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Run and Jump Press

UW-Stout



When running the press you do not need to steal the ball.

- If you think steal you will reach and foul
- You want the offense to make mistakes
- Teams that press tend to be over anxious

When starting the press you want to Pressure the ball right away.

- You don't want the ball to be thrown in quickly
- Better if one of your bigger players is on the ball.
- Whoever scores is immediately on the ball.

X1 and X2 do not deny the inbounds

- Stay behind the offense and allow them to catch the ball.
- We want them to catch the ball in front of us.
- If the ball is inbounded above the FT extended we are automatically in the Run and Jump.
- If they screen we will switch.

X4 and X5 are in a side position

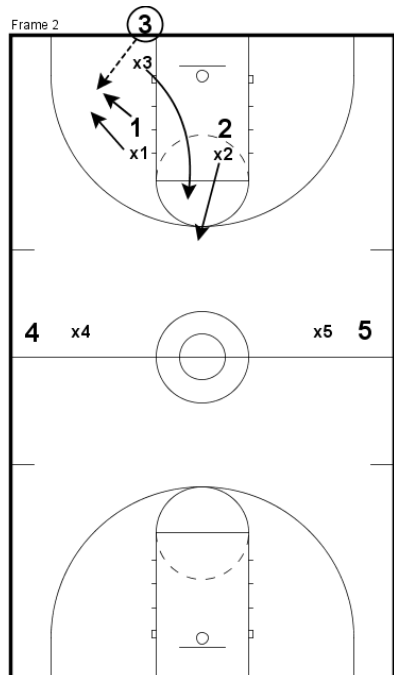
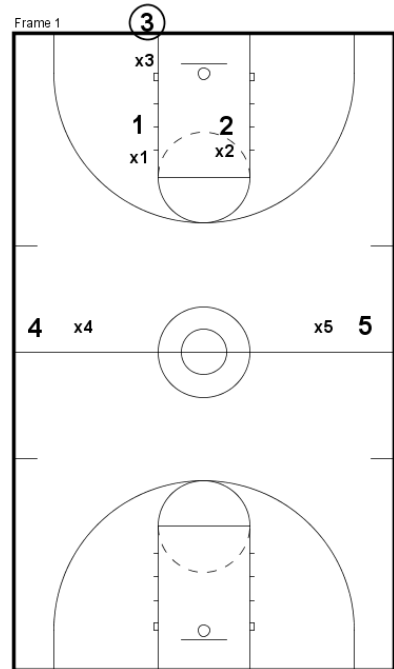
- We do not want the ball thrown over the top.
- Not a total denial, nor behind

When the ball is thrown in (Frame 2) X1 will put immediate pressure on the ball.

- We are not worried about getting beat

Inbound defender must get below the line of the basketball into a gap position.

X2 and X3 must be on the ball side of the midline.



As you pressure the ball your objective is to get the ball into an uncontrolled dribble

If they dribble to the middle we run and jump.

X1 will continue along that line and settle in the middle of the floor.

- We do not want a reach and a foul.
- Don't let the offense be comfortable.
- We are not thinking steal, they will throw it away.

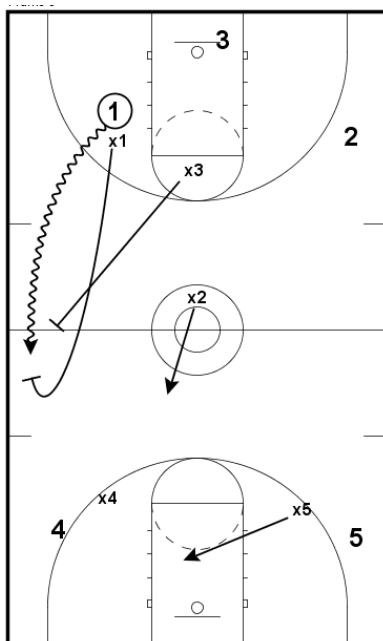
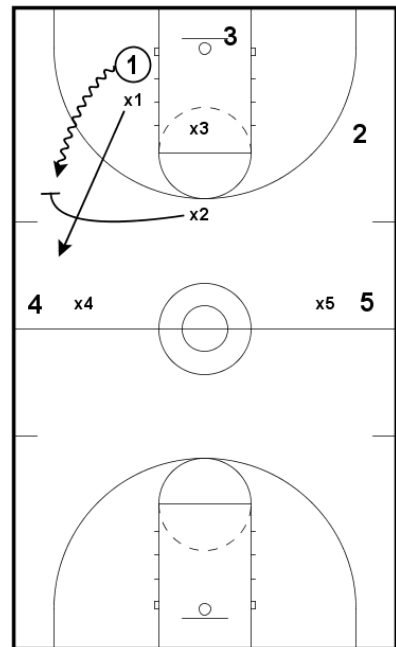
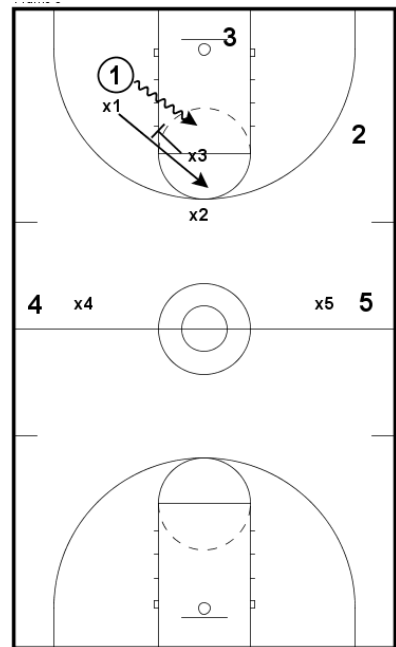
Get high hands on every run and jump situation.

If 4 or 5 would flash to the middle, the defender must take away the flash

If the ball is dribbled sideline, You could run and jump with the second line defender.

- The original ball defender would continue along the same line

We do not want the deep defender (X4) to jump; it makes to pass over the top too easy.



Sideline Trapping (Blue Look)
When the ball is dribbled up the sideline, we will turn and sprint and cut the offensive player off at some point.

We will chase from behind and get a trap near 1/2 court.

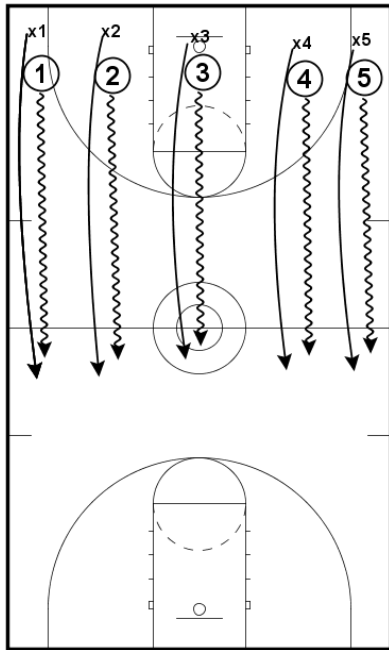
Trap could happen all the way down the court

You don't always know who is going to rotate. X2 could cut off the dribble while X1 traps from behind.

Breakdown Drills

Dig-Dig- Catch up- Dig

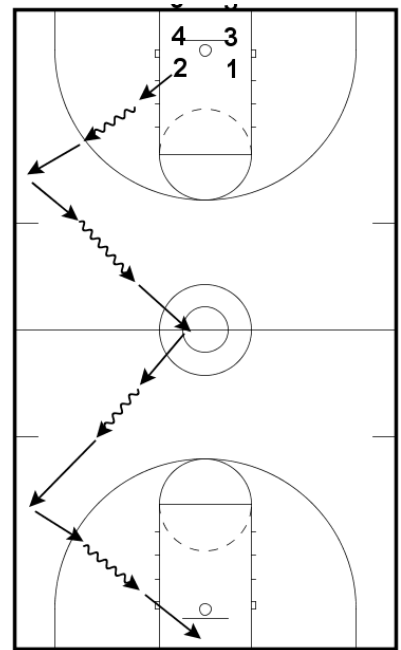
- Start with foot fire
- Slide...sprint to recover...slide....repeat
- You must have active hands, high and wide



Tip Drill

Tipping the ball from behind is important

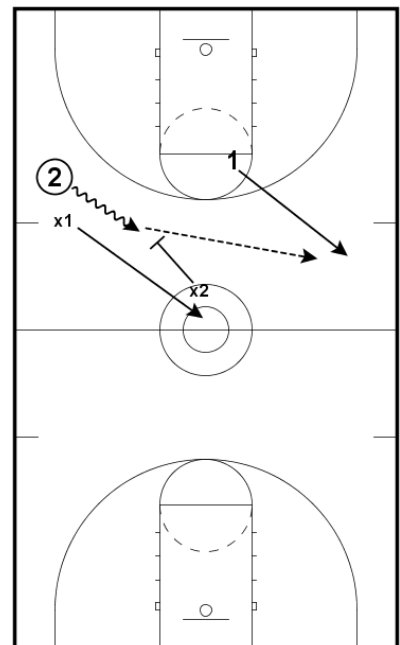
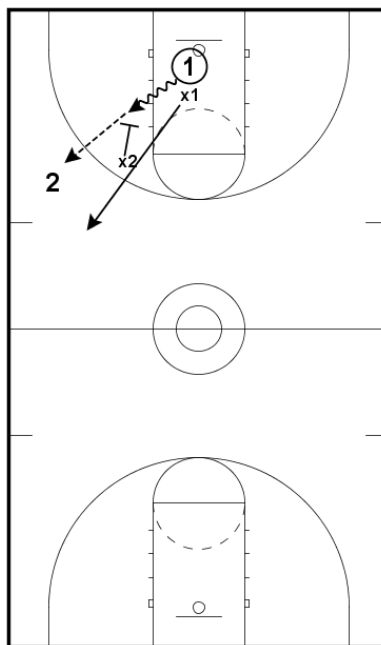
Tip the ball with your left hand vs. a right hand dribble, reverse vs. left hand dribble.



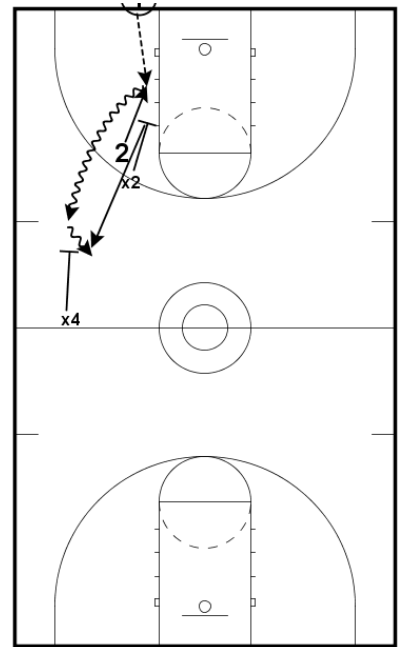
2 on 2 Run Jump

When I jump I will call out my teammates name.

when you rotate up you must have high hands



1 on 1 Tip from Behind

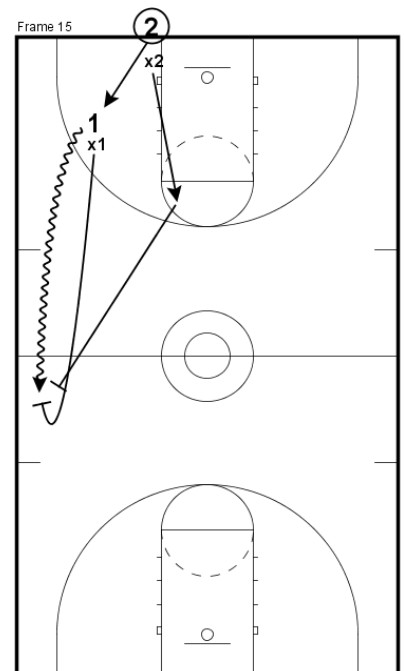


2 on 2 Trap Sideline (Blue)

In the drill steer sideline, the inbound defender must quickly get below the level of the ball.

Once the ball starts to dribble you must get away from the offense, there is no reason to be close (you will foul).

Run drill at both ends the same time



3 on 3 Positioning Drill (full court)

Offense advances the ball with the pass up the floor, while the defense sprints to the proper position.

- Ball will go from one sideline to the next as the offense advances the ball up the floor.

3 on 3 Run and Jump Rotation Drill

Same set up as 3 on 3 positioning drill, allow the dribble by the offense

- The defense will now attack with the run and jump

3 on 3 Live

Run the same drill live.

- make your rotations (only run and jump) on your own.
- Put a coach back as a lone defender to prevent the long over the top pass,, as soon as the ball crosses half court he is out of the play.

Diamond of Box Set Alignments- 4 on 4 Live

5 on 5 live – Free Throw

Color scheme for the defense

White Basic Run and Jump

Blue Sideline Trap

Red Immediate Trap in bounds

Black Denial on inbounds

You don't need to necessarily call the colors your players need to learn when to RJ and when to trap.

Use "red" when they clear out

You can combine some of the colors.

- When playing a great ball handler "black" and run "white" on the other guard
- You can run black with two players, and double team the inbound pass the great player.