

VCU BASKETBALL



OVERVIEW

- **FULL COURT PRESS / BUILD UP DRILLS**
- **HALF COURT DEFENSIVE DRILLS**
- **BOB PLAYS VS. MAN / ZONE**
- **ZONE O CONCEPT / QUICK HITTERS**
- **LATE GAME SITUATIONS**



WHAT ARE WE TRYING TO GET OUT OF THE PRESS

- **TURNOVERS (LIVE BALL)**
- **QUICK / BAD SHOTS**
- **CREATE OFFENSIVE OPPORTUNITIES**
- **FORCE TEMPO / DISRUPT OFFENSIVE FLOW**
- **DIFFICULT TO PREPARE FOR**
- **MAKE OPPOSING PLAYERS DO THINGS THEY AREN'T COMFORTABLE DOING**
- **CREATE FATIGUE (CUMULATIVE EFFECT)**
 - **WHO GETS TIRED 1ST? / WHO RECOVERS QUICKEST?**
- **MAKE DEPTH A FACTOR (WHO'S 6-10 IS BETTER?)**
- **EXCITING STYLE OF PLAY (PLAYERS / FANS)**
- **IDENTITY / BRAND**



WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?

- **ENERGY (5 GUYS FLYING AROUND)**
 - “FOULING NEGATES HUSTLE”
- **COMMUNICATION**
 - “TALKING MAKES YOU QUICKER”
- **GETTING INTO THE PRESS QUICKLY**
- **DEFLECTIONS**
- **TRAPPING FUNDAMENTALS**
 - **WHEN TO TRAP? (GOOD TRAP VS. BAD TRAP)**
 - BALLHANDLER'S LEVEL OF CONTROL
 - ELEMENT OF SURPRISE
 - LOCATION ON THE COURT
 - **WHO TO TRAP?**
 - “ONE MAN TRAP”
 - **HOW TO TRAP?**
 - “ELASTICITY”
 - **OFF THE BALL**
 - “THINK LIKE A TRAPPER”



WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?

- **TAKING AWAY THE OBVIOUS PASS**
- **PRESSURING THE BALL (ESP MTOM)**
- **STUNTING**
- **BACK PRESSURE**
- **OUTNUMBERED SITUATIONS**
 - 2 vs. 1
- **“FIX IT” SITUATIONS**
- **DEFENDING MULTIPLE POSITIONS**
 - **FRONT OF PRESS**
 - **BACK OF PRESS**



DIAMOND PRESS

- **MADMAN = ON BALL, BEAT PASSER TO THE BALL, BE ACTIVE, ANGLE YOURSELF WITH THE BACKBOARD**
- **3 MAN = 1ST PLAYER TO LEFT OF 4, INSIDE SHOULDER / EVEN – DON'T DENY THE BALL INBOUNDS, NO SIDELINE**
- **2 MAN = 1ST PLAYER TO RIGHT OF 4, FT LINE TO CLOSE DOWN (NO SIDELINE), INTERCEPTOR HIGH**
- **1 MAN = GET BACK, MATCH UP WITH NEXT GUY OVER TOP ON THE BALL SIDE, INTERCEPTOR SIDELINE**
- **5 MAN = DEEP AS THE DEEPEST TO 1/2 COURT, 2 ON 1 GUY, PROTECT THE RIM – NOTHING EASY**



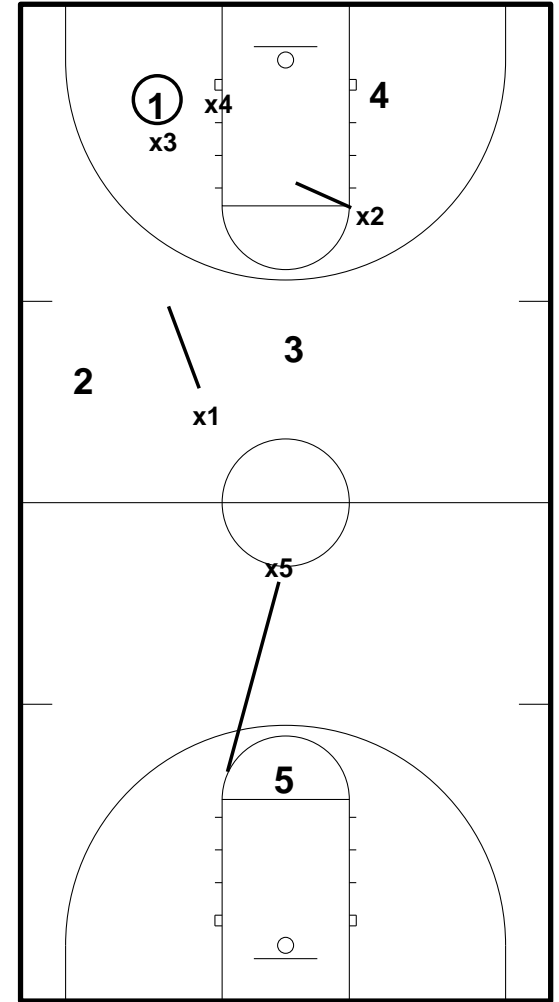
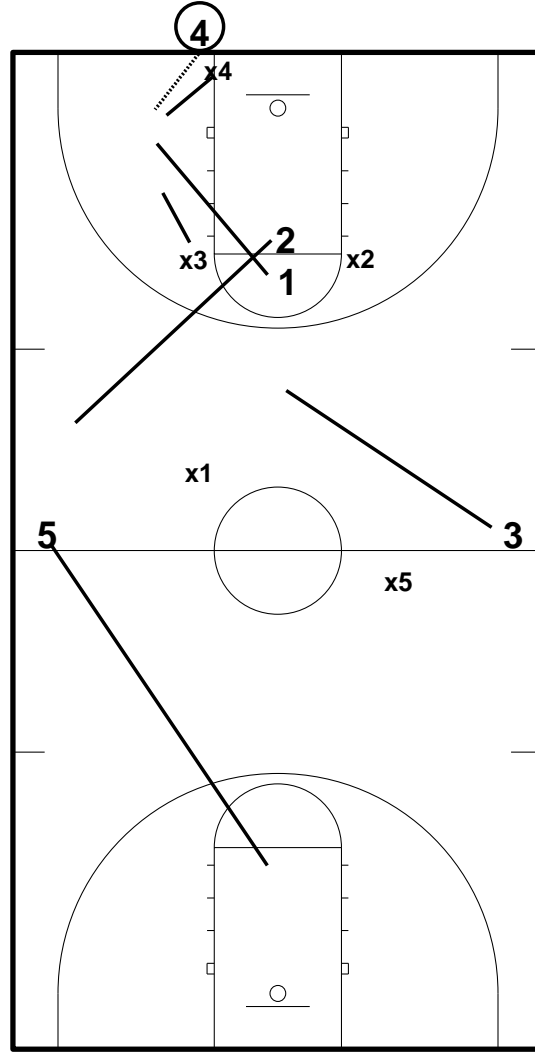
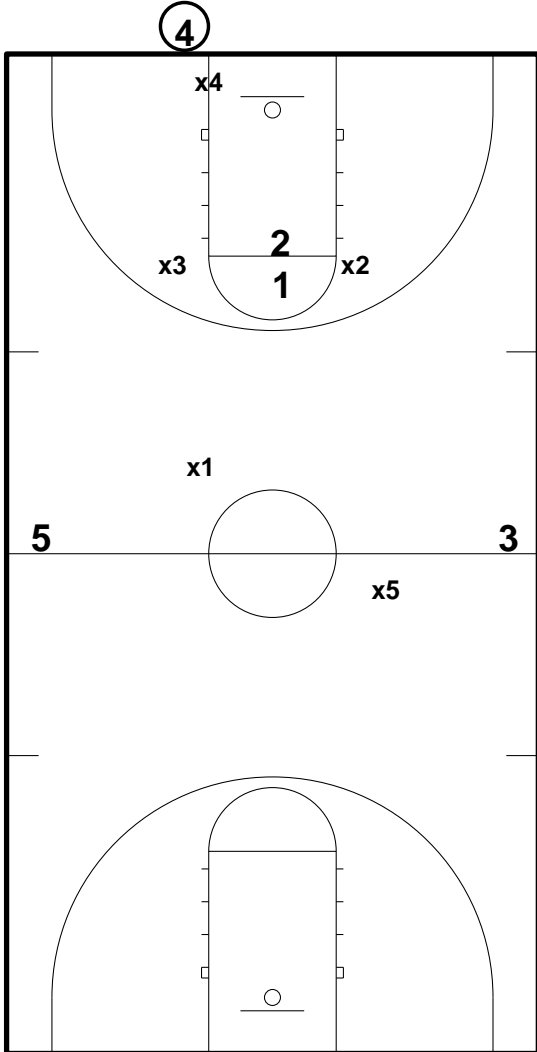
DIAMOND TEACHING POINTS

- **CANNOT GET BEAT SIDELINE**
- **CONTROL THE DRIBBLE / CORRAL**
- **ACTIVE TRAPS AND ROTATIONS – DEFLECT PASS BACK TO 4 MAN**
- **COMMUNICATE = 2/3, 4/5 CAN SWITCH BASED OF OFFENSIVE POSITIONING**
- **THROWBACK TO 4 = STUNT AND RETREAT, GET READY TO COME AGAIN**
- **STAY IN IT UNTIL A DEEP, PENETRATING PASS**
 - **BACK TIPS, BACK PRESSURE, WEAKSIDE SPRINT TO RIM**
- **TALK, MATCH UP, FIX IT**



VCU
 Diamond Press
 VCU
 Diamond Press
 VCU
 Diamond Press

DIAMOND PRESS



VCU BASKETBALL

DOUBLE FIST

- **MATCH UP AND COMMUNICATE IMMEDIATELY – 4/5, 2/3, 1**
- **MAD MAN INFLUENCE TO BALL SIDE**
- **INSIDE SHOULDER / ARRIVE ON THE CATCH**
- **1/3RD THE DISTANCE = STUNT**
- **FORCE IN THE ALLY / STUNT – SHRINK THE FLOOR**
- **3 STRIDE RULE – TRAP THE TURN AND UP**
- **CLEAROUT = FA AT TOP OF THE KEY = TRAP TURN / CORRAL DRIBBLE**



VCU

VCU

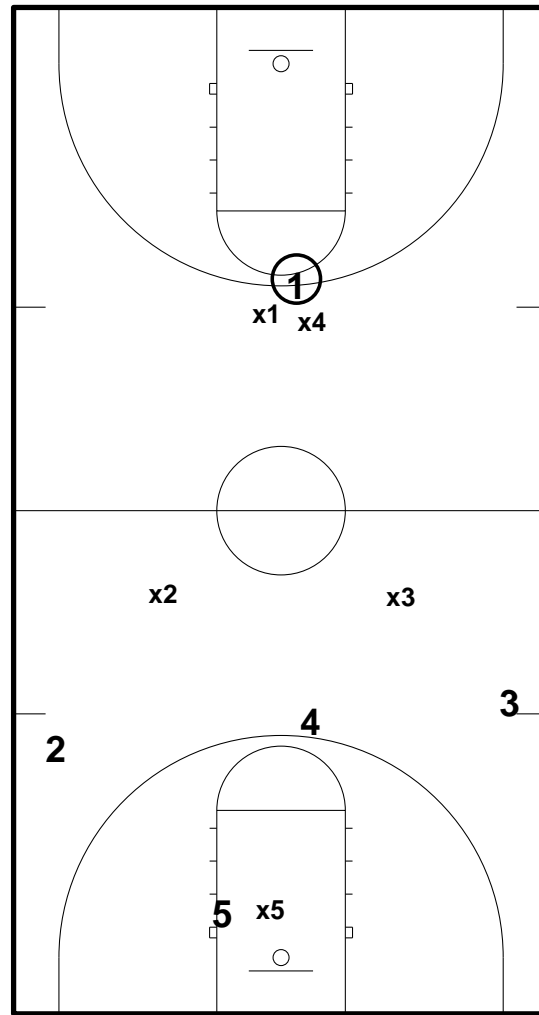
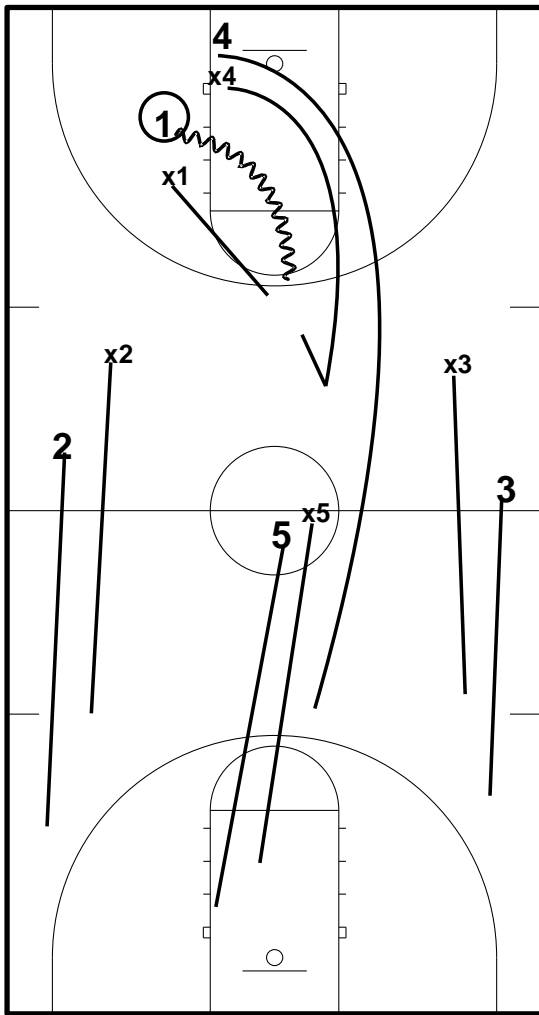
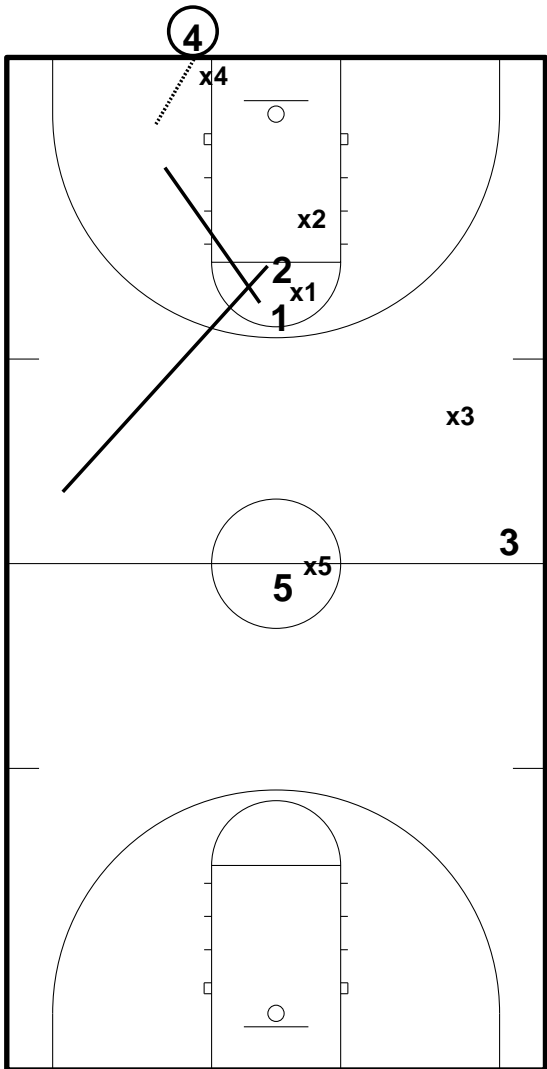
VCU

DoubleFist
Press

DoubleFist
Press

DoubleFist
Press

DOUBLE FIST



VCU BASKETBALL

TRAPPING

- **NO SPLITS / NO FOULS**
- **BE PHYSICAL WITH YOUR LOWER BODY**
- **OBVIOUS PASS = EYES AND SHOULDERS / BE ELASTIC**
- **PENETRATING PASS = 1ST 3 STEPS, SPRINT BACK AND FIX IT**



SIDE DIAMOND

- **TURN DIAMOND ON THE SIDELINE**
- **1 TRAP AND SPRINT OUT**
 - **MIDLINE AND BACK OR SHORT PASS UP COURT**
- **KEEP THE BALL OUT OF THE MIDDLE**
- **CLOSER TO FRONTCOURT = PROTECT THE MIDDLE EVEN MORE**



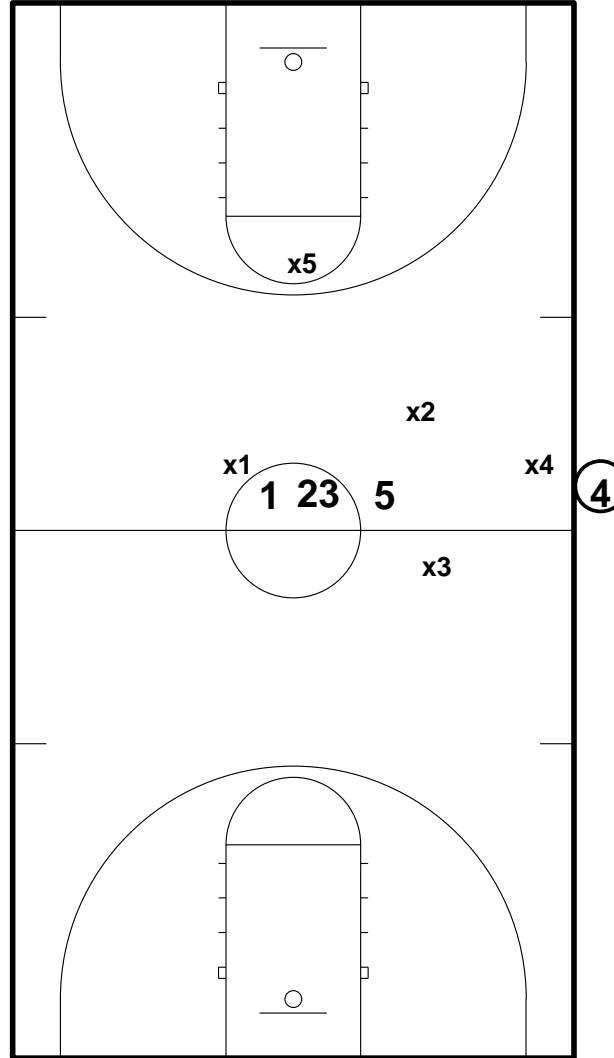
SIDE DIAMOND

- **MADMAN = ON BALL, ANGLE MORE AS YOU ARE IN THE BACKCOURT, TRAP 1ST PASS IF WITHIN 3 STRIDES**
- **2 MAN = BACKCOURT GUY, FACE BALL, TAKE AWAY THE INBOUNDER**
- **3 MAN = FRONT COURT, FACE BALL, MAKE SURE NO ONE IS BEHIND HIM**
- **1 MAN = ROVER, FREE SAFETY WHO FACES DOWN THE BALL, MATCH UP DEEP AS DEEPEST IF BEHIND HIM**
- **5 MAN = ENFORCER, COVERS THE BASKET, COMES UP WITH BACK GUY IF HE FLASHES**



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SIDE DIAMOND



VCU BASKETBALL



PRACTICING THE PRESS

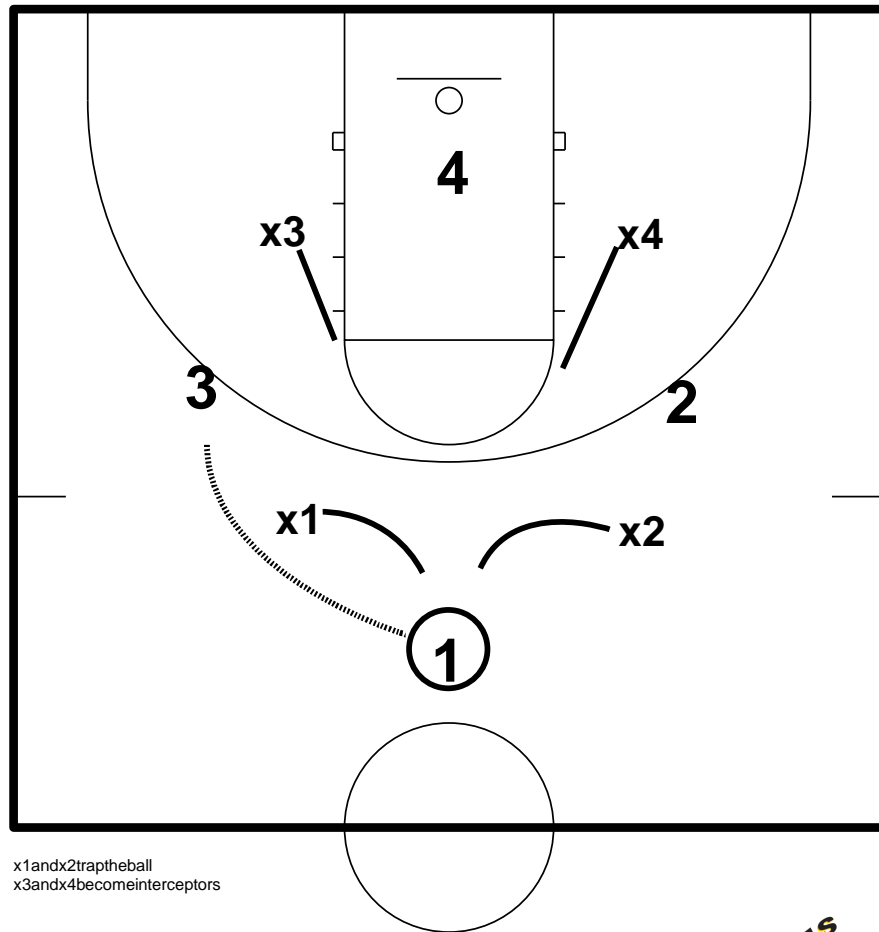
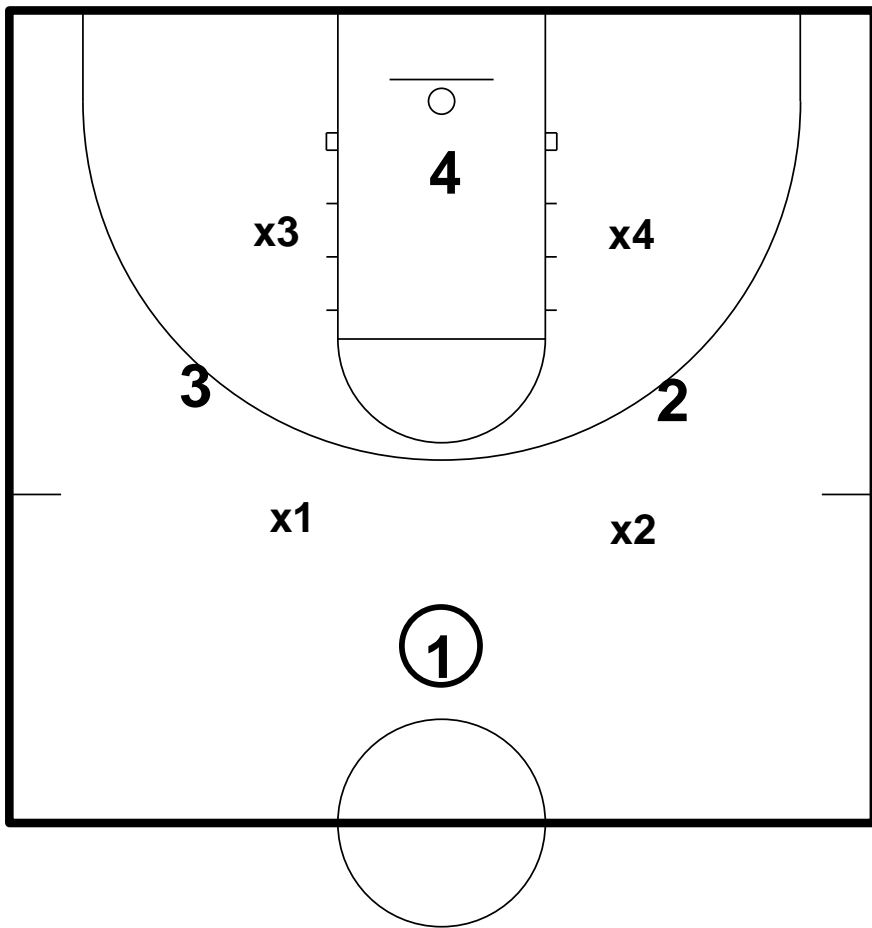
- **CIRCLE TRAP**
 - **TRAPPING FUNDAMENTALS, INTERCEPTORS READS**
- **TRAP TRANSITION**
 - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **TRIANGLE FAST BREAK**
 - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **444**
 - **GET INTO PRESS QUICKLY, CONDITIONING**
- **1 VS 1 BUILDING TO 4 VS 4 – ON BALL AND STUNTING**
 - **ON BALL PRESSURE, STUNTING, KEEPING THE BALL IN THE RIGHT PARTS OF THE COURT, TRAPS**



CIRCLE TRAP

CircleTrap
Drills

CircleTrap
Drills

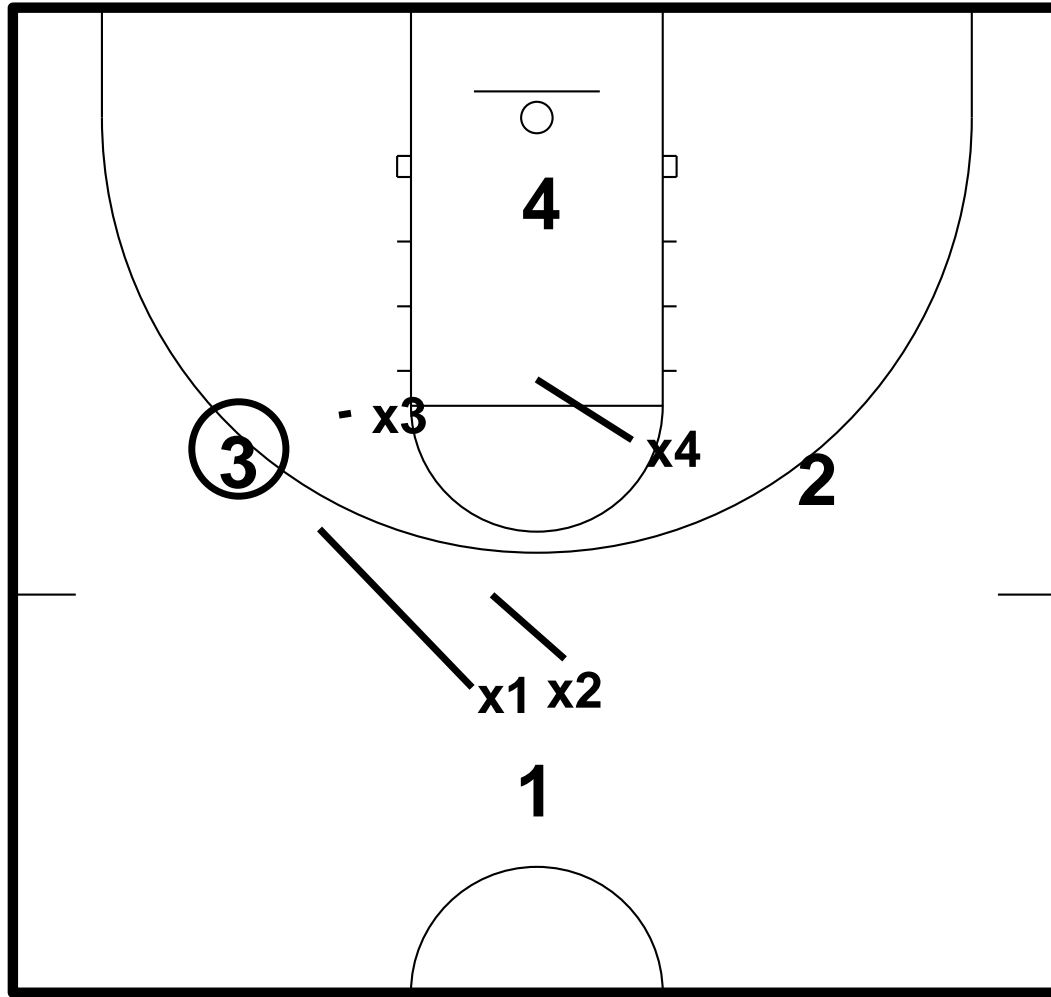


x1 and x2 trap the ball
x3 and x4 become interceptors



CIRCLE TRAP

Circle Trap
Drills

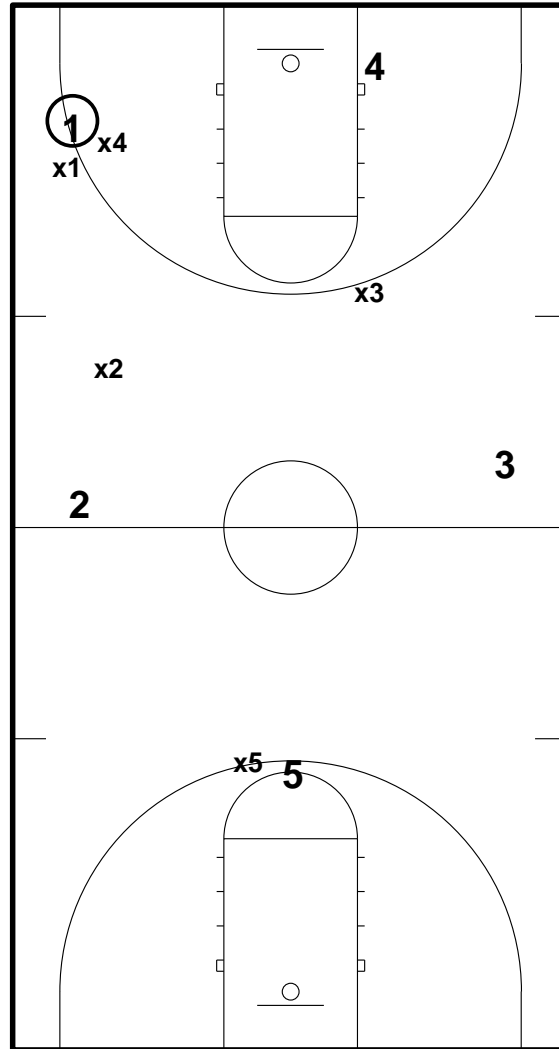


VCU BASKETBALL



TRAP TRANSITION

VCU
Trap Transition
Drills



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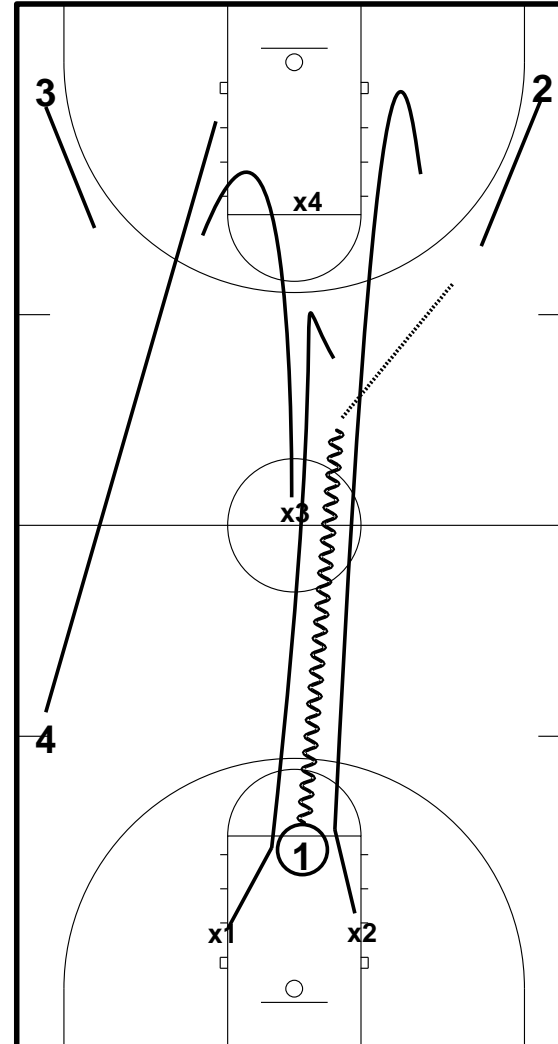
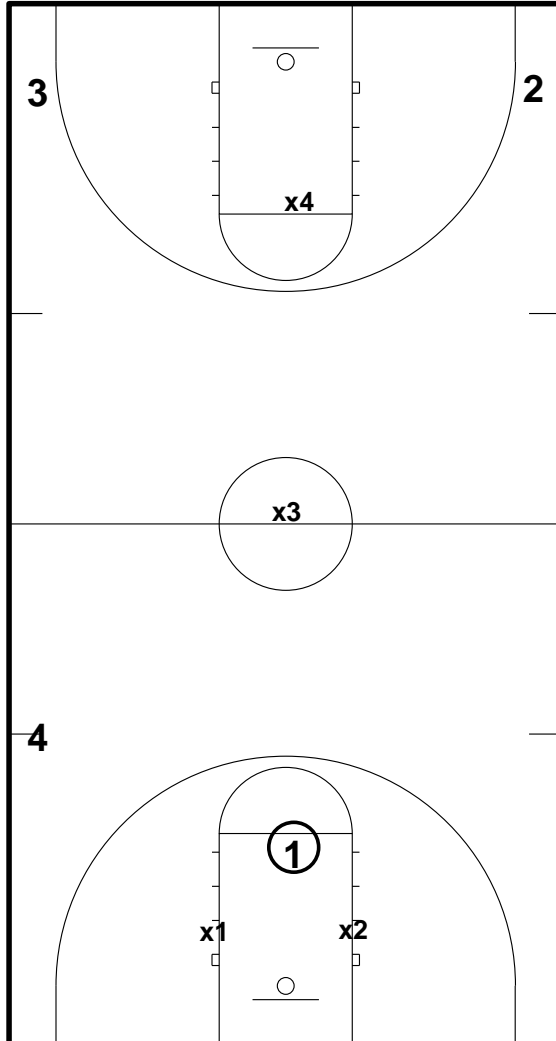
A Guard starts with the ball in the trap. He has to hold it for 2 seconds, then he can pass out. From there, it is live, the defense must sprint back in transition and fix it. x2 is interceptor side.



TRIANGLE FAST BREAK

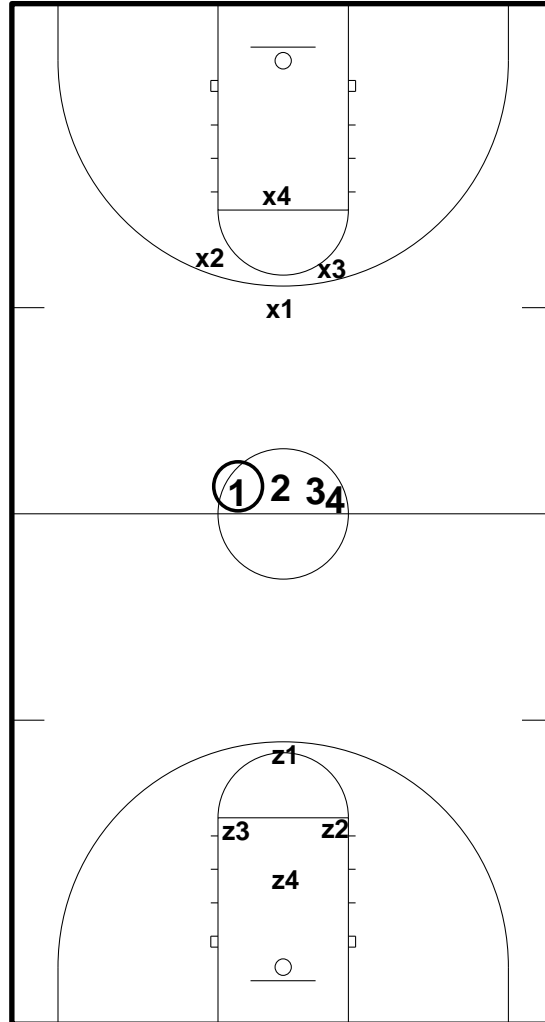
VCU
Butler Transition
Drills

VCU
Butler Transition
Drills



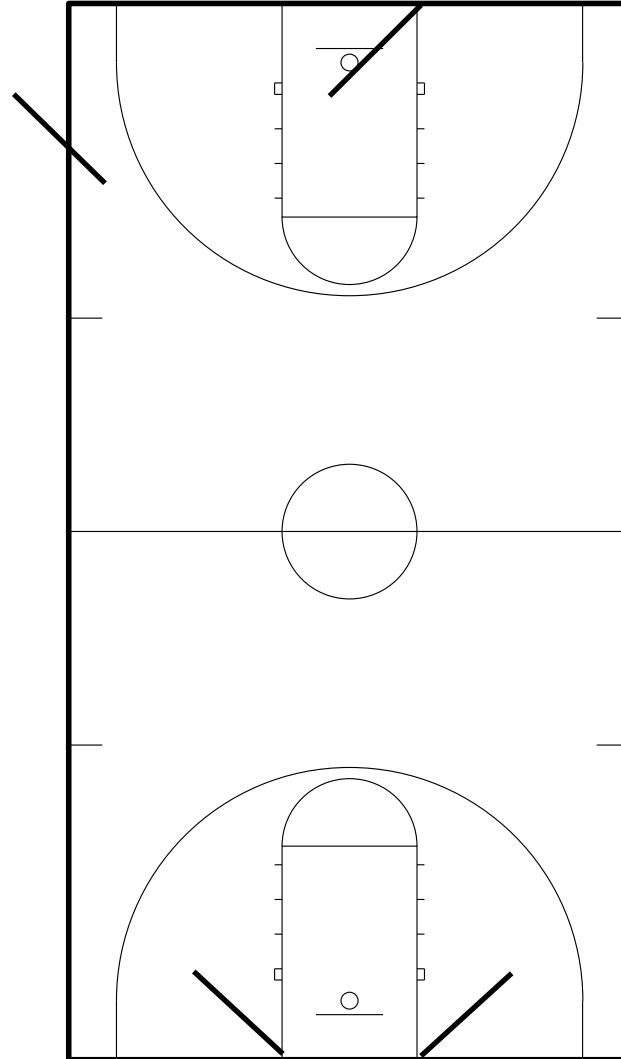
444

44
Drills



1v1 BUILDING TO 4v4

VCU
PressingLines
Drills



VCU BASKETBALL



HALF COURT DEFENSIVE DRILLS

- **IRONMAN DRILL**
 - **CHARGE (3 PER GAME), LOOSE BALL, SAVE IT GOING OUT OF BOUNDS (SPECIFIC SPOT?)**
- **BROCKPORT DRILL**
 - **CHARGE, ROTATION, PLAYING OUT OF A SCRAMBLE SITUATION**
- **BUTLER TRANSITION DRILL**
 - **OUTNUMBERED IN TRANSITION, HOLD FORT FOR 7 SECONDS**
- **BALLSCREEN SCRAMBLE DRILL**
 - **SHOW AND GO, STUNTS, SCRAMBLE**



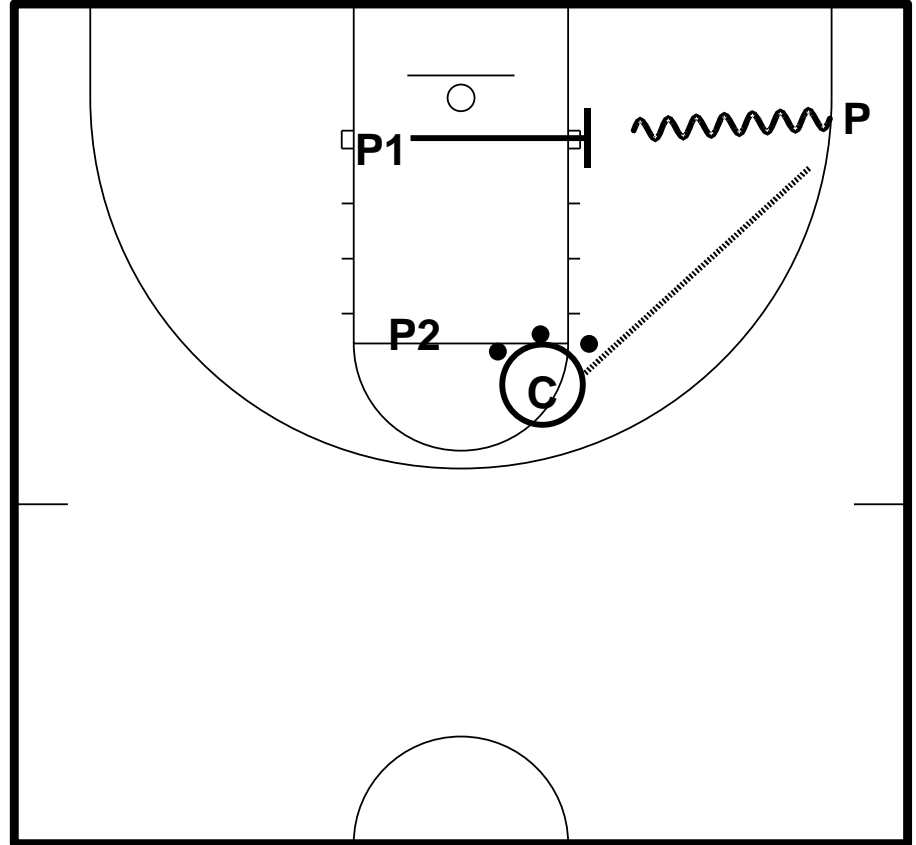
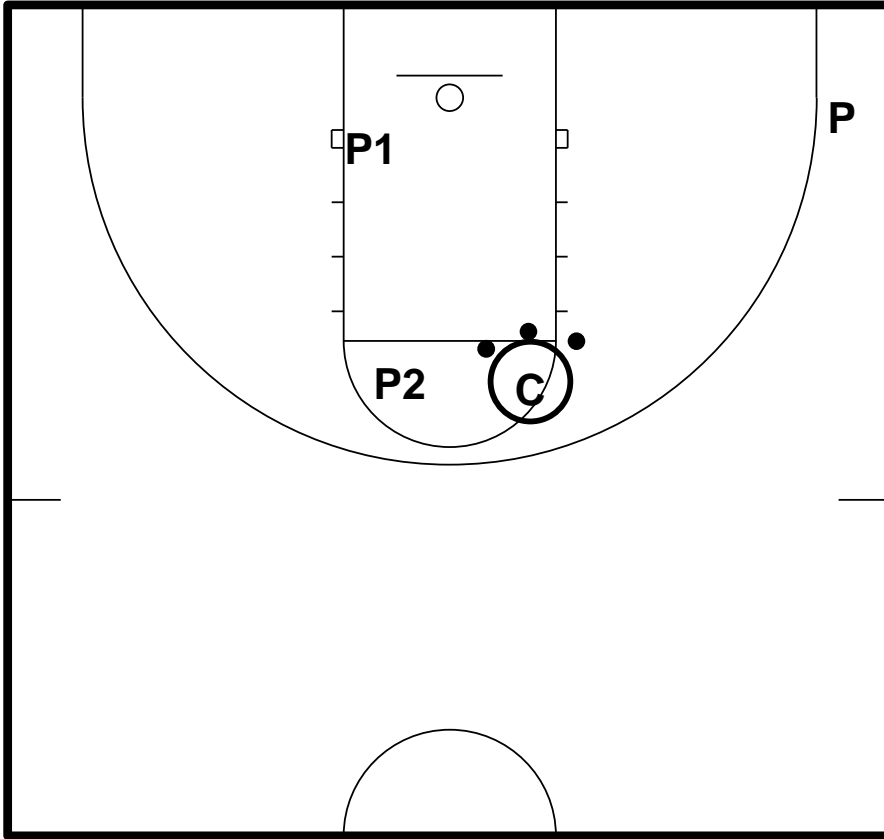
VCU

IRONMAN

VCU

IronmanDrill
Drills

IronmanDrill
Drills



P1 is the player in the drill
 P2 is his partner (receiver, encourages, etc.)
 C is a coach who throws/passes the balls (starts w/ P1)
 P1 is the player delivering the charge

3)

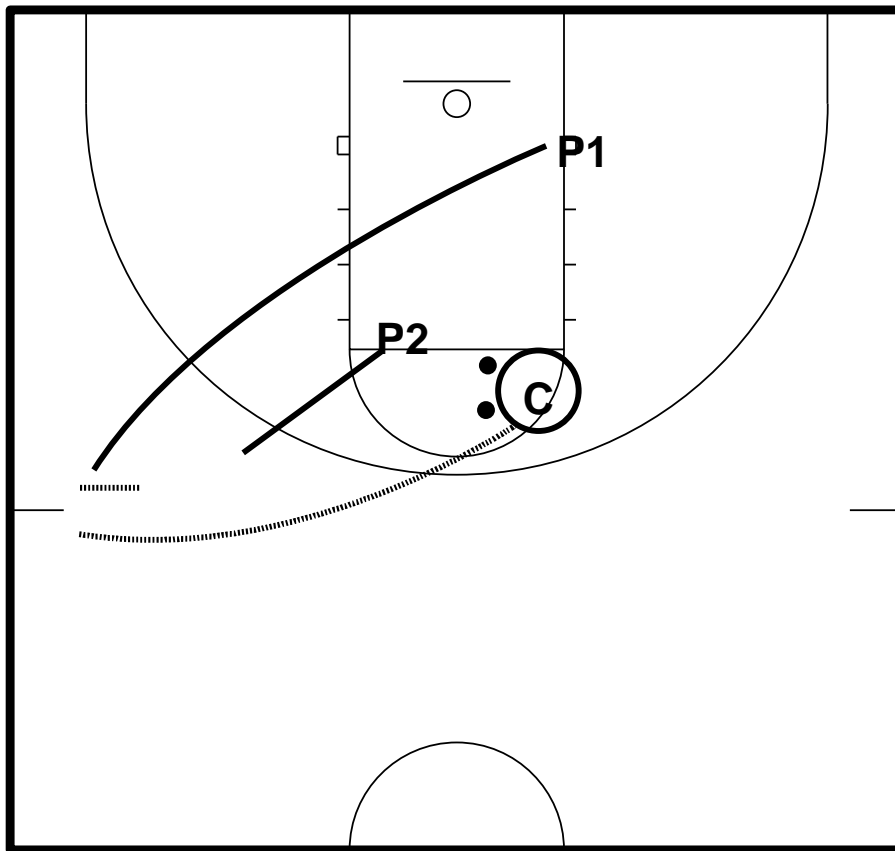
Coach passes player in corner the ball
 Player drives to basket hard
 P1 moves over from opposite block to take charge
 P1 gets up immediately



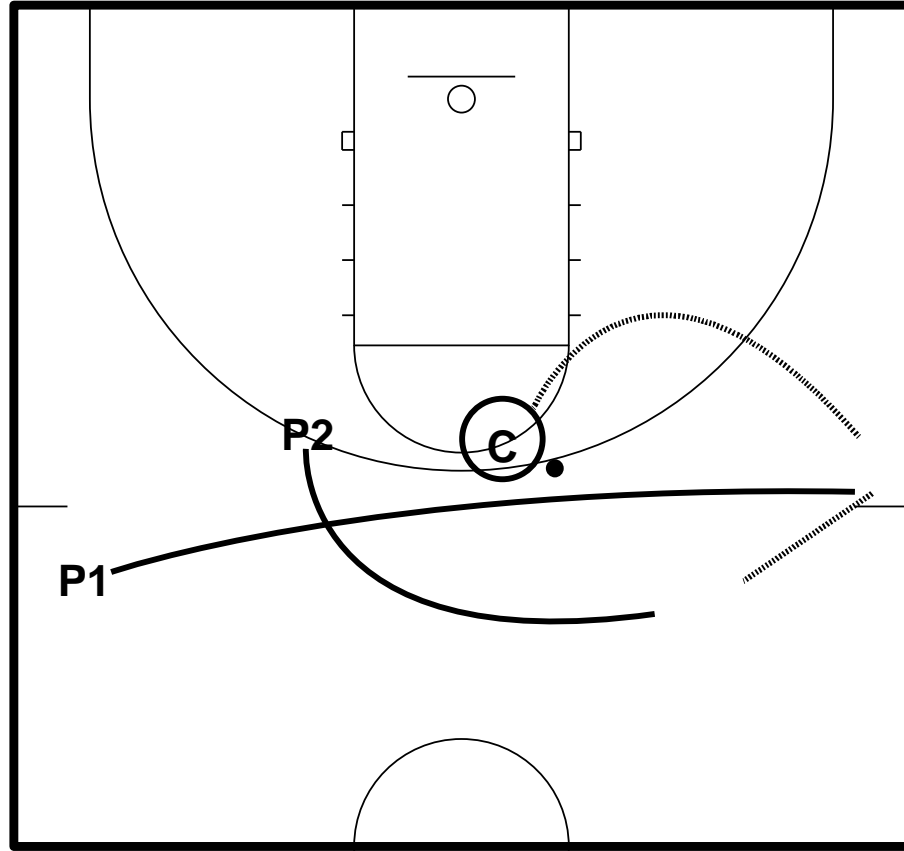
IRONMAN

IronmanDrill
Drills

IronmanDrill
Drills



Coach rolls 2nd ball towards sideline
 P1 has to sprint and dive to save it
 P1 saves ball to P2



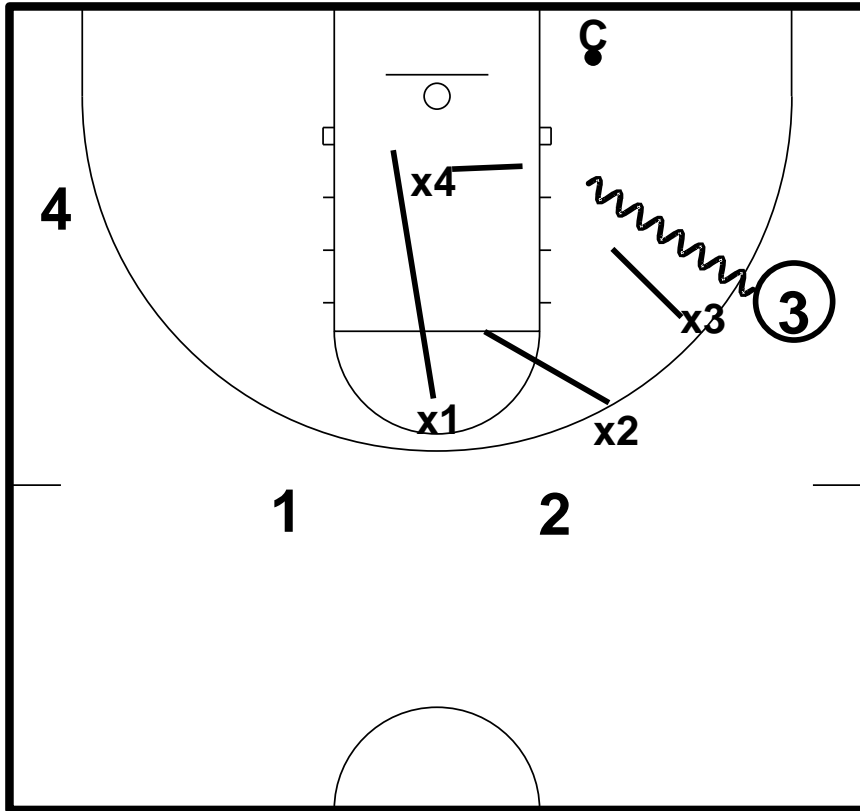
Coach throws 3rd ball toward opposite sideline
 P1 sprints to save ball (jumps in air)
 P1 saves ball to P2 who meets the pass
 The whole team gets pumped for his hustle!



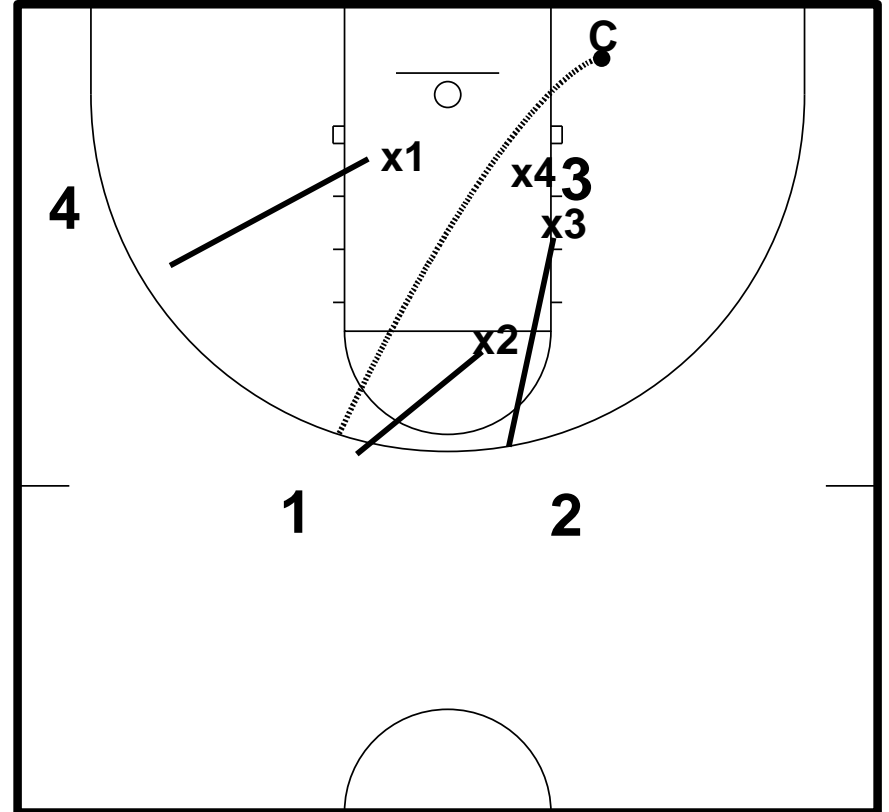
BROCKPORT

Brockport
Drills

Brockport
Drills



3drivesbaseline
x4takeschargeoutsidethelaunchingpad
x1sinkstotakeawaybig
x2fillstotakepassout



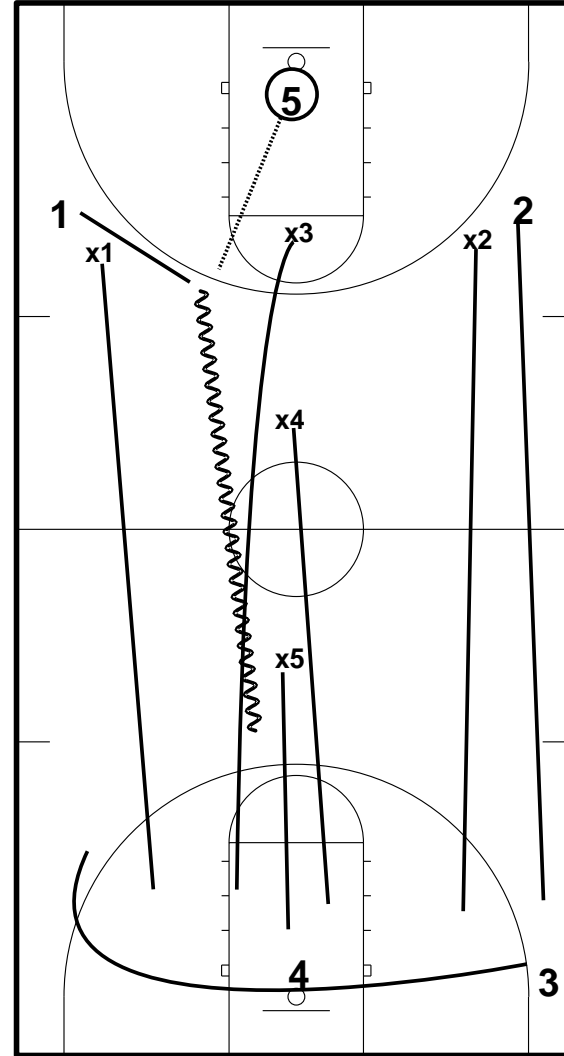
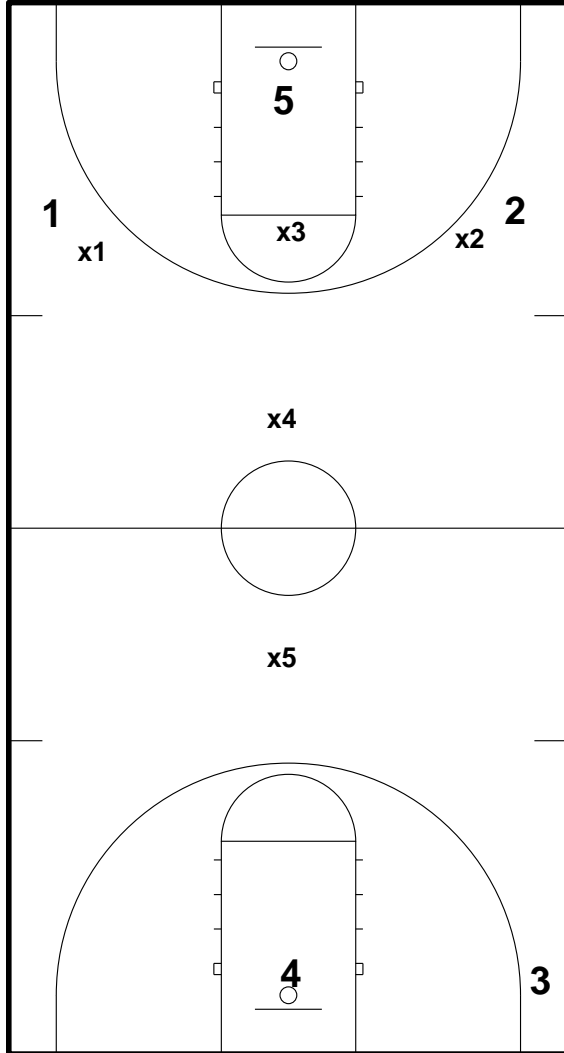
Coachpassesout andx2takesfirst pass
Playersmust communicatehescramblesituation



BUTLER TRANSITION

Butler Transition Drills

Butler Transition Drills



7SecondsonShot
x3shootsaFT

Clock

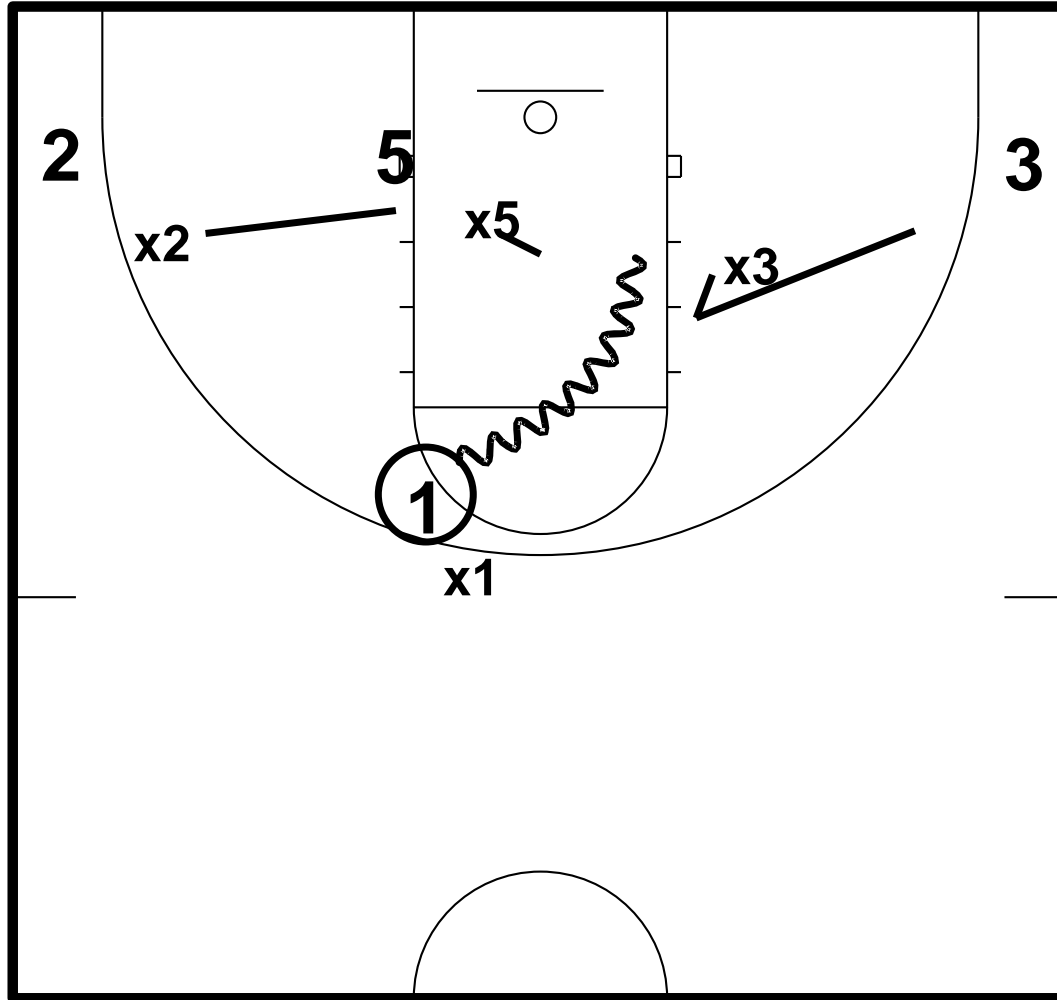
VCU BASKETBALL

Crushes it! Ball in the court
Defense has to sprint back and build a wall out
Offense can only shoot if they have a wide open shot



BALLSCREEN SCRAMBLE

BallscreenScramble
Drills



1hasbeatx1
 x3showsandgoes
 x5squaresuplate
 x2sinkstocover

VCU BASKETBALL



BOB PLAYS

- **11**
 - **BOTH BIGS, SHOOTER**
- **40**
 - **1 BIG, SHOOTER**
- **SLIP (VS. ZONE)**
 - **4 MAN**



VCU

11

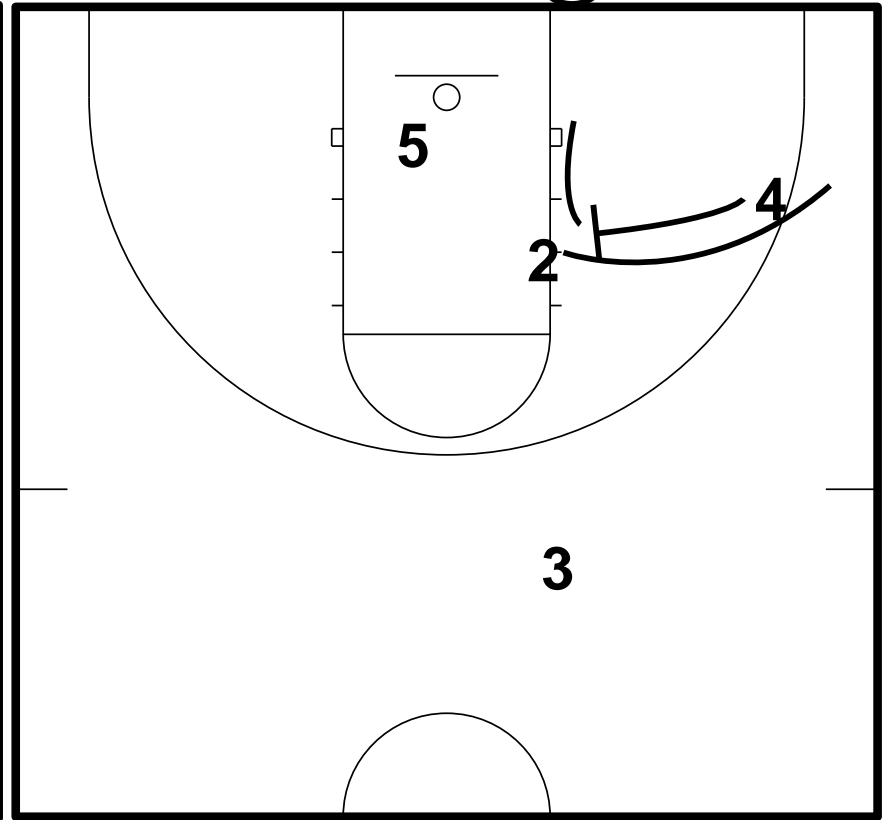
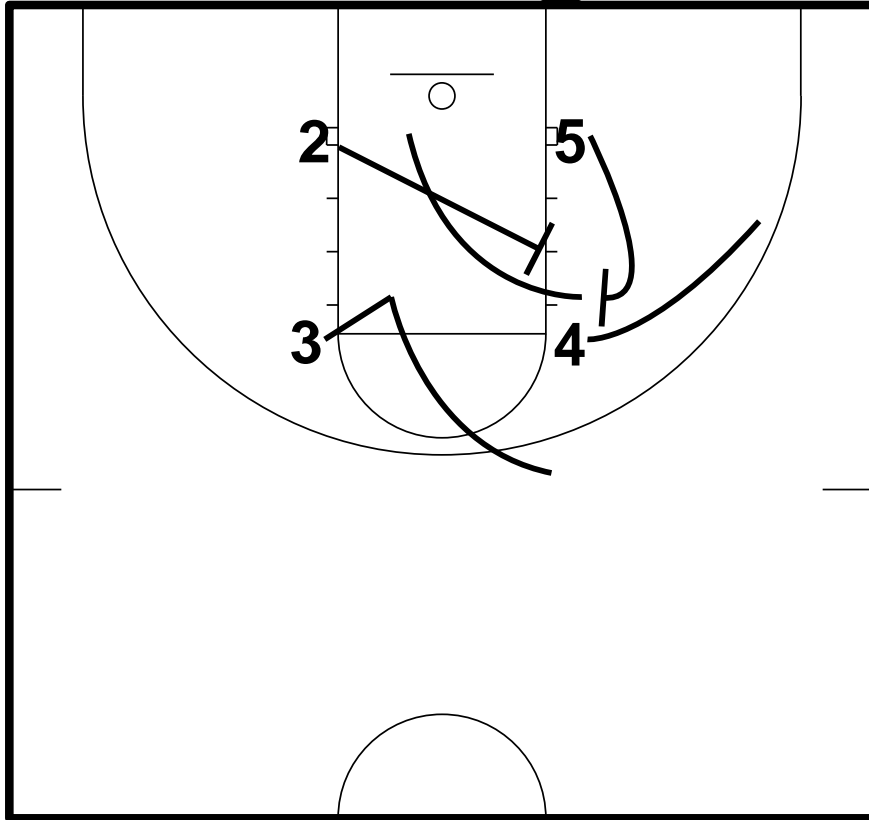
VCU

11
OBU

11
OBU

①

①



tscreenfor 4
tsdiagonal backsreenfor 5
psout for outlet

4comesback andsetscreenfor 2, thendives

VCU BASKETBALL



VCU

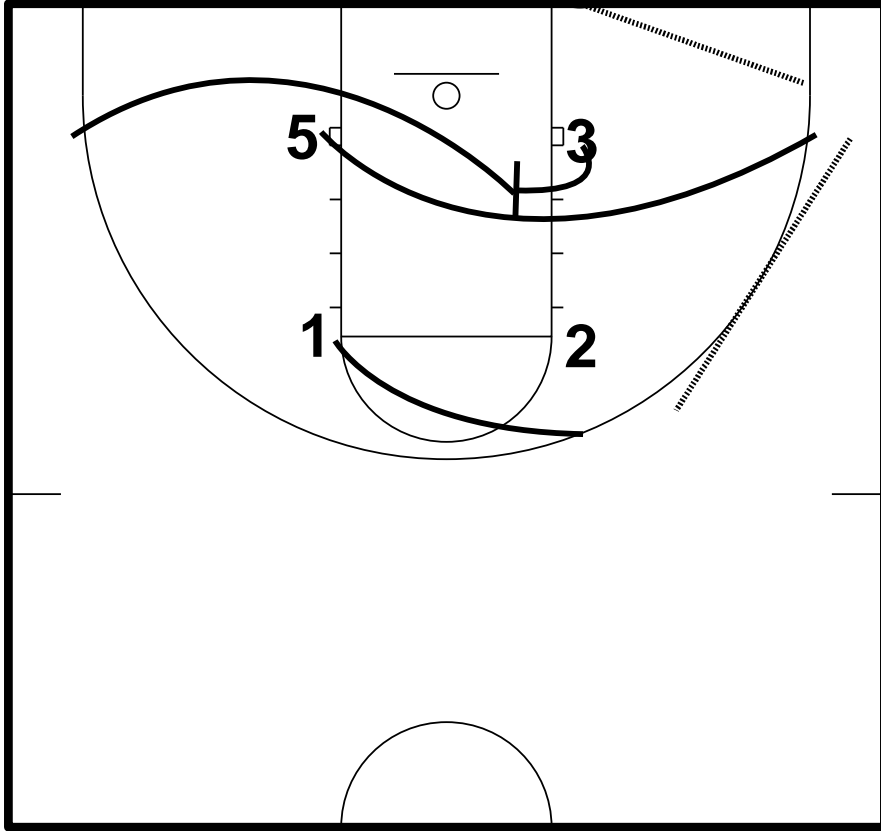
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VCU

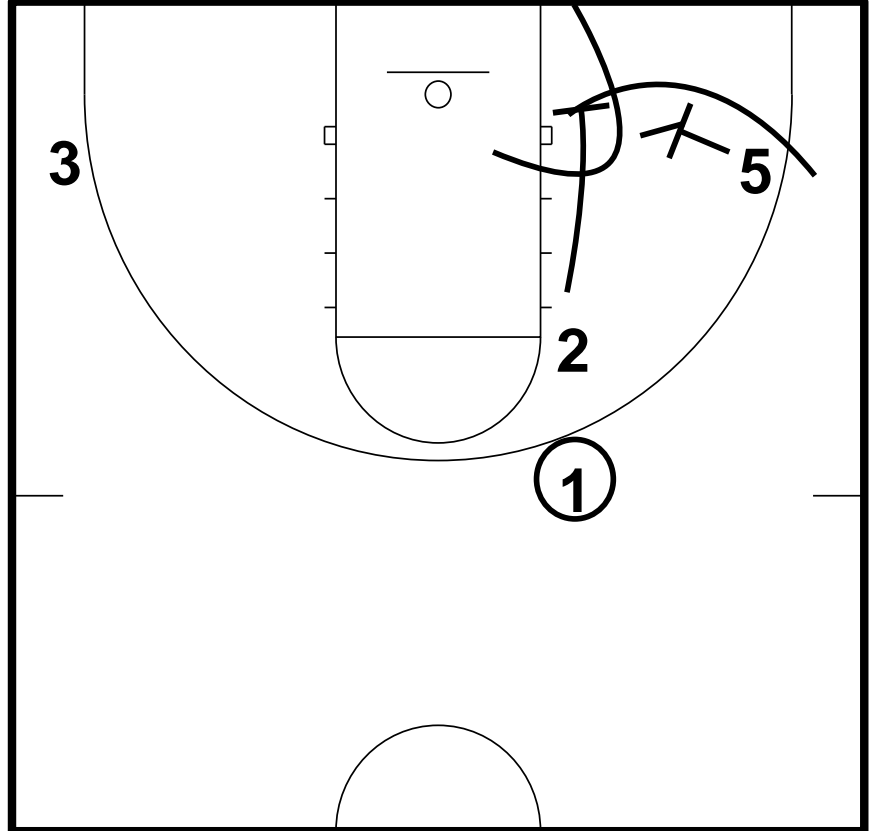
40
OBU

40
OBU

④



4



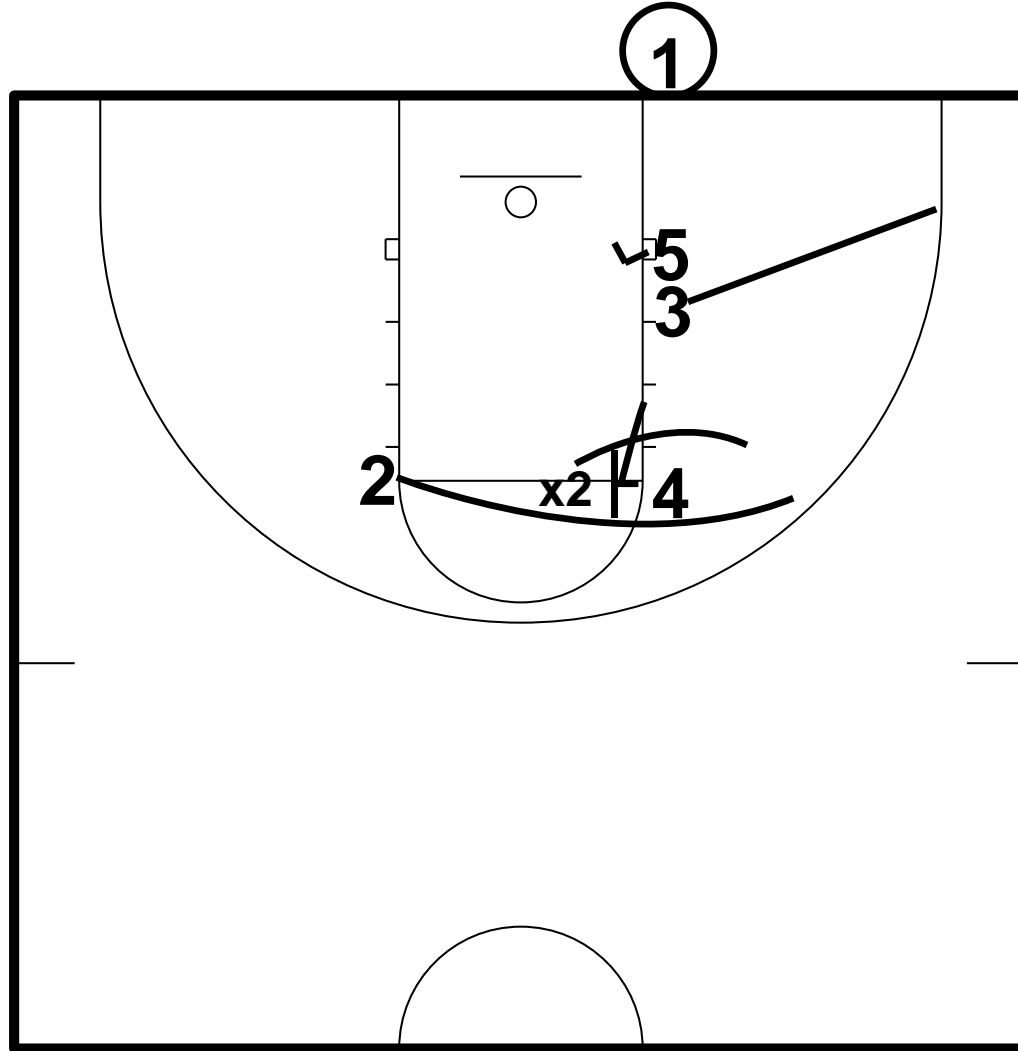
eensfor 5
 stothe corner
 ersto5
 shestothe ball
 ssesto1
 clearout
 sidelanelineextended

2screensfor 4
 4curlsoff 2
 5screensfor 2&slipstobasket

VCU BASKETBALL



VCU SLIP



5ducksinhard
 3popsout tostretchthedefense
 4getascreeonex2
 2runoff it

VCU BASKETBALL



ZONE OFFENSE

- **KNIFE ACTION (CONCEPT)**
 - **PG IN THE TEETH OF THE ZONE**
 - **BE STRONG WITH THE BALL AND MAKE A PLAY**
- **HAMMER (2/3)**
 - **SHOOTER TO CORNER, BIG GUY TO MID POST**
- **VANDY**
 - **SHOOTER**



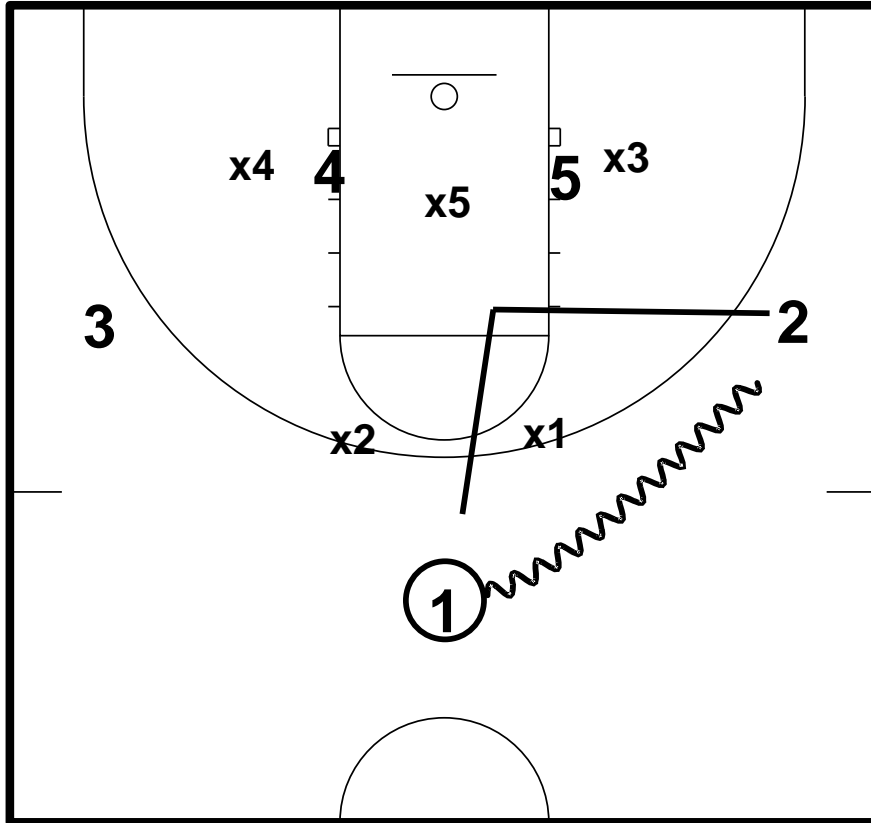
KNIFE

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VCU

Knife
ZonePlays

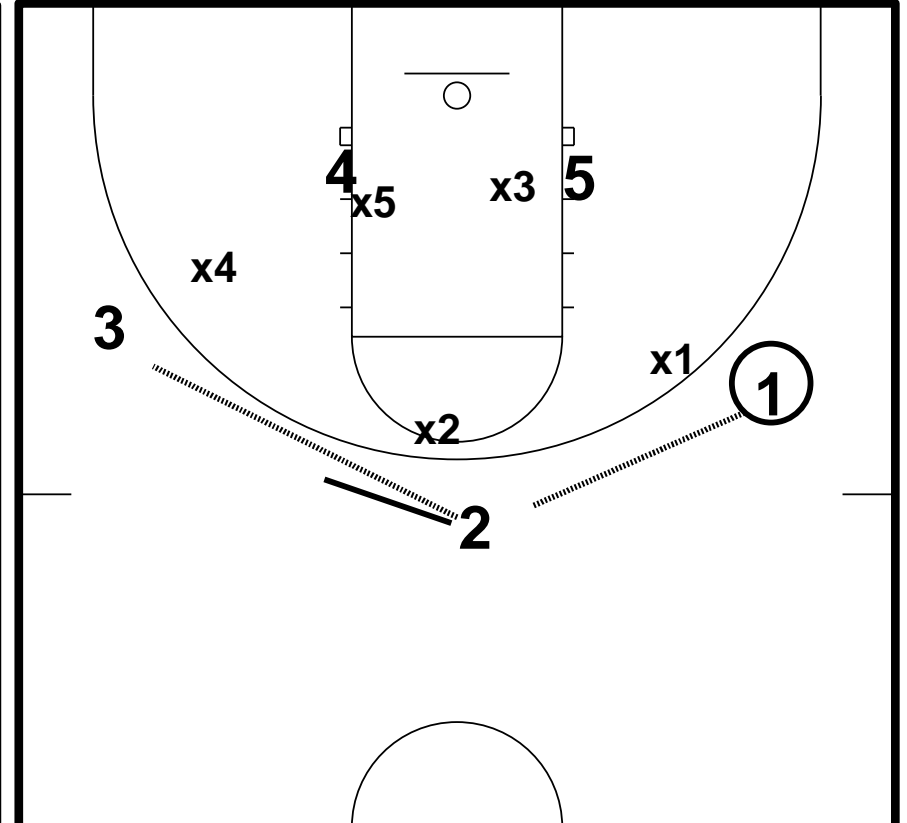


1dribblestowing
2shallowcuts(getsapieceof

thepaint) out totopof key

VCU

Knife
ZonePlays



1hits2
2reversesto3andgetsintogap

VCU BASKETBALL

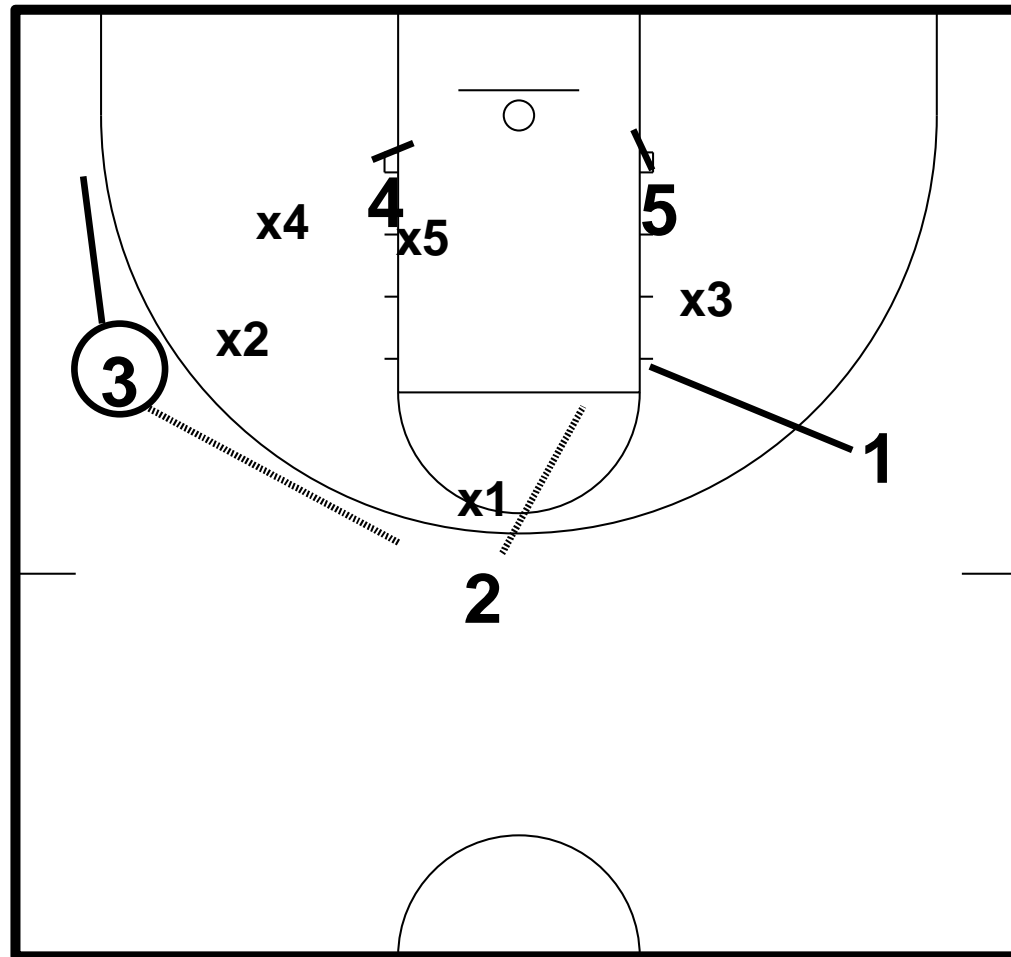


KNIFE

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pg. 3

Knife
ZonePlays



2isingap
1liftsupalittlebit
whenball isinair
2hits1ontherun
3spacestocorner

toget
to2, 1knifesintogap

VCU BASKETBALL



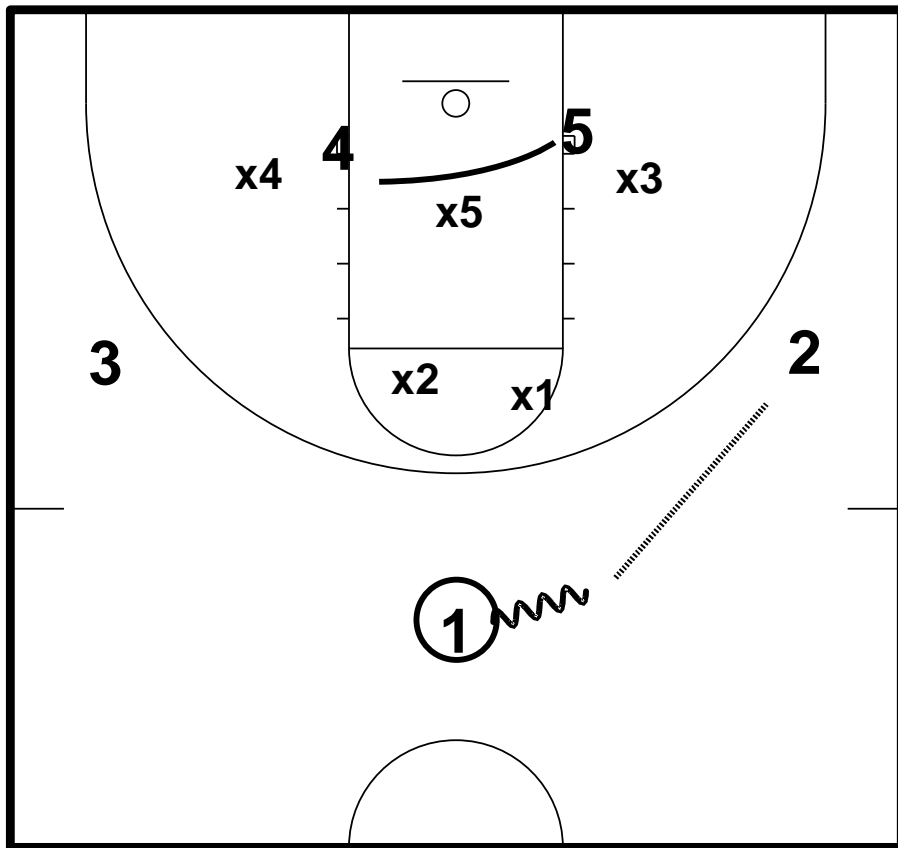
HAMMER 2

VCU

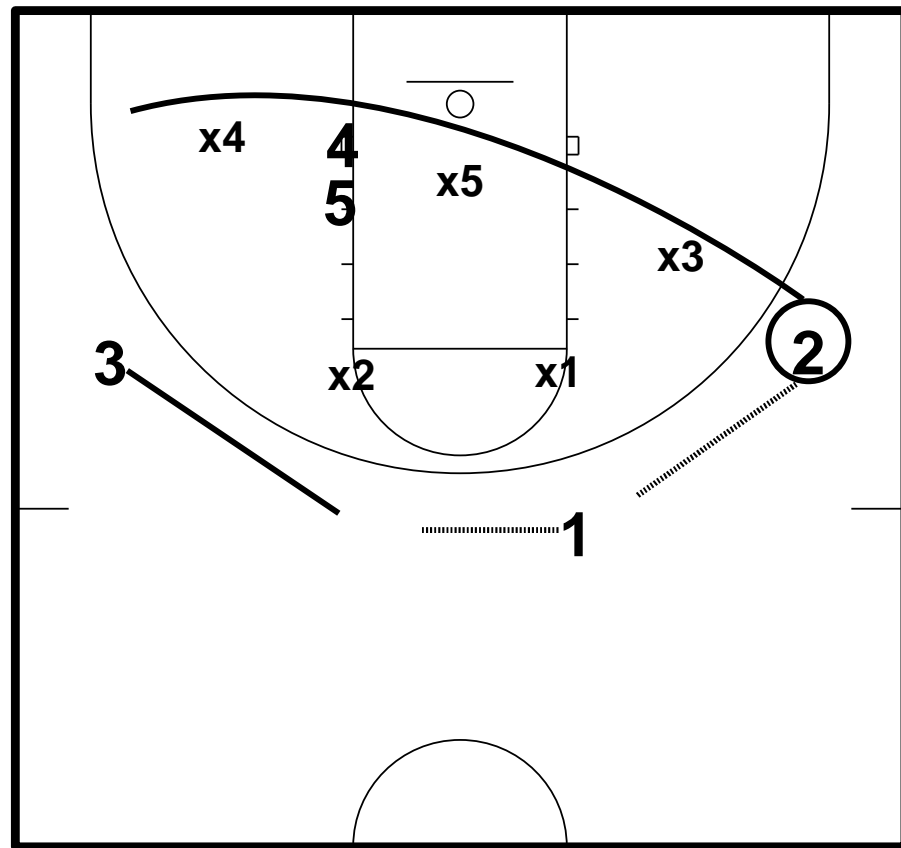
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Hammer 2
ZonePlays

Hammer 2
ZonePlays



1dribblesonceto2'sside
1hits2
Onpass, 5cutstooppositeblock
beside4



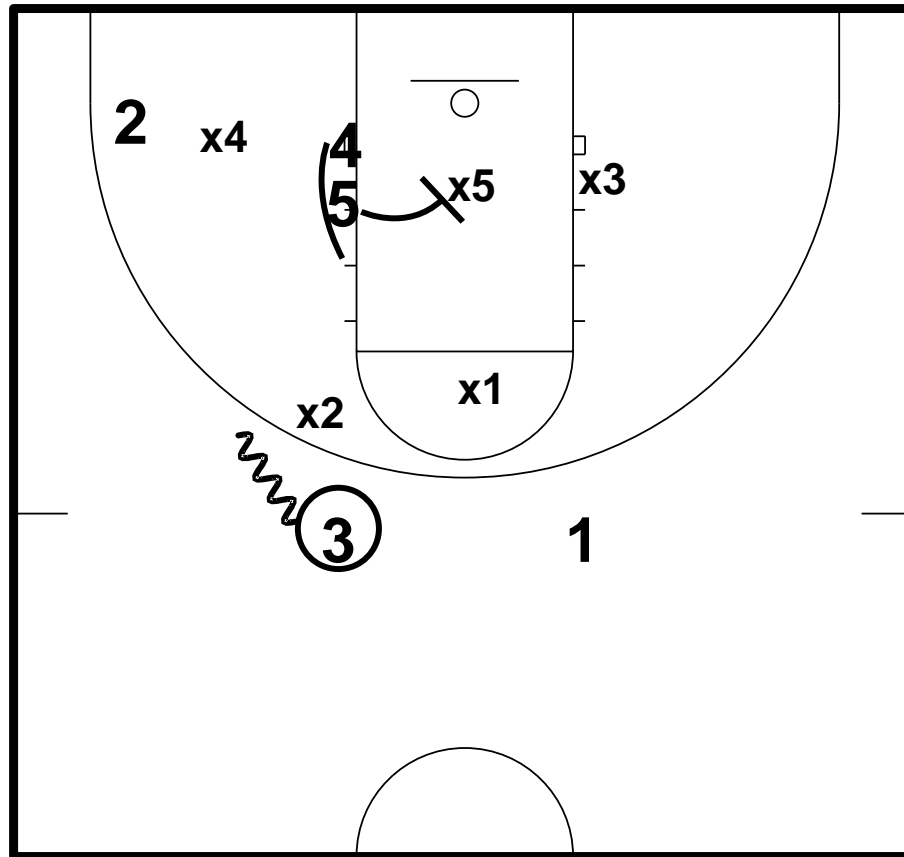
2hits1
3liftsupptoelbowextended
Immediatelyafter pass, 2cutsthroughcorner
off doublescreenfrom4&5



HAMMER 2

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Hammer 2
ZonePlays



As soon as 2 clears, 5 screens the middle man in the zone.
4 cuts right up the line.
If x4 helps in, 2 is open in corner for shot.

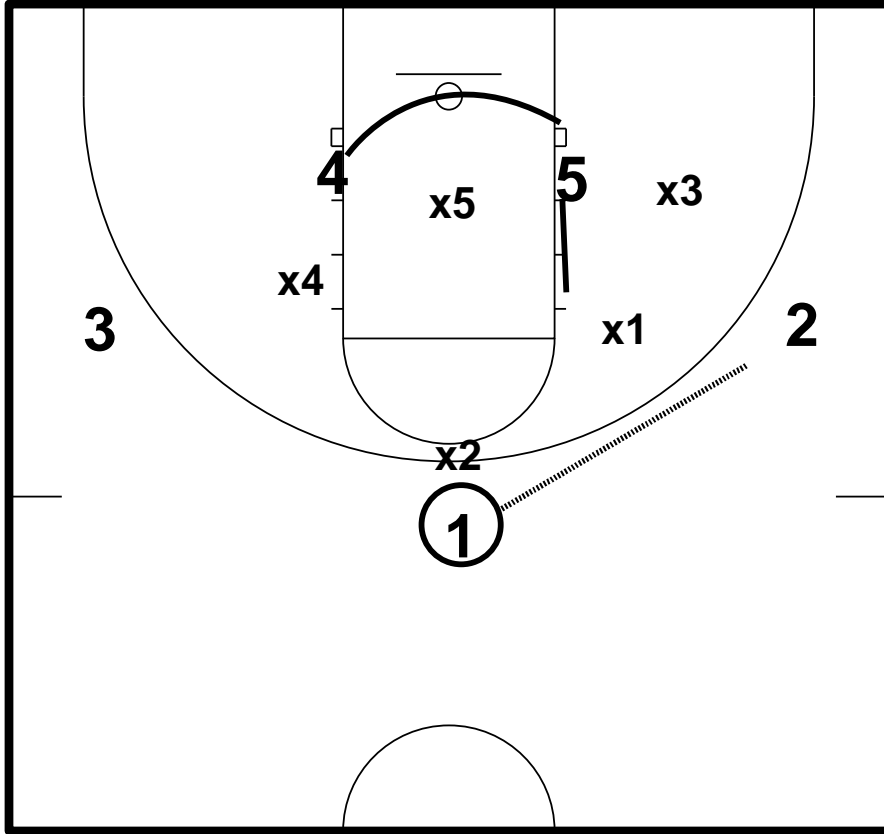
VCU BASKETBALL



VANDY

VCU

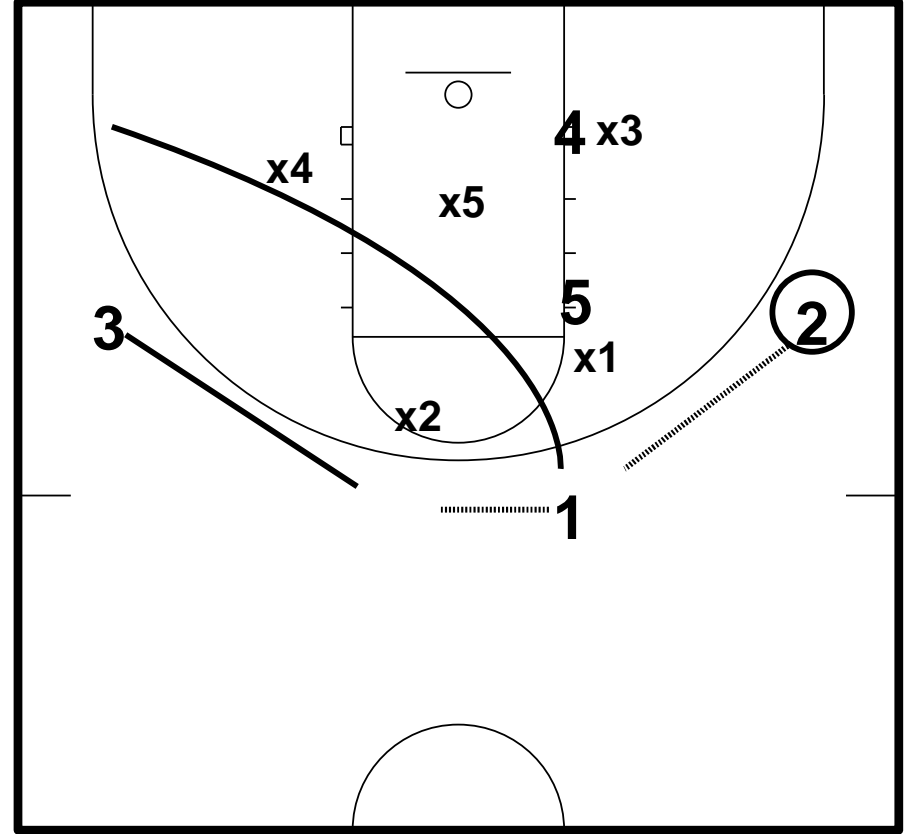
Vandy
ZonePlays



- 1hits2
- 1fillsover toslot
- 5samesideup
- 4sneakstoball sideblock
- 2looksfor 4&5posting

VCU

Vandy
ZonePlays



- 2hitsback to1
- 3liftsuptoslot
- 1hits3andcutsthroughstoball

side

VCU BASKETBALL



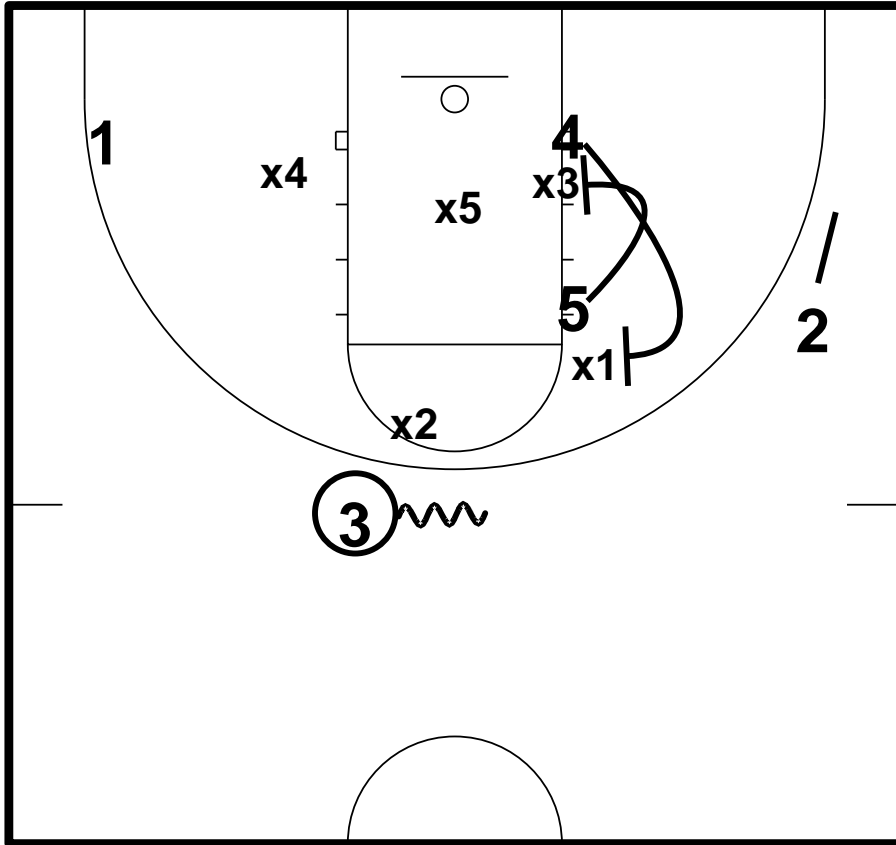
VANDY

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VCU

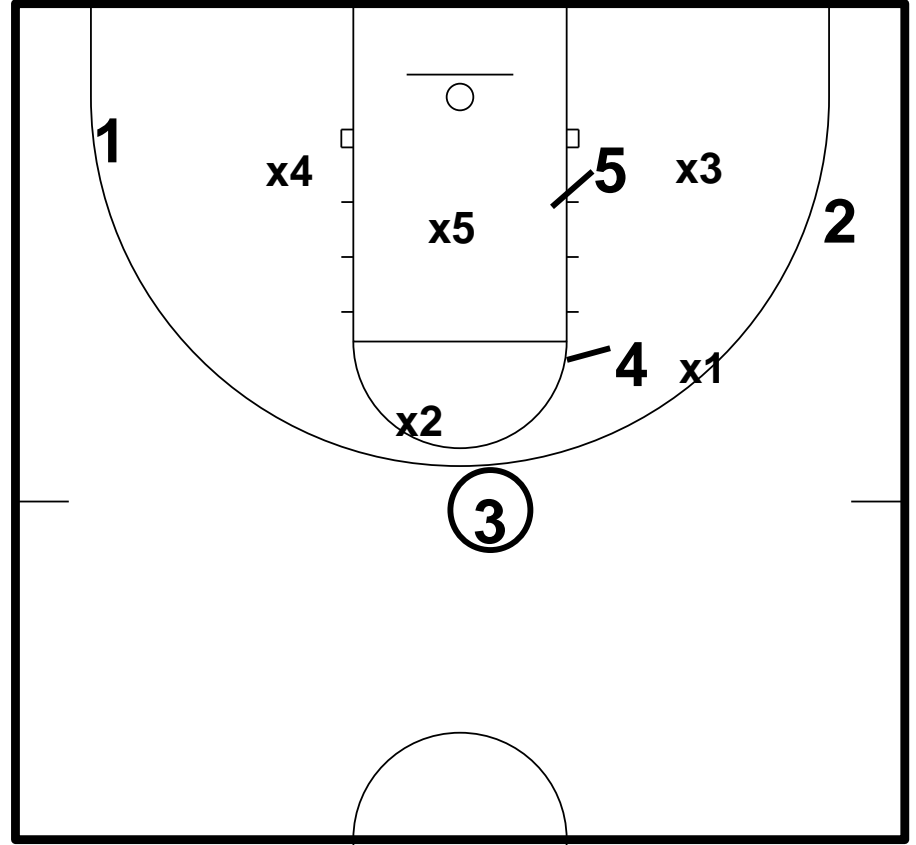
Vandy
ZonePlays



3takes1 dribble toward 2
 4loops wide and screens x1 (top man in zone)
 5loops inside 5 and screens x3 (bottom man in zone)
 3looks for 2 over top for shot

VCU

Vandy
ZonePlays



If x3 and/or x1 cheat out over screens, 5 & 4 slip to find the ball

VCU BASKETBALL



LATE GAME THOUGHTS

- **PRACTICE PASSES (PRE / POST)**
 - **FULL COURT (BIG ON / OFF BALL), HALF COURT (BIG ON / OFF BALL), BOB (BIG ON BALL)**
- **BOOK OF ALL SITUATIONS FROM THE LEFT AND RIGHT SIDE**
- **6 MINUTE GAME (3X A WEEK)**
 - **TAKE CARE OF THE BALL**
 - **MAKE FREE THROWS**
 - **BE SOLID ON DEFENSE**



LATE GAME

- **FULL COURT**
 - **DAYTON FLY (5-10), RIGHTY ____ (.6-3)**
 - **CLEMSON (PRESSURE INBOUNDS)**
- **$\frac{3}{4}$ COURT**
 - **RICHMOND (3-8), WINNER (.6-2)**
- **$\frac{1}{2}$ COURT**
 - **SIDE 5 (2-5), REDDICK (.6-5)**
 - **RIP, STATE (LIVE BALL, NEED A 3)**
- **BOB**
 - **BANANA (.6-4), NOVA (.6-3), RIM (TIP - <1)**



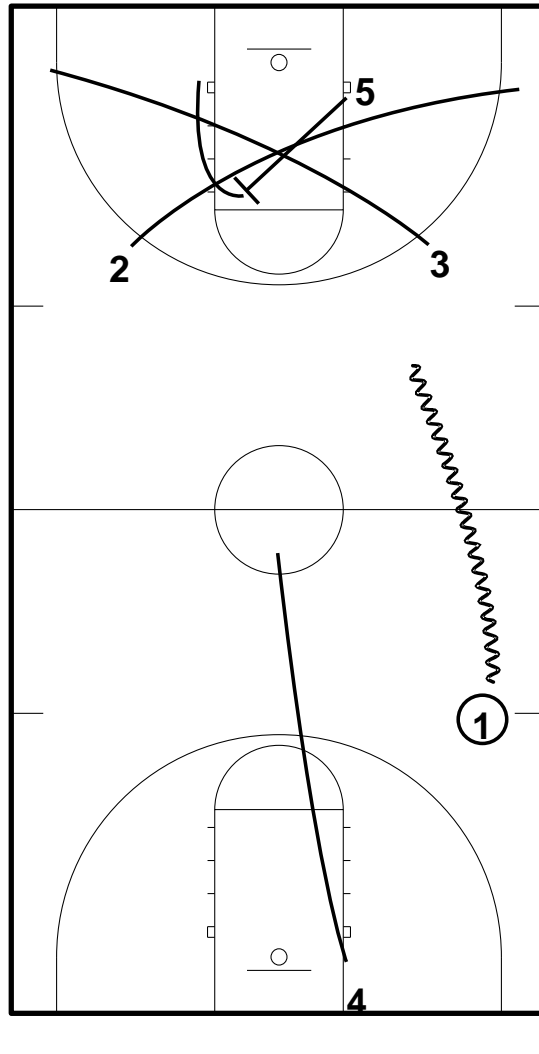
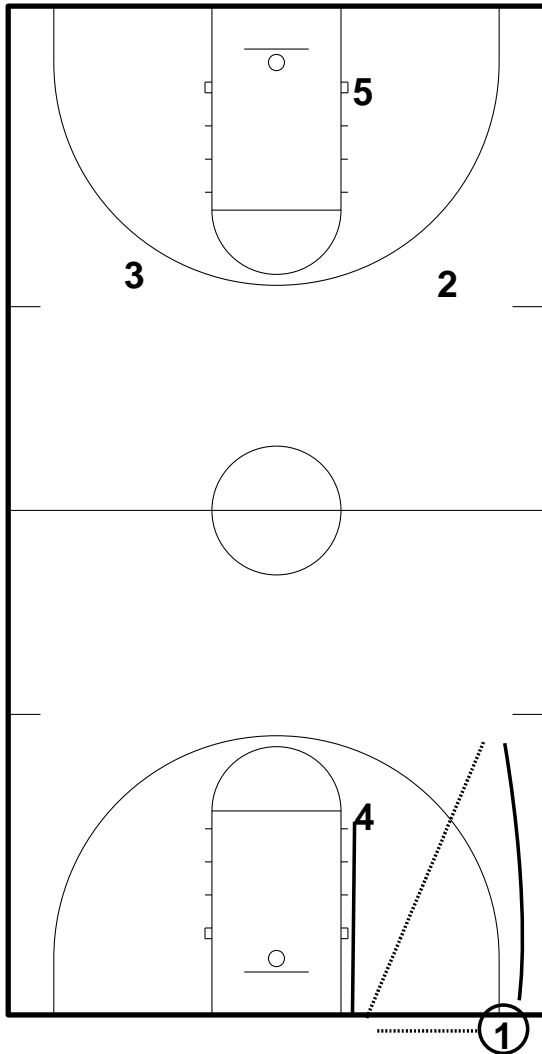
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VCU

DAYTON FLY

Dayton Fly
Special Situations

Dayton Fly
Special Situations



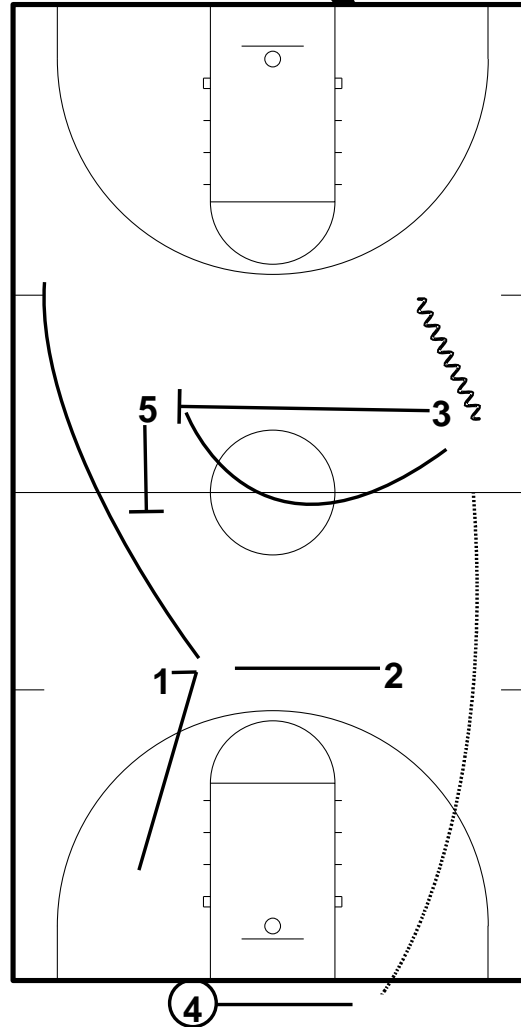
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1hits4
4hits1springupfloor

1looksfor
2and3spottinupand5ontheoppositeblock
2outstooppositecorner
5backscreensfor 2



VCU RIGHTY (NAME) (NAME)



2goesontheslapof theball
 5upscreenfor 2andinbounder BF's
 1cutstoball

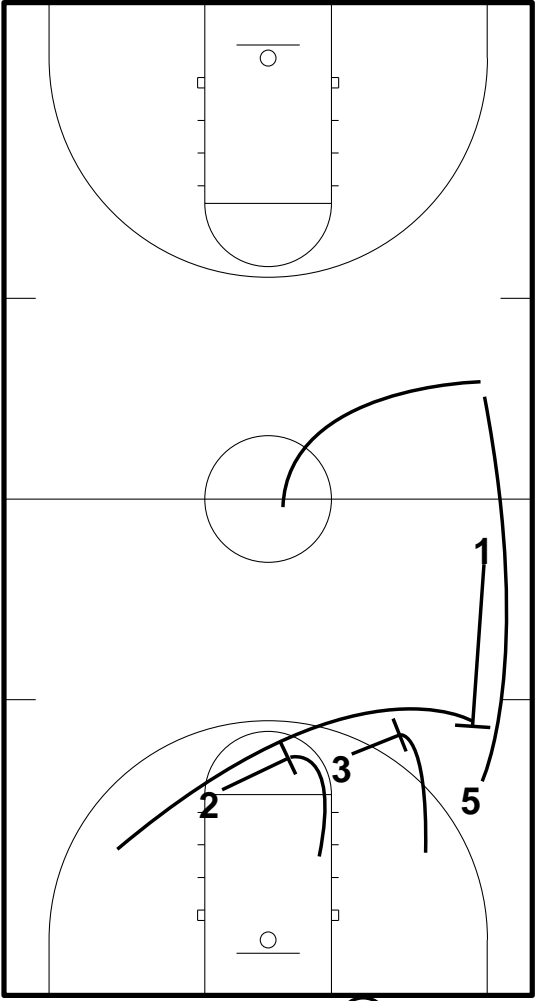
VCU BASKETBALL

3sprintstoset fakescreenfor 5thensprintsback as4sprintsbaseline



VCU

CLEMSON



④

1backscreen5
 3&2stagger for 1
 3&2flashback toball
 5curlsback asanemergencyoutlet

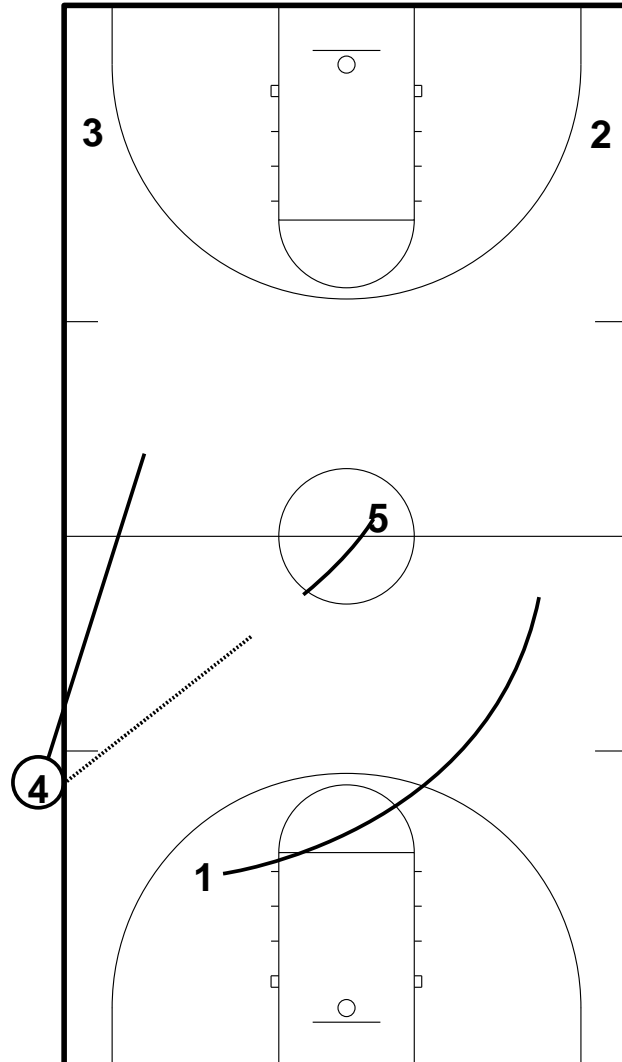
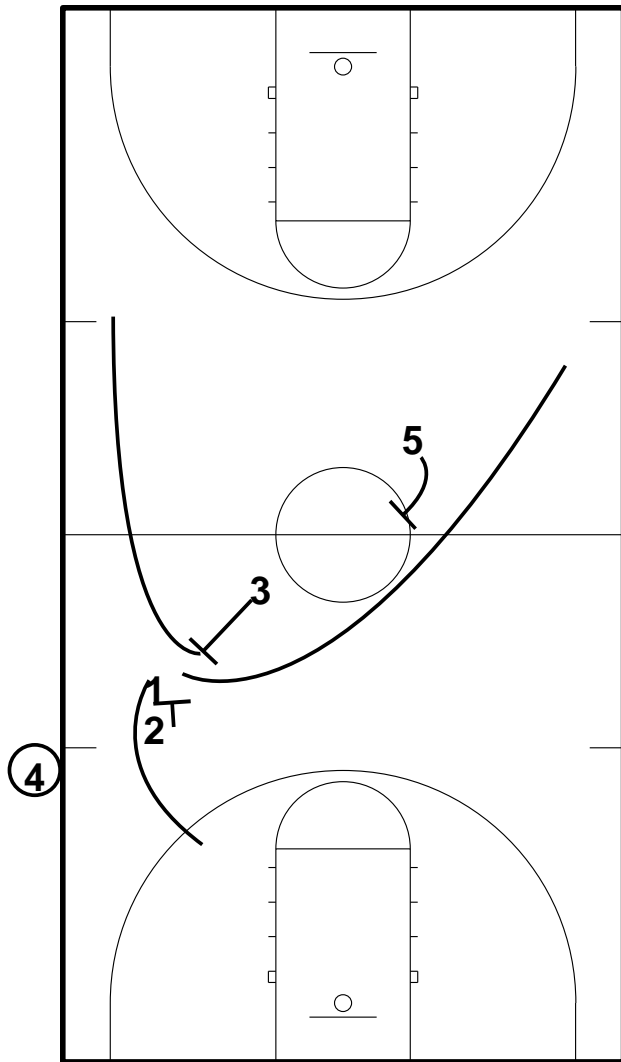
VCU BASKETBALL



VCU

VCU

RICHMOND



VCU BASKETBALL



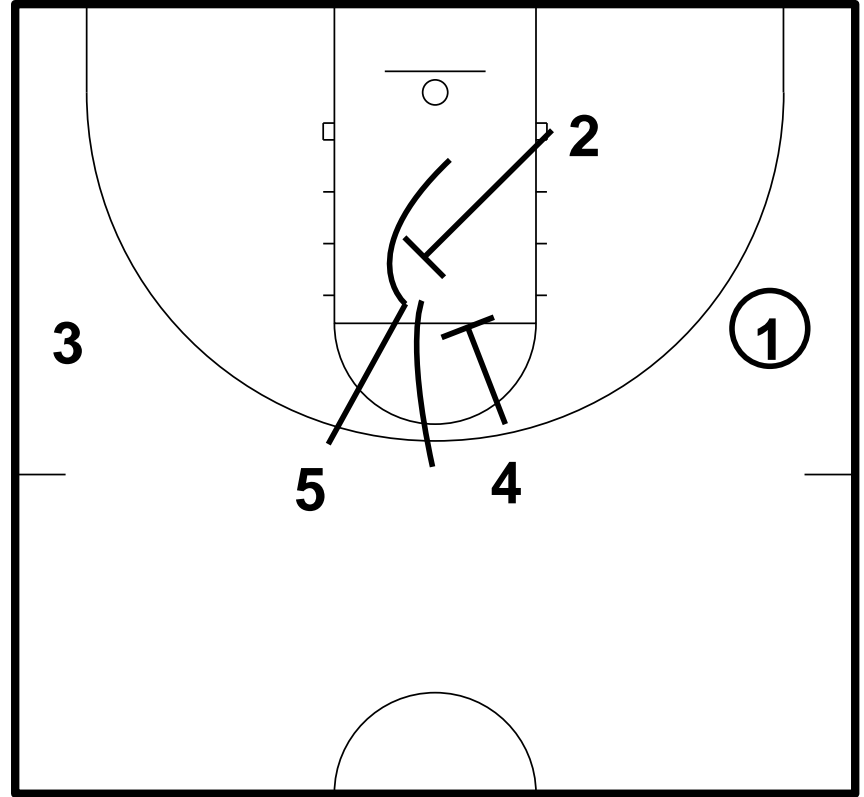
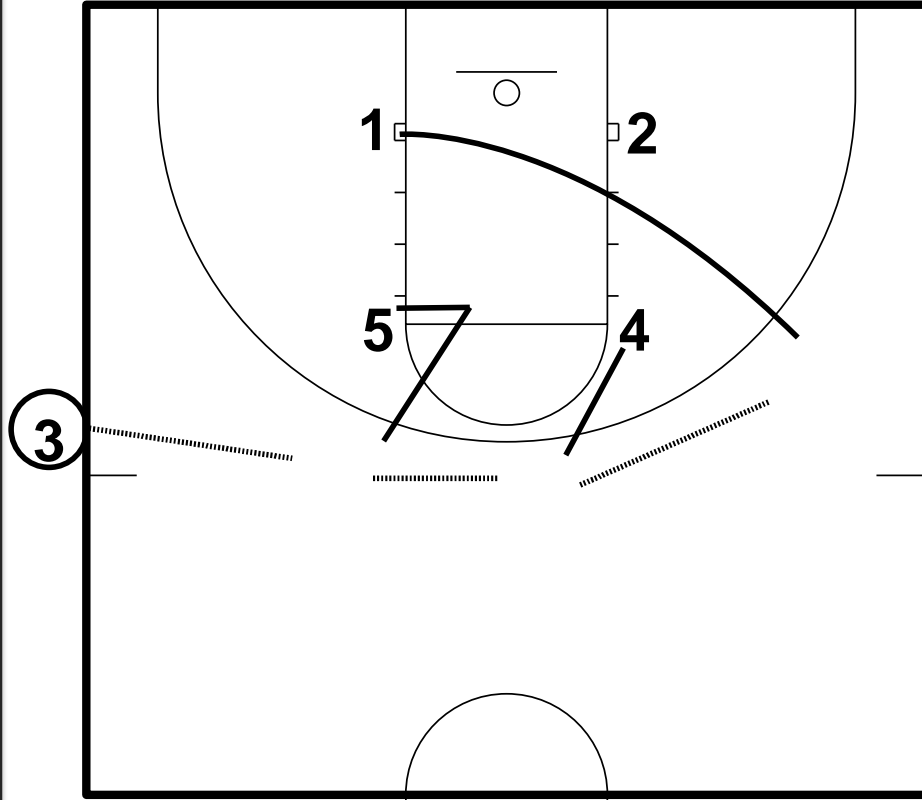
VCU

Side5
SOB

SIDE 5

VCU

Side5
SOB



5 steps out to receive inbound from 3
 4 steps out together reversal from 4
 1 cuts diagonally to wing
 4 passes to 1

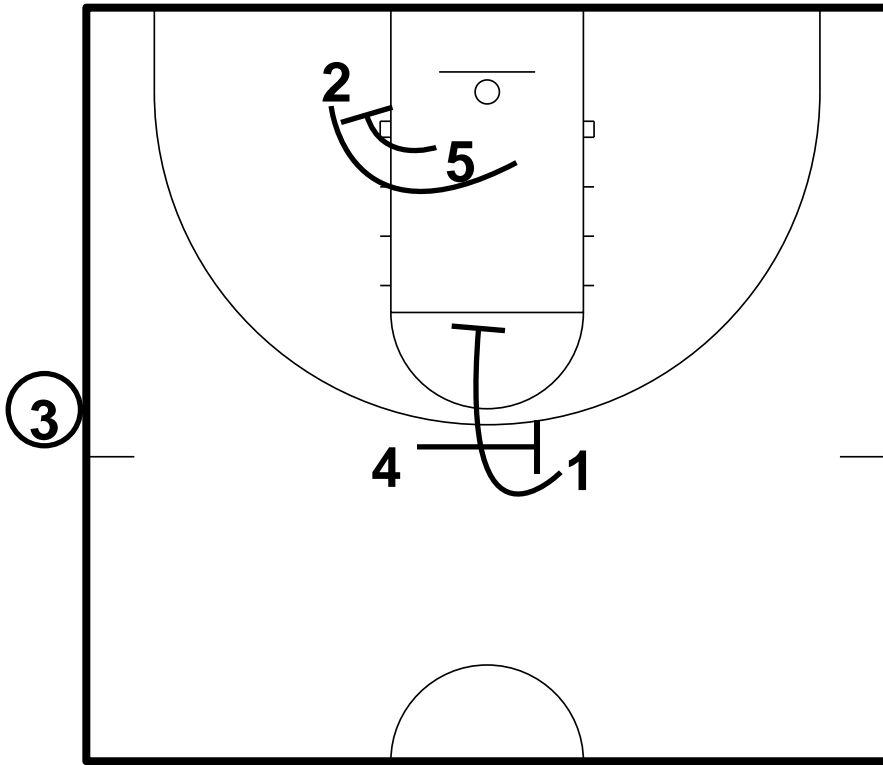
2 back screens 5 to the post
 4 screens down for 2 to the top

VCU BASKETBALL

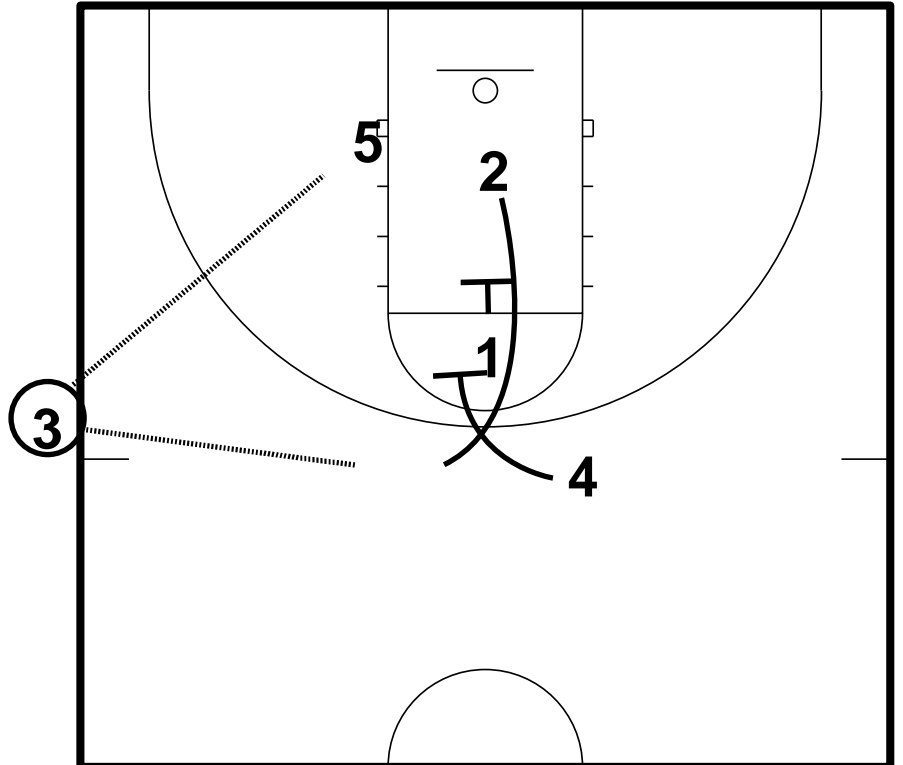


J.J. REDDICK

VCU Special Situations



4 screens across for 1
 1 curls to foul line
 5 sets screen for 2 to middle of the lane



2 comes off the top
 3 chooses between isolated 5 and 2
 1 staggers by 1 and 4



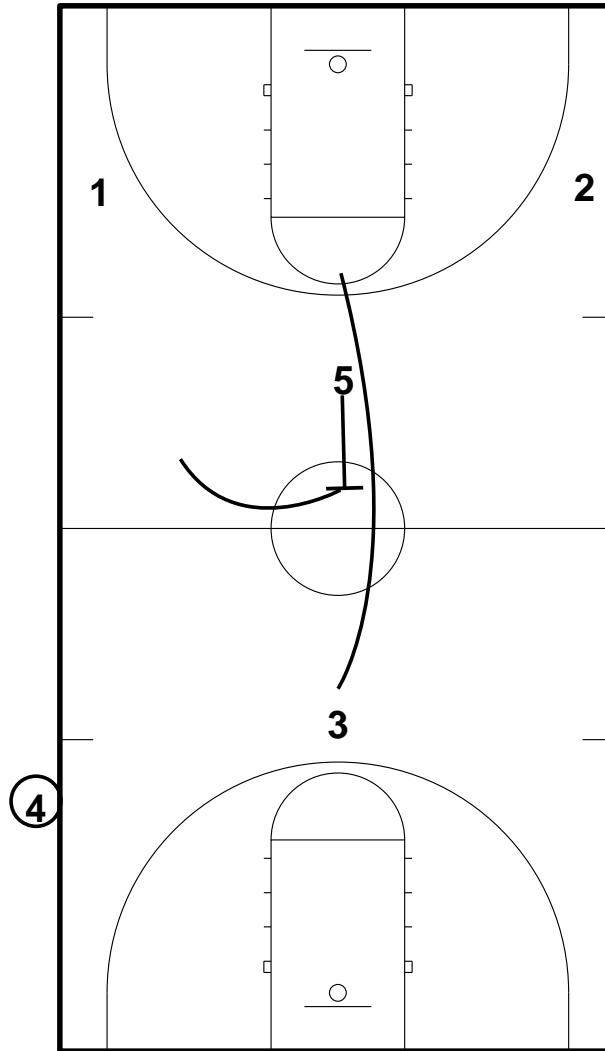
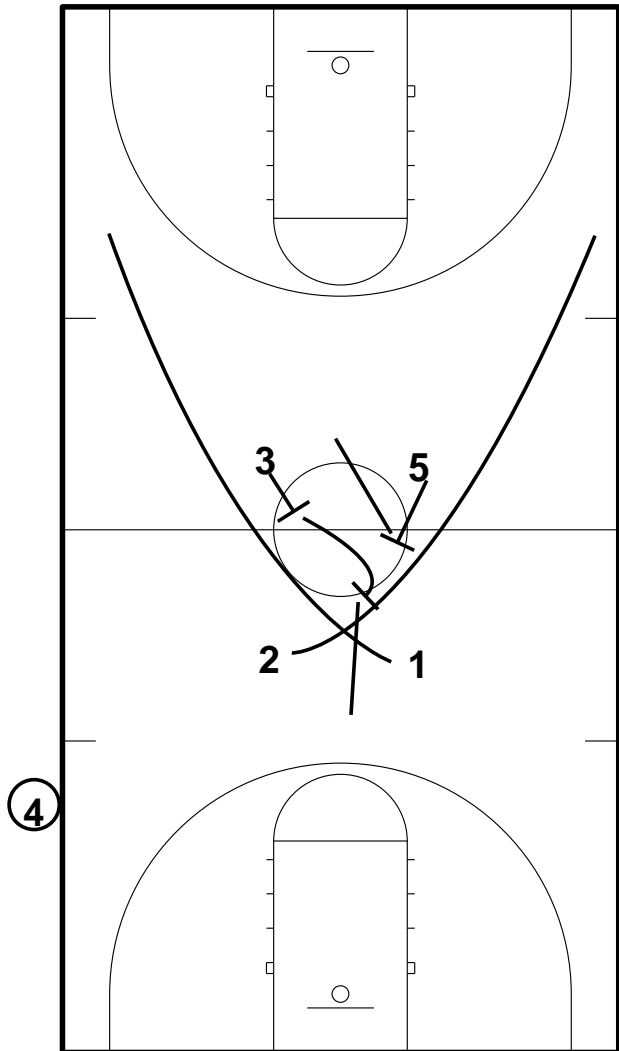
VCU

VCU

Winner (L)
Special Situations

Winner (L)
Special Situations

WINNER



VCU BASKETBALL



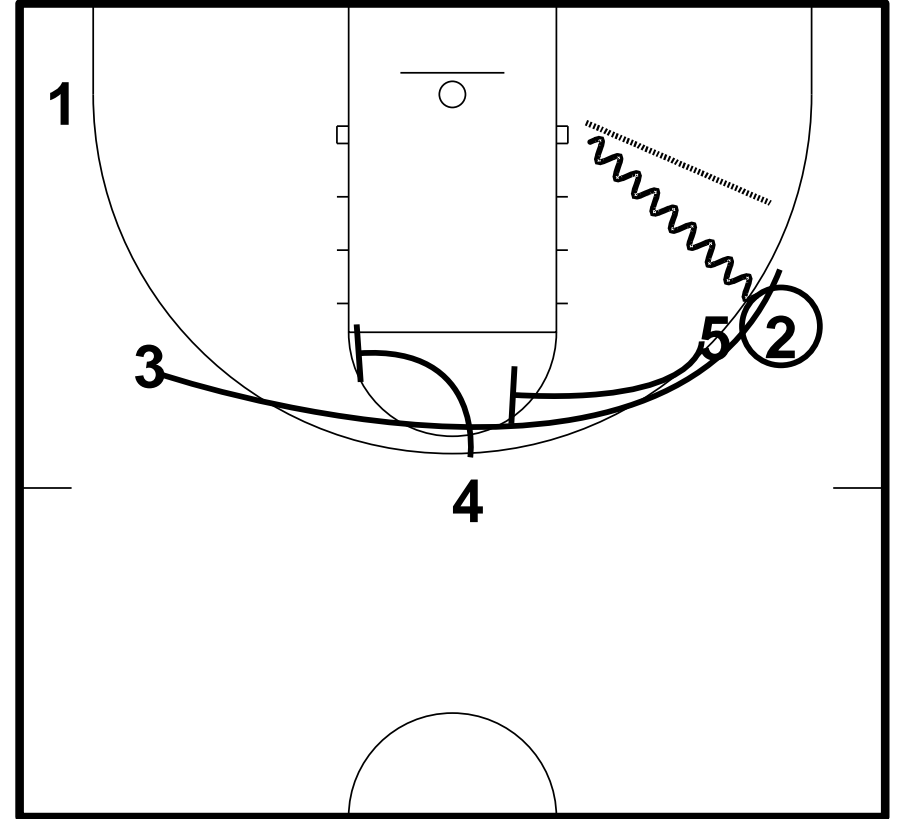
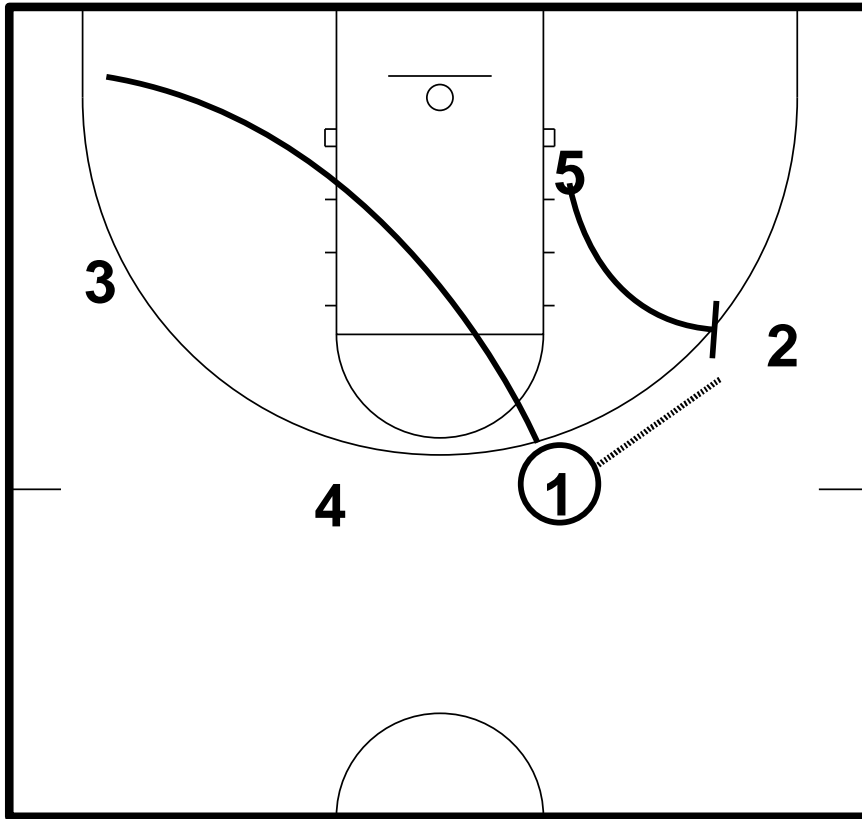
VCU

Rip(R)
Secondary

RIP

VCU

Rip(R)
Secondary



1weaksidecut
5sameideballscreenfor 2

4&5stagger awayon2'srefusal
Throwback 3pt for 3 rip

VCU BASKETBALL



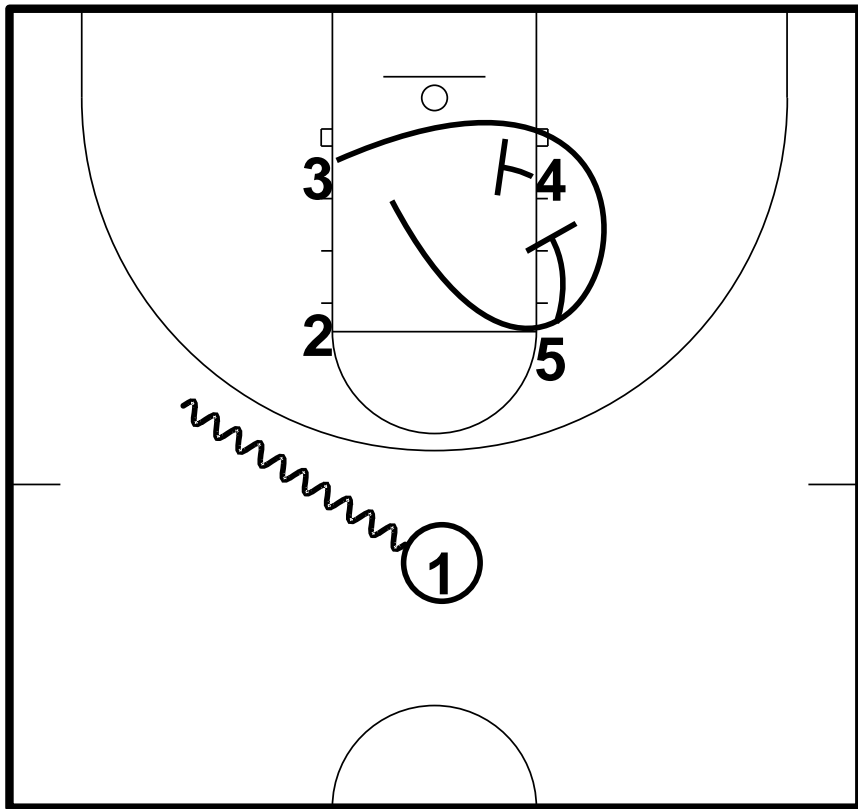
STATE

VCU

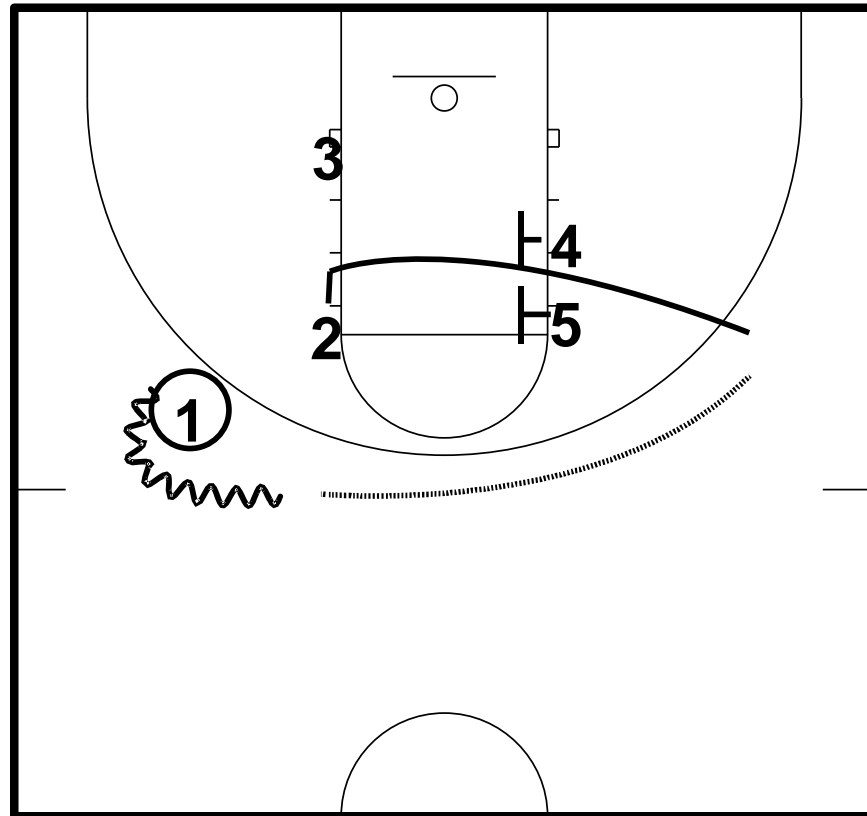
VCU

State
Special Situations

State
Special Situations



3Curls4and5sstagger
1dribblestolet wing screen



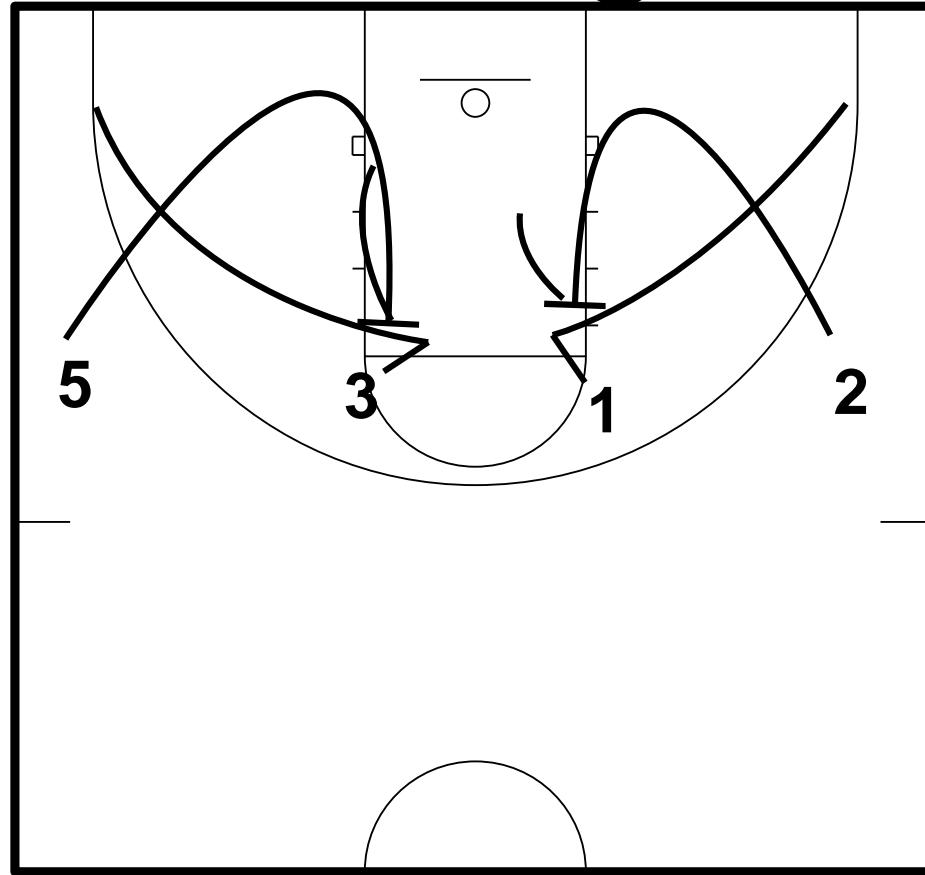
1spindribblesas2comesthroughthegate



BANANA

VCU
Banana (K)
BLOB

④



5&2Banana cut	intoscreensfro3&1
3cutstorim,	1cutstocorner
2slipsback	to ball

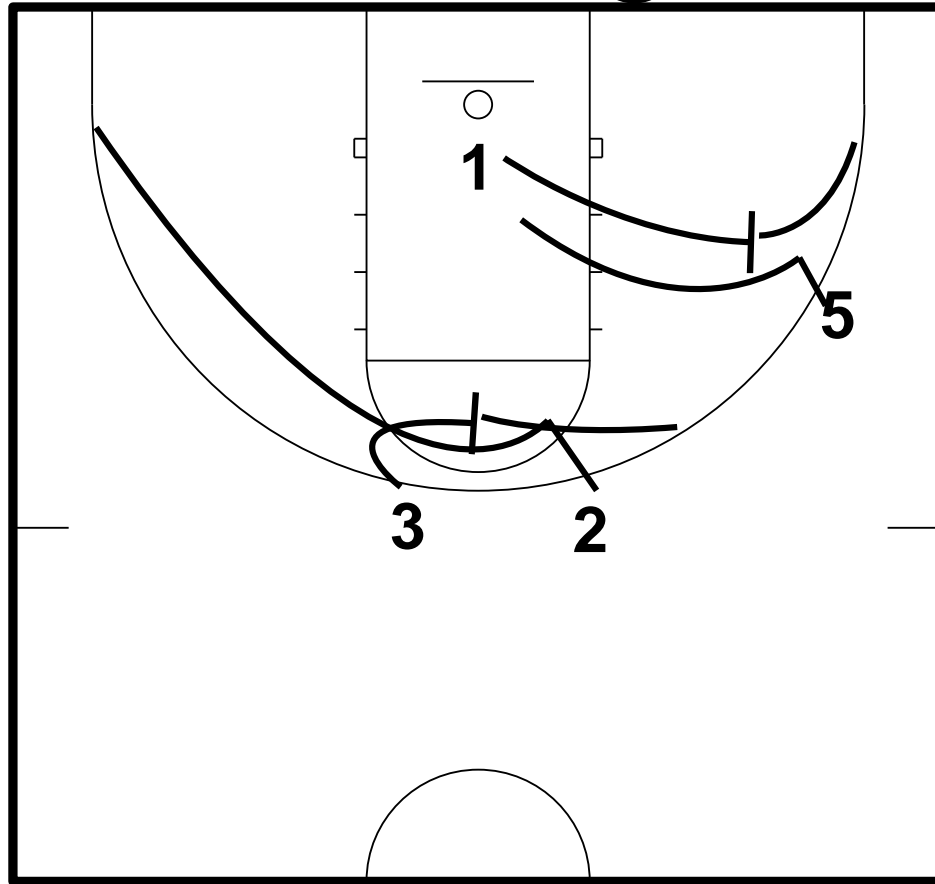
VCU BASKETBALL



NOVA

VCU
NOVA(R)
BLOB

④



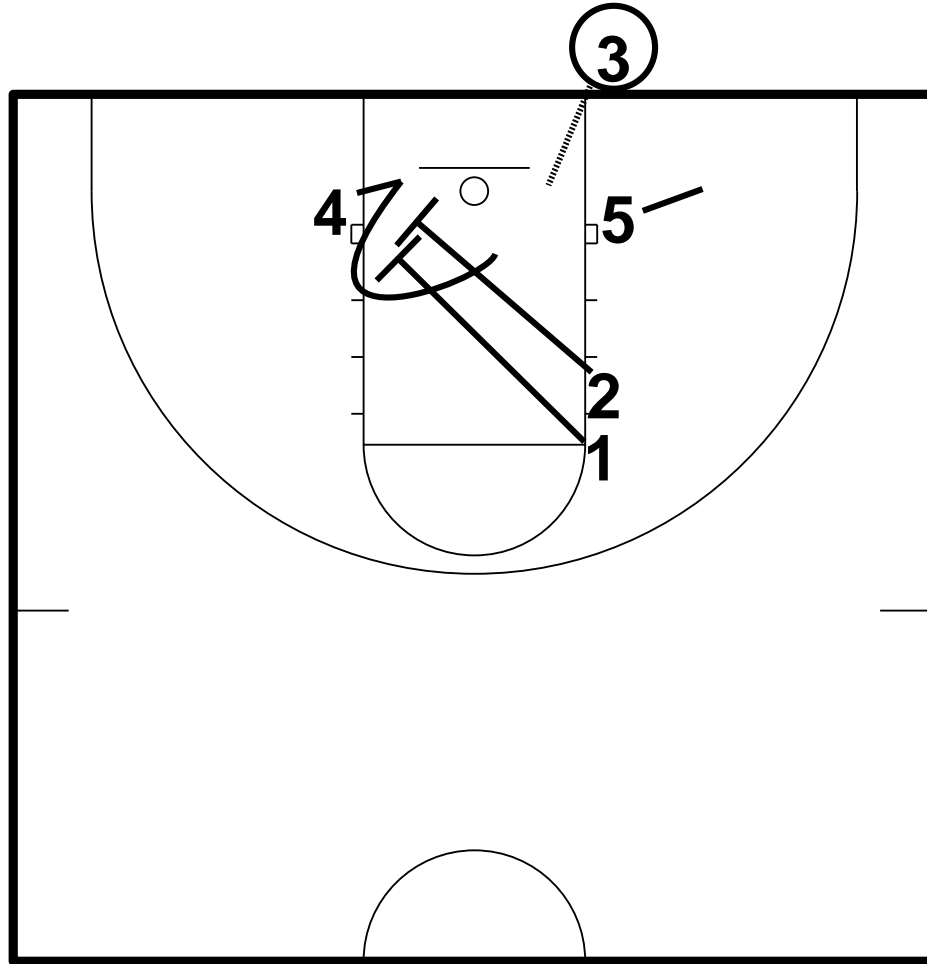
1&5takehardstepsin&away
 5sprintsoff 1'sbackscreen
 1slipstocorner
 3backscreens2, 2todeepcorner
 3slipsback toopenarea

VCU BASKETBALL



VCU RIM

RimShot (R)
BLOB



4duck inonslap
 2&1sprint doublescreenfor
 4spinsoff for tipin

VCU BASKETBALL



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VCU BASKETBALL

