

## **1-2-2 BALL PRESS**

### ***Constant Reminders***

- 1) Stay far enough away- *tempt them to pass*  
Stay close enough- *intercept if they do*
- 2) Run the ***ANGLES!***
- 3) Move while the ball is ***IN THE AIR***
- 4) When ball is in middle- No TRAP- 1-2-2
- 5) Approach traps with ***HANDS UP***  
Trap with ***HANDS UP- Get Deflections***
- 6) **#2s (wings)- Don't** leave middle open  
until your partner can get there. ***Play Tag***
- 7) Force the offense to use the outside alleys  
***KEEP OUT OF MIDDLE***