



6.0 PRESS BREAKER

Hills teams will have a common method of breaking and attacking pressure defences, by way of a club press breaker. The press breaker will be used for both man to man and zone traps.

Teaching points:

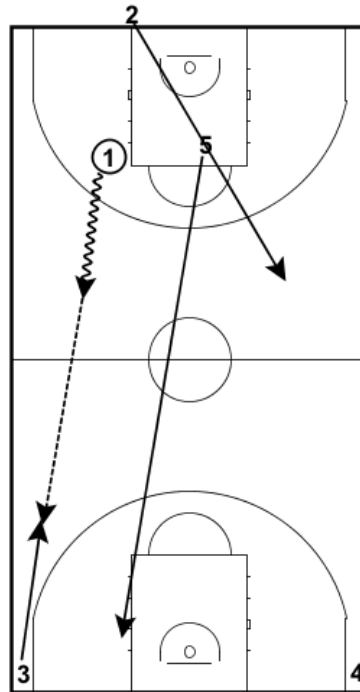
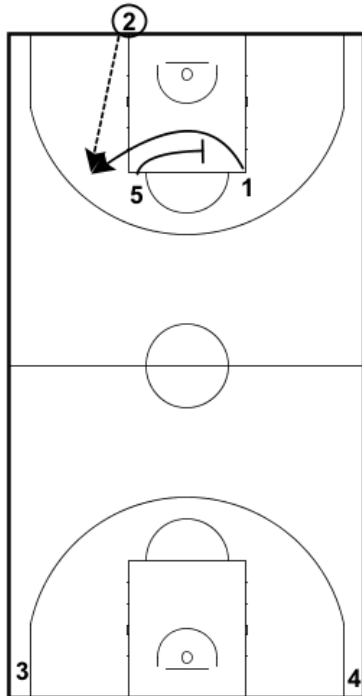
- **Mindset: Extended defences are a chance for us to shoot layups**
- We will have our two best ball handlers/passers in the backcourt.
- Receivers must shorten the distance of passes and lead through passes. Vs. Zone – we will always have three passing options.

Cues:

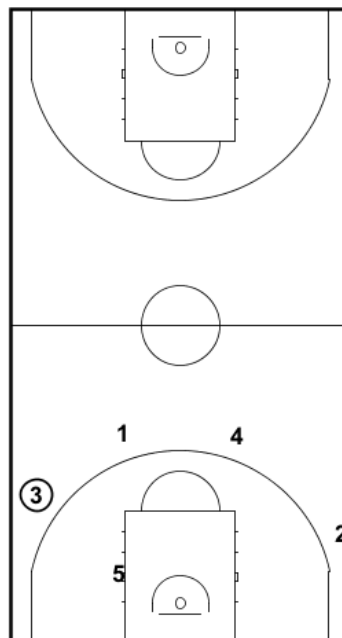
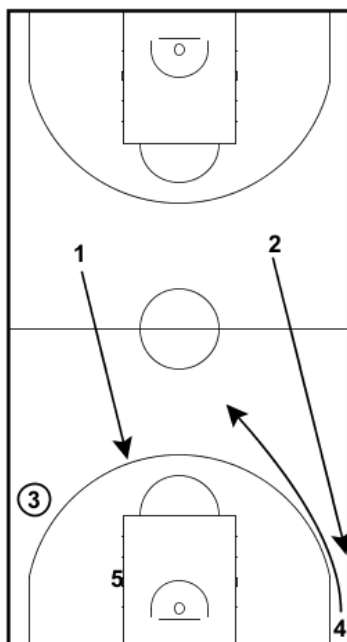
- “ORGANISE”
- “ATTACK”
- “SHORT PASS”



6.1 VS MAN TO MAN



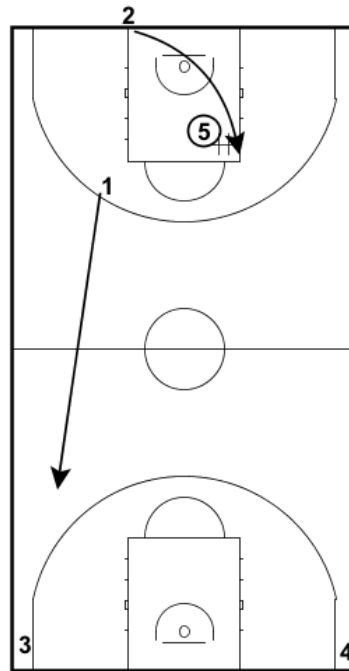
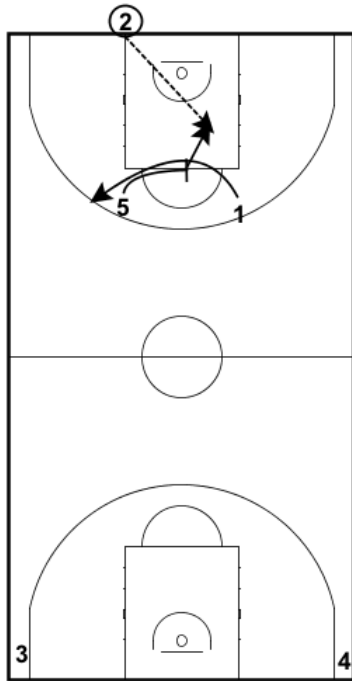
2 inbounds the ball. 3 & 4 start deep in corners/ 5 works off 1's screen. 3 leads hard out of the corner. 1 passes ball man ahead. 5 sprints into the low post.



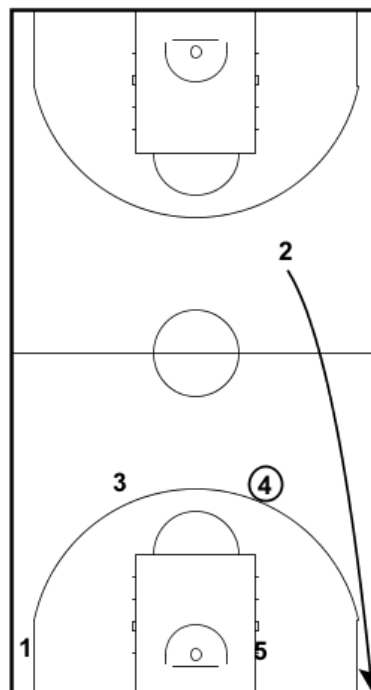
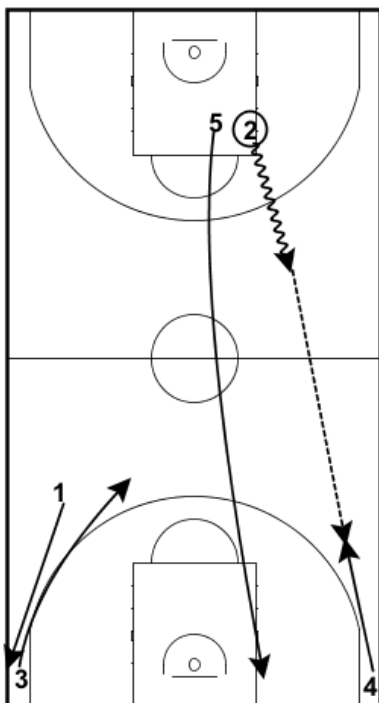
4 lifts out of the corner to the slot. 1 fills ballside slot. Space to 4out 1in



1 DENIED OPTION



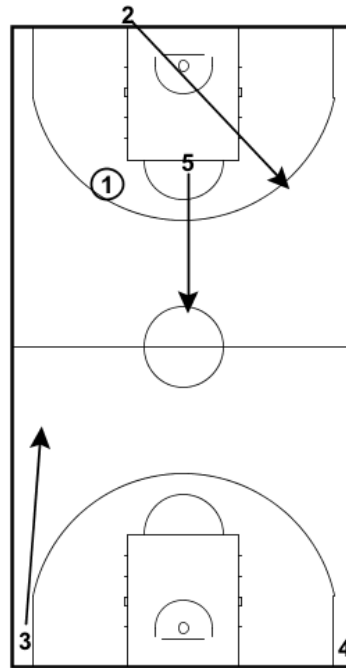
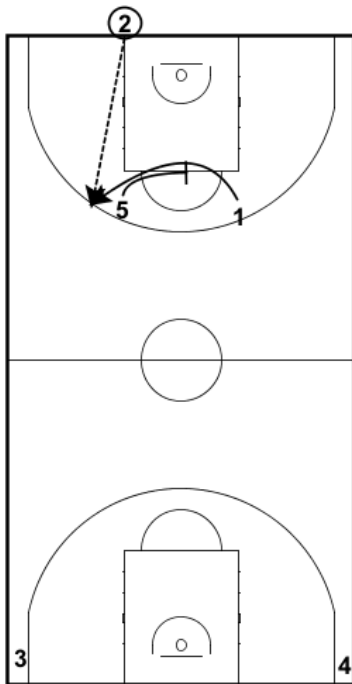
If 1 leads and is denied, 2 inbounds to 5. 2 then sprints over and gets hand off



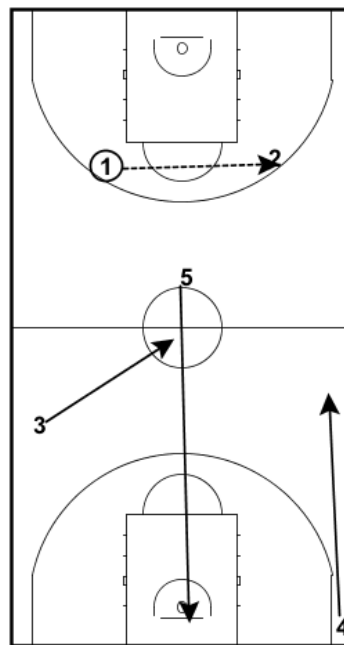
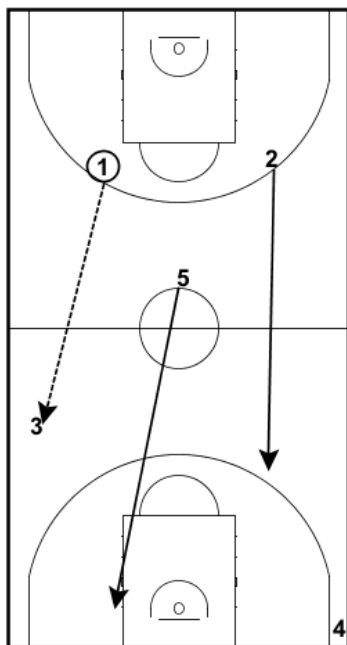
4 leads up for the ball and 2 passes ahead/ 3 and 1 exchange. Space to 4out 1in.



6.2 VS ZONE

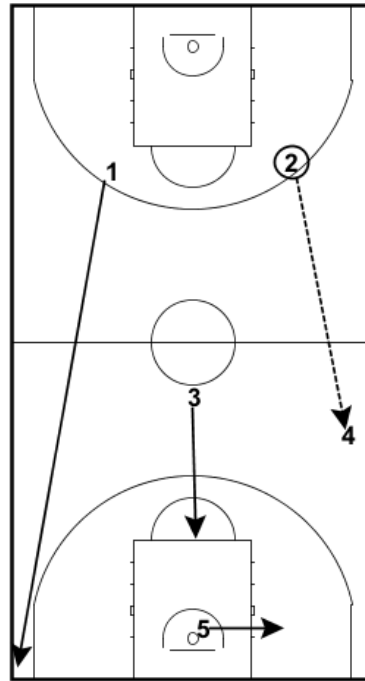
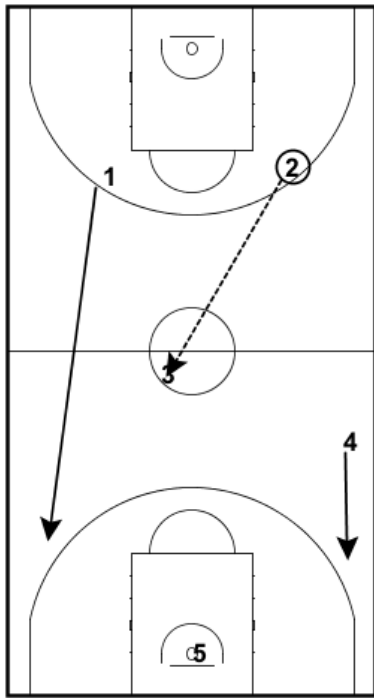


Same start – 5 screens 1. 2 inbounds to 1 and gets opposite ball. 5 dives to middle of floor. 3 leads up for short pass down the line.



If 1 passes down the line to 3, 5 dives to the low post. 2 fills the weakside slot.

If 1 reverses ball to 2, 5 dives to rim, 3 flashes to middle, 4 leads up for short pass down the line.



If 2 passes to 3, 3 can attack off the dribble or pass to 1, 4 or 5

If pass goes to 4, 5 flashes into low post, 3 dives down middle.