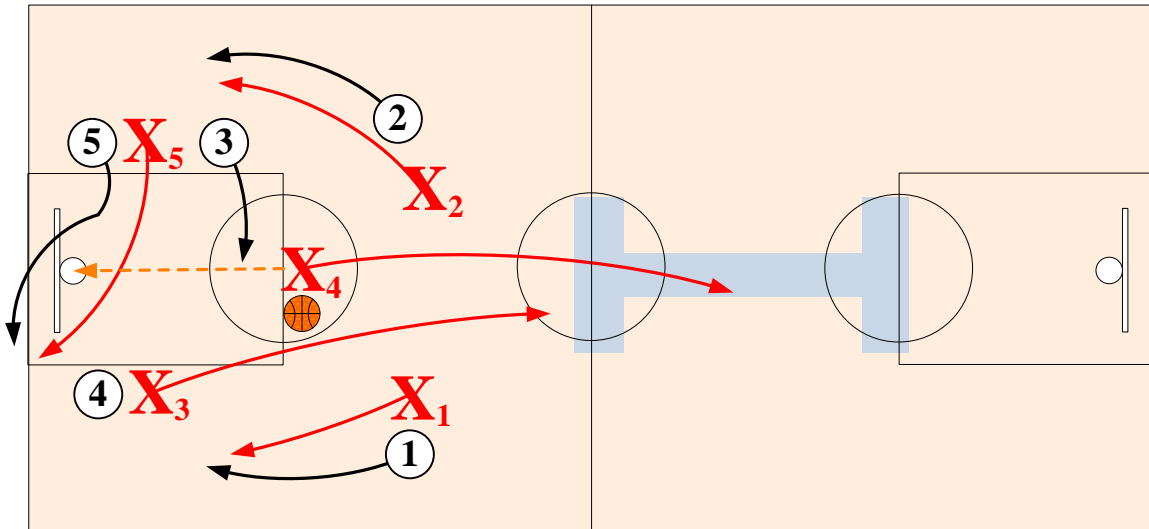
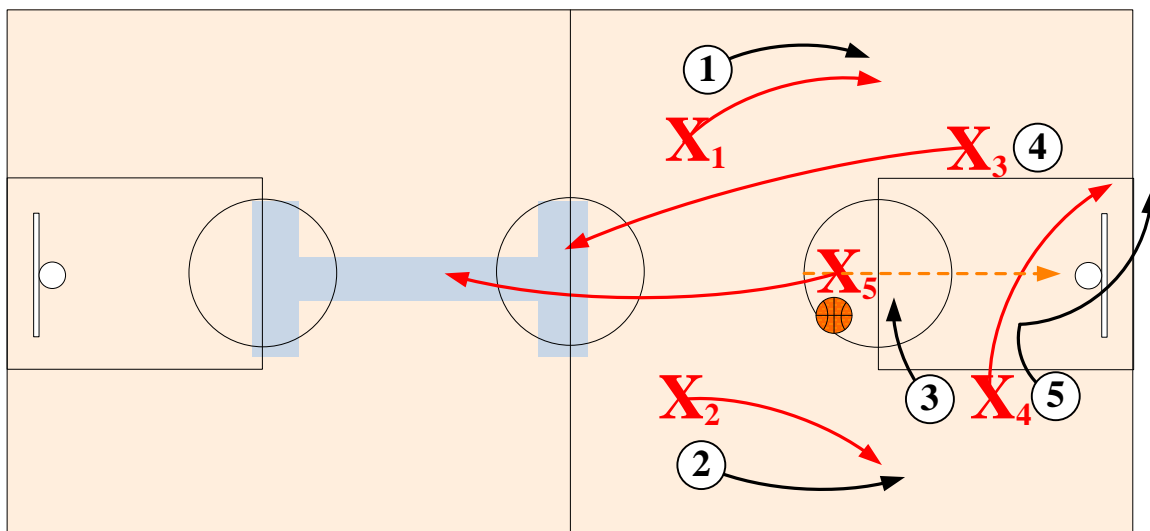


“Free Throw & Press” – Press Break Drill

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.



Rotation



Once the offense scores, teams reverse directions with a new free throw shooter going to the line. After a predetermine length of time, defense and offense switch roles with the pressing team going to offense and press break and the offensive team shooting the free throw and pressing.

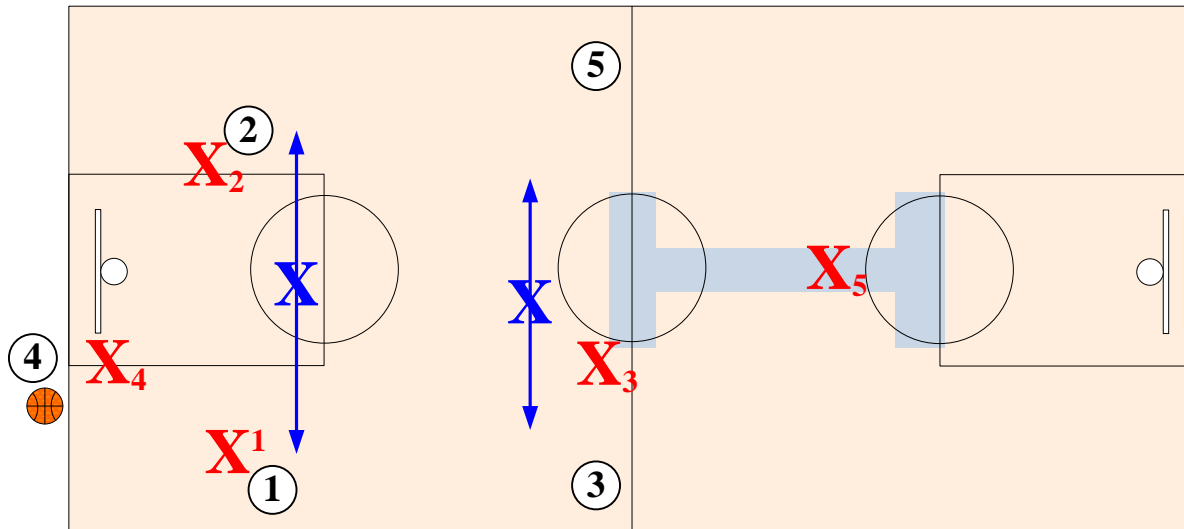
Coaching

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.

Longest Run

Coach keeps track of the number of points scored by the pressing team prior to the offensive team scoring (longest run). This will provide the pressing team a with a goal and incentive to play hard. You definitely want to practice against strong defense.

Variation 1. For Better Results Add Two Extra Defenders (5 vs 7)



By adding two extra defenders, it makes inbounding and advancing the ball more difficult. Once the ball crosses the mid court line, the two extra defenders step off and the drill continues 5-on-5. Any time the defense makes a defensive stop (steal, turnover, and defensive rebound) and gains ball possession they immediately push the ball and try to score. When the pressing team does score they continue to press. If they do not score full court play continues, with the pressing team continuing to press after made shots, until the press break team scores. Teams reverse direction and a new free throw is shot.

Variation 2. For Even Better Results, Take away the Dribble.

Still play against seven defenders, but eliminate dribbling. Any time the press break team takes a dribble make it a violation with the pressing team receives ball possession. Because of bad habits, most players will struggle at first. However, they will soon learn to play with their heads up and see the floor, make sharp, accurate passes, lead receivers, and execute "Give & Go" cuts or keys to a successful press break. Come game time attacking 5-0n-5 will be a snap.

Note: Free Throw & Press is also an excellent drill for introducing and refining full and half court presses. (see defensive transition drills).