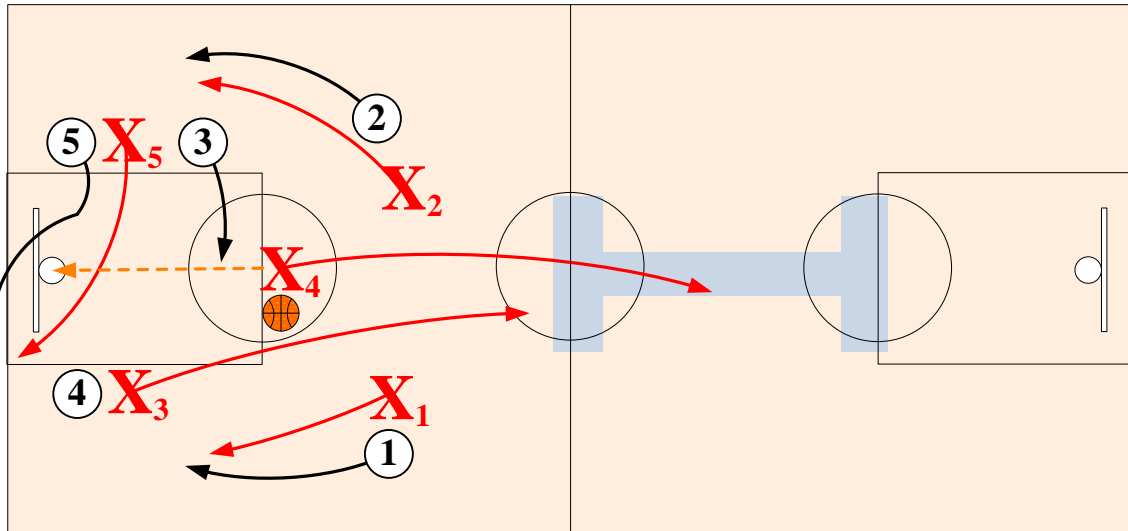
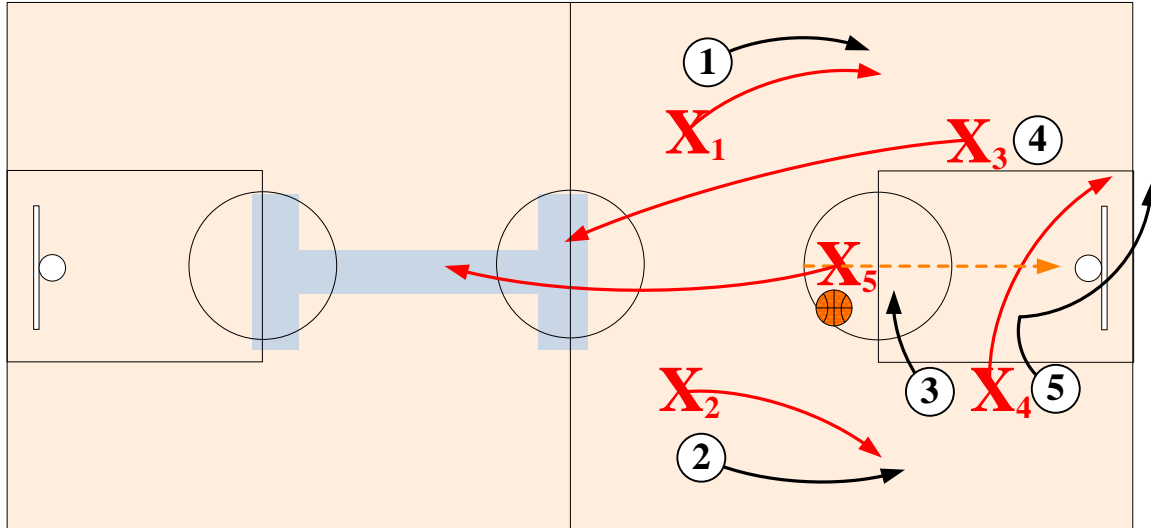


“Free Throw & Press” – Longest Run

This is an excellent full court five-on-five competitive drill can be used to introduce and refine full and half court presses. Drill starts with a made free throw by the pressing team. On missed free throw shoot again. Defense applies the predetermined half court or full court press, breaking off defensive stops (steals, turnovers, and defensive rebounds). If/when the pressing team scores they continue to press. Drill continues until the offensive team scores. Coach keeps track of the number of points scored by the pressing team prior to the offensive team scoring (longest run).



Rotation



Once the offense scores, teams reverse directions with a new free throw shooter going to the line. For press adjustments, it is important that all five players go to the line. Once all of pressing players have shot free throws or a predetermine length of time, defense and offense switch roles with the pressing team going to offense and the offensive team shooting the free throw and pressing.

Coaching

Do not change presses during a run. Wait until a free throw situation occurs to change press type, unless a predetermine system of changing presses is used, such as “Face” on break away layups and free throws, “Shadow” on made two point field goals, and half court on three point field goals.

Note: This is also an excellent press break offensive drill (see offensive transition drills).