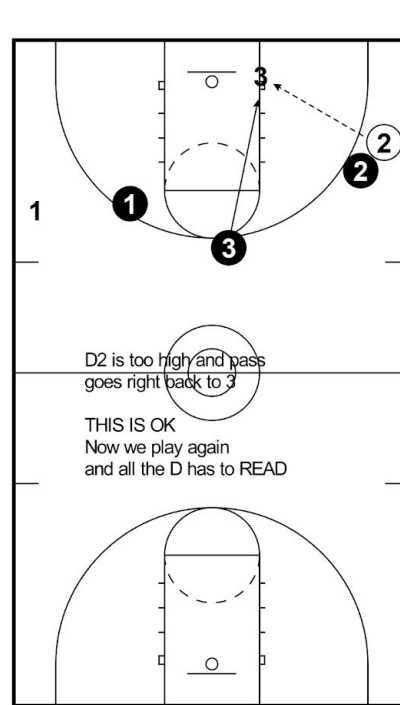
3 v 3 RUGBY (work deny) (2 of 4)

19-20 - Ted Anderson playbook - DRILLS



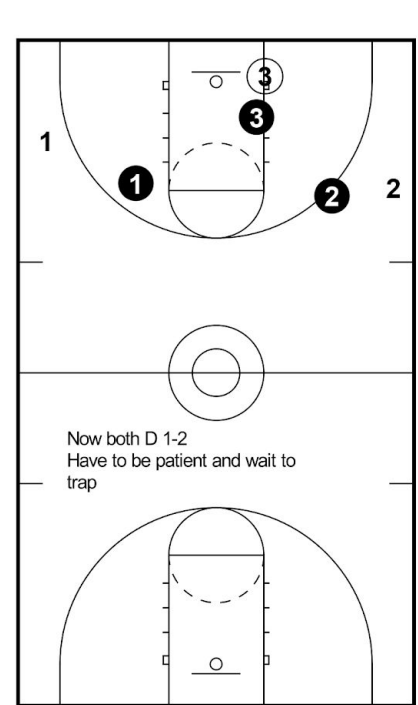
3 v 3 RUGBY (work deny) (3 of 4)

19-20 - Ted Anderson playbook - DRILLS



3 v 3 RUGBY (work deny) (4 of 4)

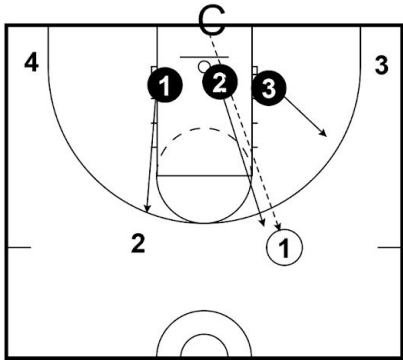
19-20 - Ted Anderson playbook - DRILLS





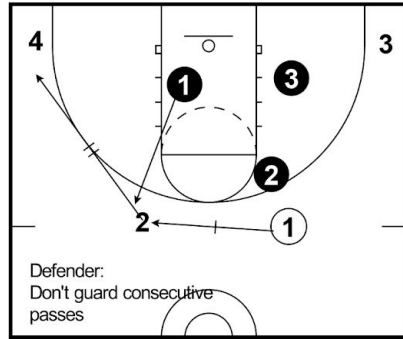
# 3 v 4 ROTATION

3 v 4 ROTATION (1 of 4)  
19-20 - Ted Anderson playbook - DRILLS



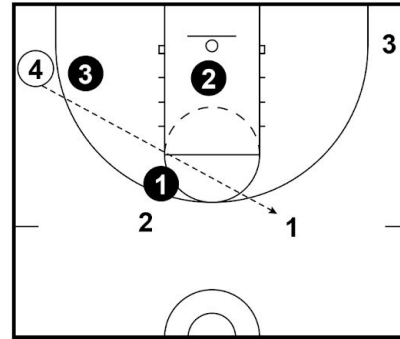
3 faces coach  
Coach passes out  
Work on rotation

3 v 4 ROTATION (2 of 4)  
19-20 - Ted Anderson playbook - DRILLS



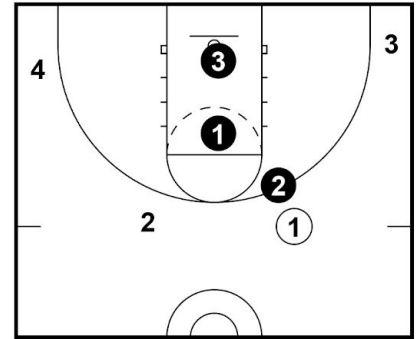
OFFENSE must stay behind 3 point line  
We cover  
BALL, BASKET, BACKSIDE

3 v 4 ROTATION (3 of 4)  
19-20 - Ted Anderson playbook - DRILLS



Who has the?  
Whoever gets there  
Read on the run  
COMMUNICATE

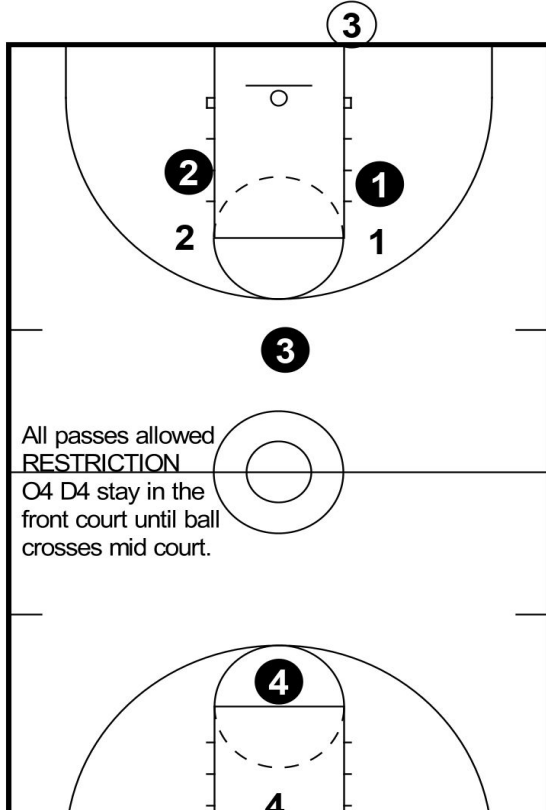
3 v 4 ROTATION (4 of 4)  
19-20 - Ted Anderson playbook - DRILLS



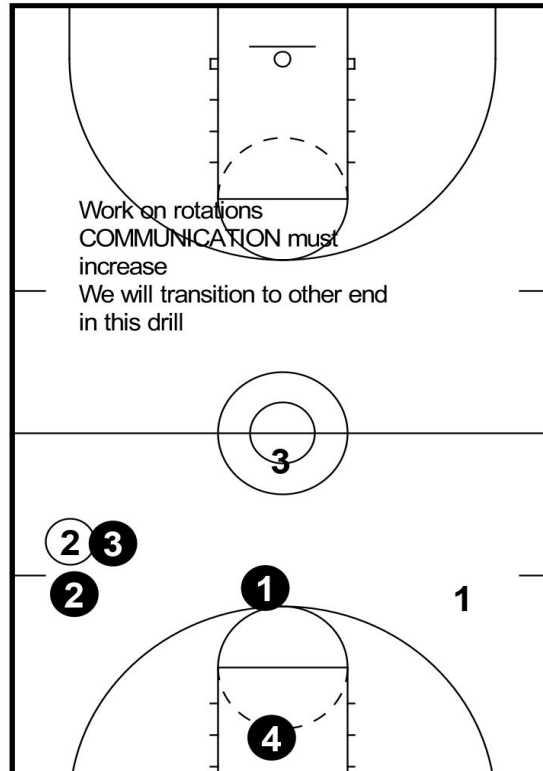
The next pass will be a full read  
We will advance to allowing drives  
COMPETITIVE  
Offense has to shoot 3%  
Max 4-5 passes

# 4 on 4 live

4 v 4 press live (1 of 2)  
19-20 - Ted Anderson playbook - DRILLS



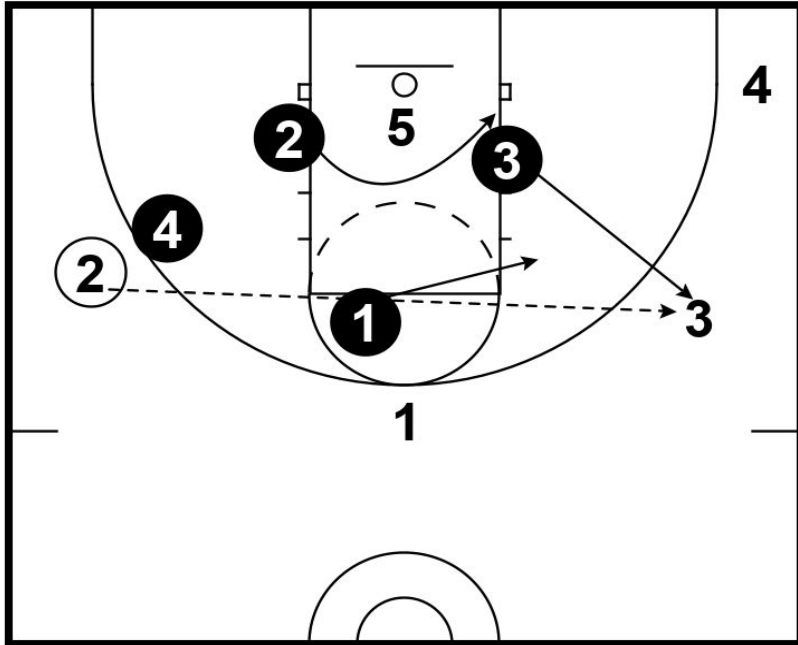
4 v 4 press live (2 of 2)  
19-20 - Ted Anderson playbook - DRILLS



# 4 v 5 live

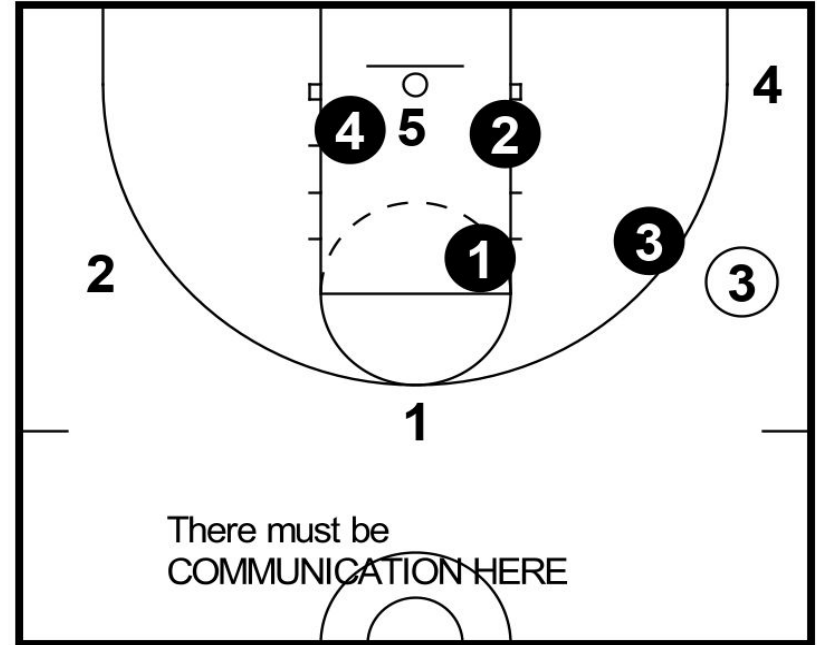
## 4 v 5 Rotation (1 of 2)

19-20 - Ted Anderson playbook - DRILLS



## 4 v 5 Rotation (2 of 2)

19-20 - Ted Anderson playbook - DRILLS



# QUESTIONS to PONDER:

- ❖ **WHEN** will you press?
  - ❖ Any live ball? Made FG, FT, Dead or even misses?
  - ❖ On a made FG who was back on the shot and how do you get into it
  - ❖ We have our 1 or 2 player at half court in all our presses and they can't come up until our basket defender gets past them
  - ❖ We almost 100% of the time press on Dead balls and made Free throws
- ❖ **WHEN** will you **get out** of the press?
  - ❖ The other team is torching you?
  - ❖ Your kids **WON'T** press?
  - ❖ Your opponent is in the bonus
  - ❖ Your game plan was **BAD**

# MORE QUESTIONS

- ❖ Will you **deny** the inbounds pass?
  - ❖ It is tough to trap when doing this
  - ❖ You can get beat over the top (which really speeds tempo)
- ❖ How are you going to **defend the basket**?
  - ❖ Leave the protector there
  - ❖ Rotate protectors

# OTHER QUESTIONS

- ❖ What are your **trapping rules**, where will you trap, and will you continue to trap?
  - ❖ We have certain rules for each press
  - ❖ We will almost ALWAYS continue to trap with the ball on the sideline
- ❖ Can you live with giving up a lay-up?
- ❖ Can you seamlessly move from your press into your half court defense?
  - ❖ The hardest part of pressing: COMMUNICATION is KEY
  - ❖ There are many open shots and clean looks during this time
  - ❖ Sometimes this can be good but sometimes bad

## WILL YOUR KIDS PRESS