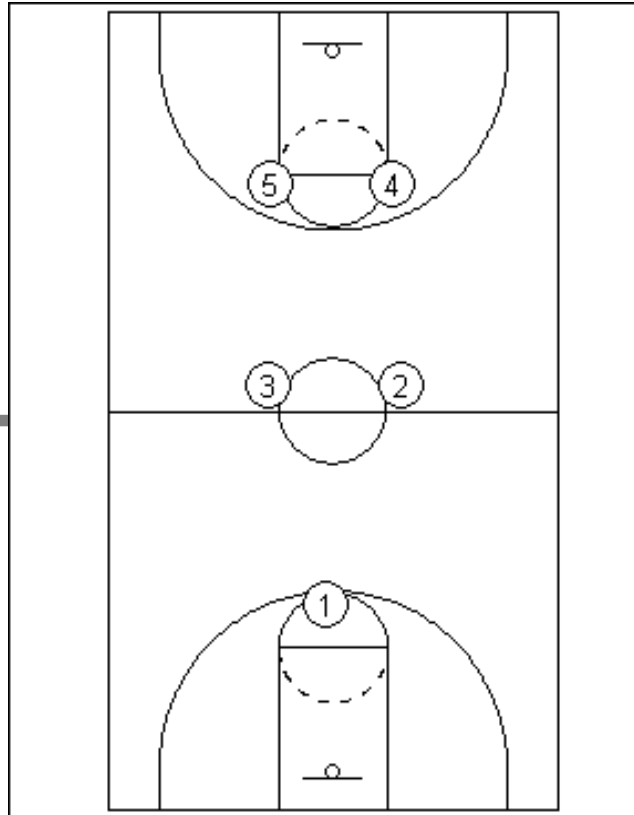


# 1-2-2 Ball Press



All the information in this presentation comes from Coach Loren Wallace's handout on the 1-2-2 Ball Press



# ADVANTAGES OF THE 1-2-2 BALL PRESS

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- Applies constant pressure – Wears down the opponent.
- Exploits the speed and quickness of your guards.
- Forces opponents to one side of the floor.
- Forces opponents into an unorganized type of play.
- Forces opponents out of their normal offense.
- Forces opponents to hurry and make errors.
- Forces opponents to take shots they usually don't take.
- Designed not to take the ball away – but to have the offensive team give it away.
- Creates opportunity for the fast break on steals and rebounds.
- Demoralizes the opposition.
- Requires your team to play with defensive intensity.
- Great for team spirit – Players like to press.

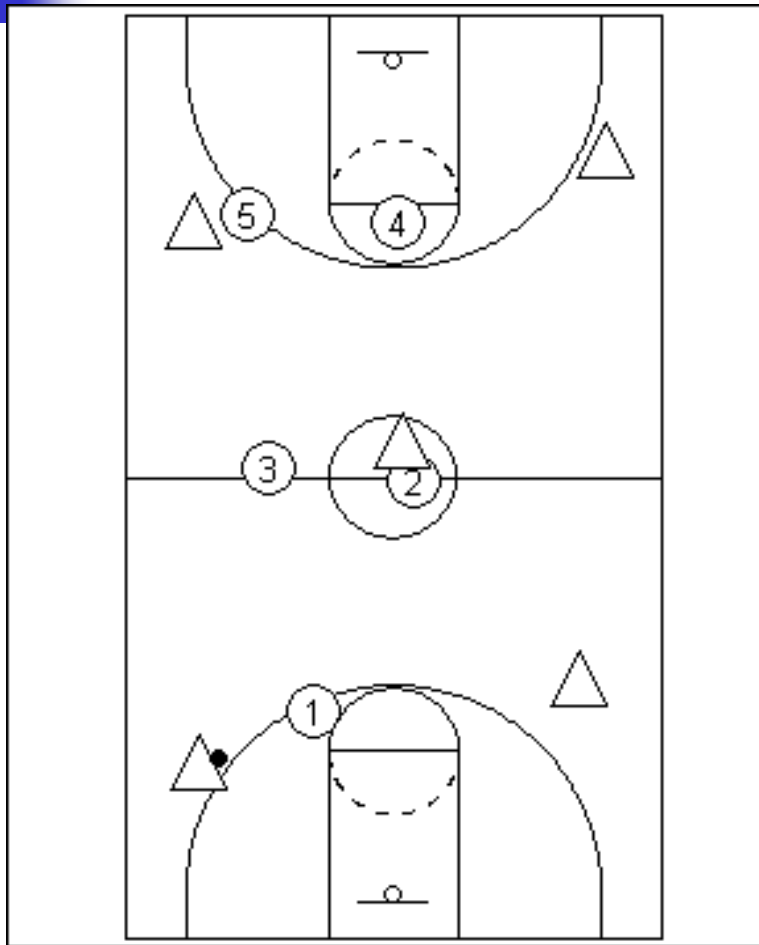


# REQUIREMENTS

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- Must be in great physical condition.
- Must communicate.
- Must anticipate.
- Must react with the pass – Not after the pass has been made.
- Must pressure the ball at all times – Never allow the player with the ball to stand and look over the defense.
- Must approach all traps with the proper angle.
- Must approach all traps with arms up and knees bent.
- Must keep arms up and moving when trapping.
- Must not reach once trapping.
- Must not allow trap to be split.

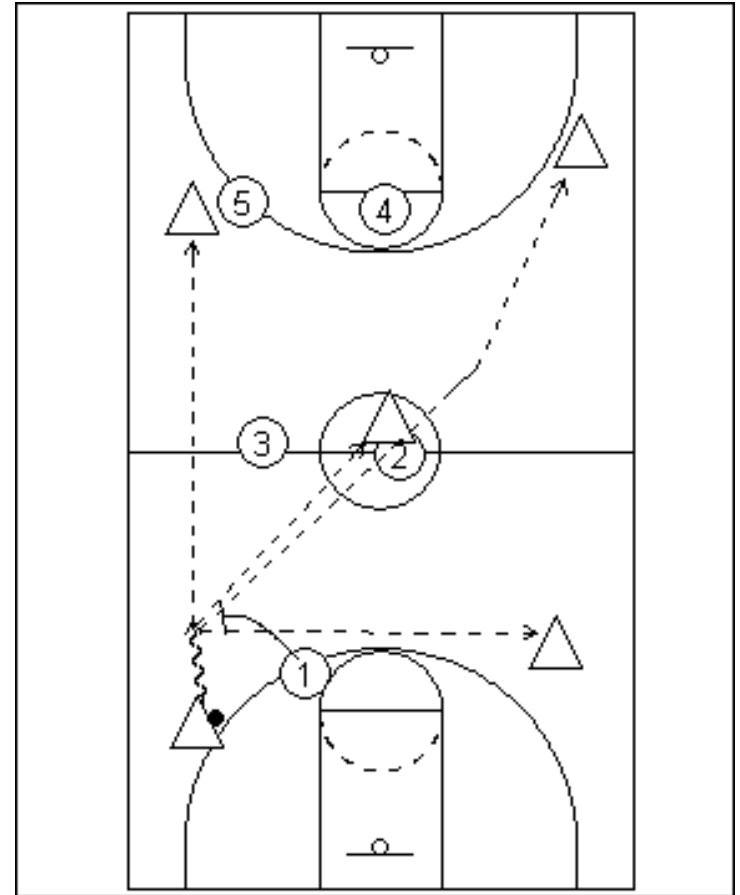
# ALIGNMENT



- #1 – POINT GUARD - Quick, cuts, dictator, key player, must force ball down the sideline.
- #2 – WEAK SIDE WING – Must cover the middle area.
- #3 – STRONG SIDE WING – Wait on the ballhandler to come to you – not gambling.
- #4 – WEAK SIDE BACK – Basket responsibility
- #5 – STRONG SIDE BACK – Ball come, you come.

# DO NOT ALLOW THE BALL TO GO DOWN THE MIDDLE

- **VARY THE PRESSURE:** May deny the ball in, or three-quarter court. Must read opponents on how they adjust. There will be a couple of passing lanes which will hurt you. The Sideline and the Middle. Another one could possibly be the pass down the floor on the opposite side, however this should be too long of a pass, and should be intercepted by the Weak Side Back. The pass which we will allow is the reversal pass. This pass will not hurt us.



# Point Guard Responsibility

## Full Court



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- Have constant pressure on the ball handler, however, the degree of pressure may vary. Bait the ball handler into something she doesn't want to do.
- If she picks up her dribble, point may be able to deny the ball from her team mate.
- May or may not pressure the inbounds pass.
- Force the ball toward the sideline and trap with the wing if possible.
- If the ball is reversed back out of the trap, then she must run at the correct angle, not straight across the floor.
- If the trap is between the wing and back then the point must slide down and cover the middle area.
- On ball reversal, wait until team mates cover the middle before you dictate.

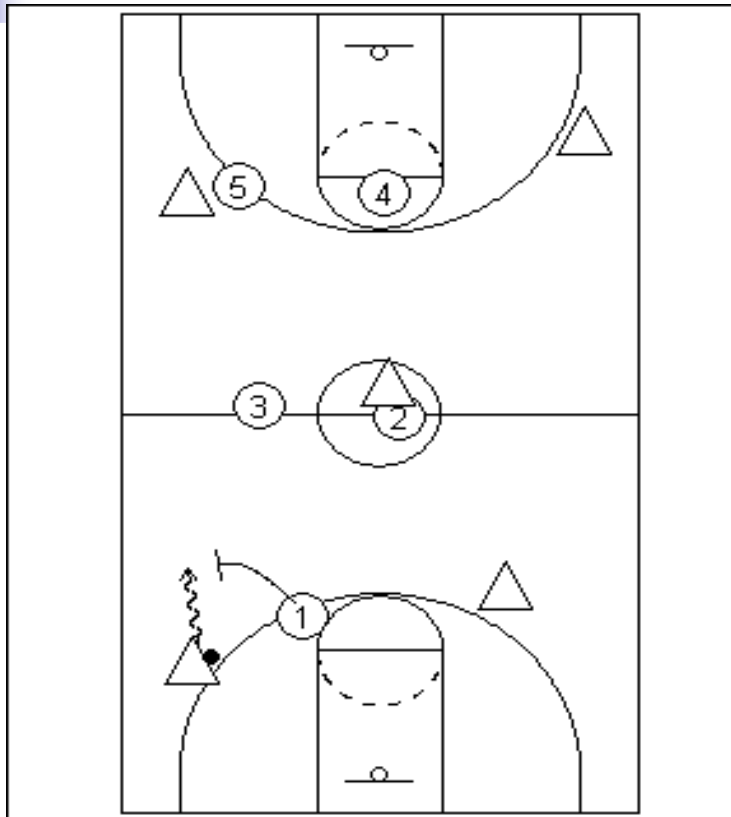


# Point Guard Responsibility Half Court

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- Force the ball down the sideline, lesson your angle if getting beat to the middle, especially against a quicker point player.
- When the pass is made to the wing, point must cover the high post area.
- When the pass is made to the corner, must cover high post area and anticipate the pass back to the wing when the ball handler turns her back to pass the ball back to the offensive wing.
- When the pass is made from the wing to the top of the key area, she must first return to the middle of the free throw line area then go out to the ball. She must have her arms up to prevent the direct pass into the high post area. **VERY IMPORTANT!**

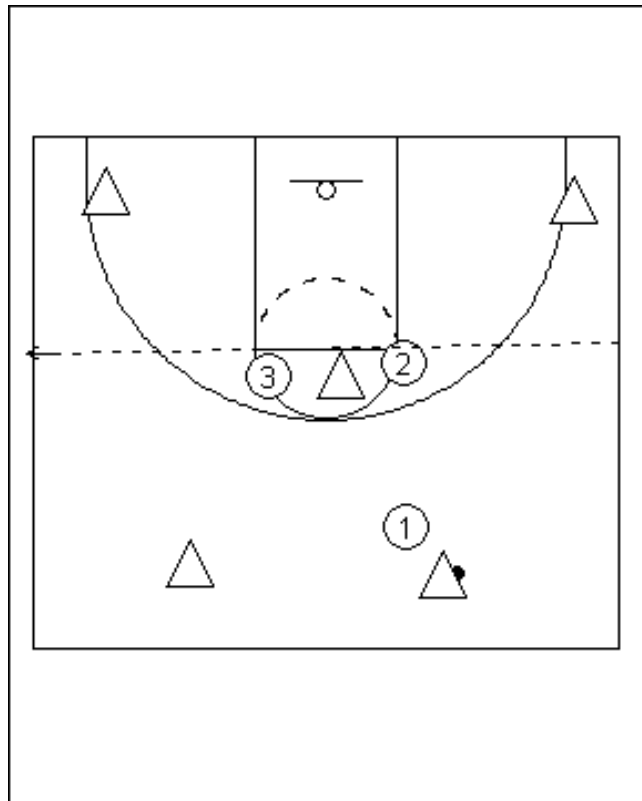
# FULL COURT RESPONSIBILITY - POINT



- The point must get between the two guards so it will be a lob pass instead of a direct pass. Point should force the ball to the left as much as possible. The only exception is a left handed ball handler. Point uses her legs, arms, anything to get a deflection of some kind.

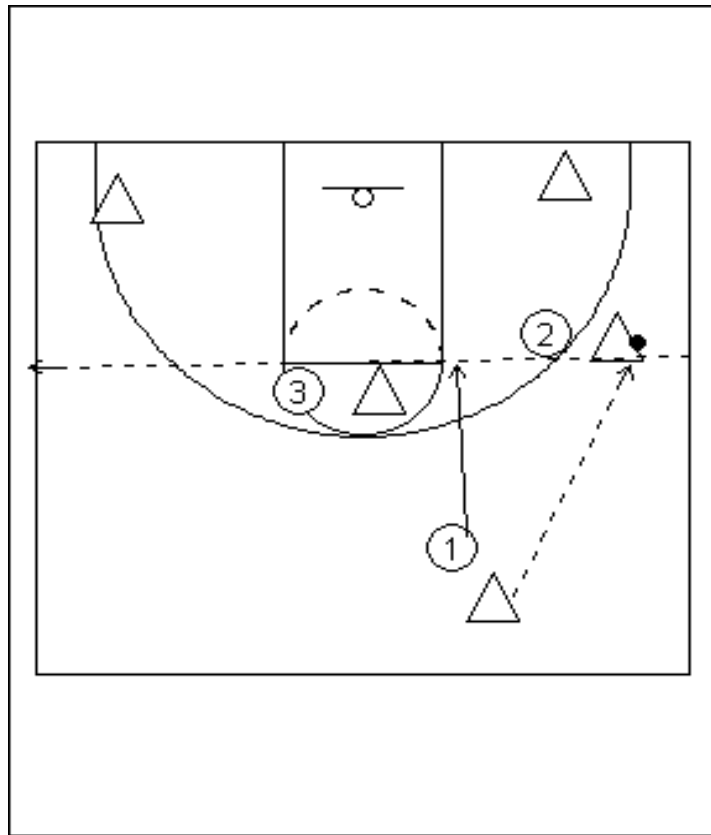


# HALF COURT RESPONSIBILITY - POINT



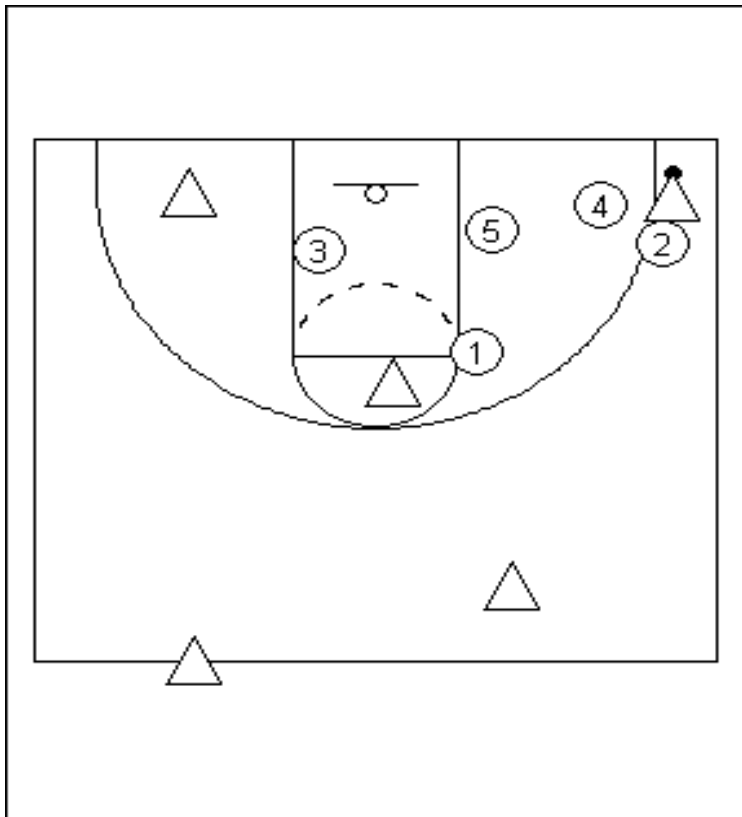
- The point guard pressures the ball free throw line extended. The point never lets the ball handler relax, never allows her to scan the floor over. Her hands and feet are constantly moving, doing anything possible to get a hand or a foot on the ball.

# Guard – Ball on the wing



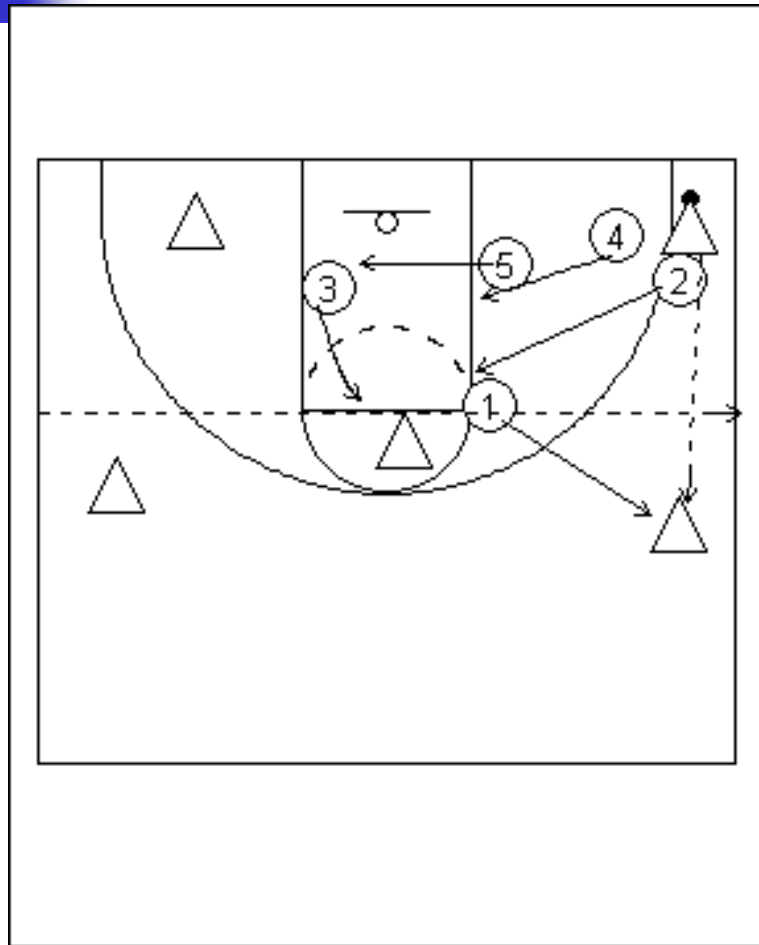
- Once the ball is moved from the point to the wing then the point moves down and covers the high post.

# Guard – Ball in the corner



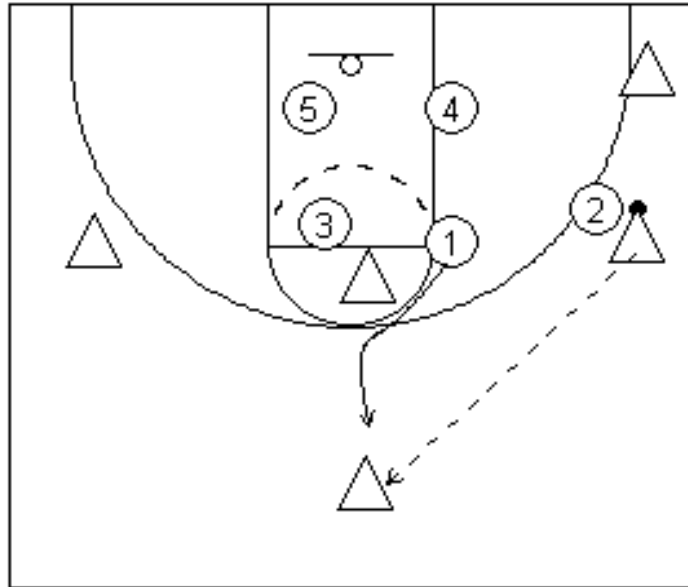
- Once the ball is in the corner, the point remains in the high post. However, if the player who is trapped pivots to turn her back to pass to the wing, then the point can release from the high post area and go for the steal.

# Point and Wing must work together - IMPORTANT



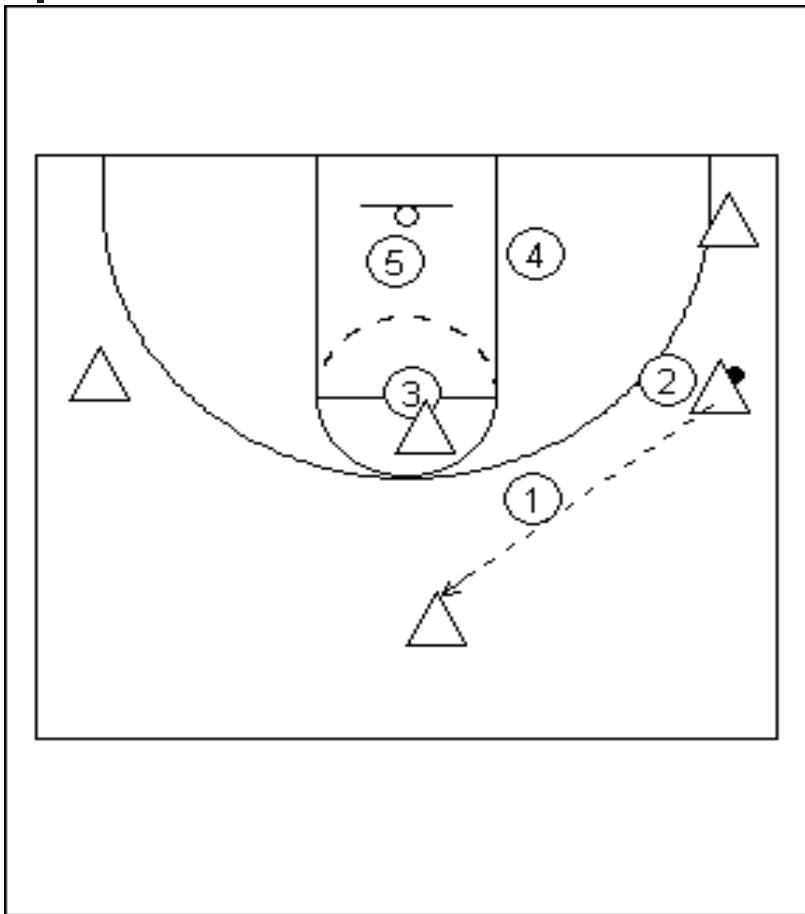
- The point must read where the ball is when passed back out. If the ball is free throw line extended the point hesitates until the wing has high post, then the point goes out and pressures the ball. If the ball is below the free throw line extended then the point remains at high post and the wing covers the ball.

# Ball moves from the wing to the point



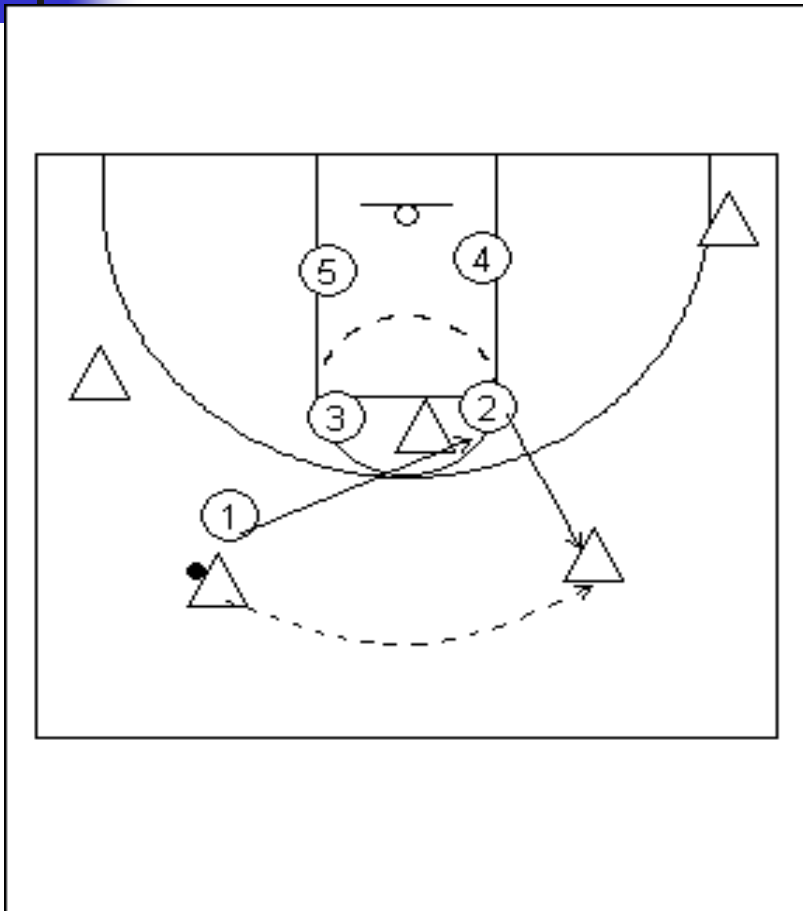
- The point must hesitate a count to let the wing cover the middle and also take one step to the middle. Point should have her hands up discouraging the pass into the post. If there is penetration then the point must change her angle, in order to keep the ball handler from dribbling straight to the basket.

# Passing Lanes



- If the offensive point is used just as a passer then our point could get into the passing lane more.

# Exchanging positions



- Once in a while the wing might have to take the player on top, If that is the case then the point should play a wing until a switch could be made.



# Wing Responsibility

## Full Court

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- Favor the middle of the court and help the point push the ball toward the sideline for a trap.
- Let the ball come to you, don't run up to the ball.
- If the ball gets down the sideline away from the point and wing then the trap is now extended to the wing and back who is coming up to some degree.
- On the trap between the point and wing, the weak side wing must prevent the middle player on their press breaker from getting the ball. She must do this by three-quartering the player and on baseline side to prevent being pinned.
- On ball reversal the weak side wing can't just leave the middle open. She must wait until the other wing gets to the middle before she can go out.
- She should channel the player into the back which is down the sideline (Trap)
- On the trap between the wing and back, the weak side wing must cover the basket area.





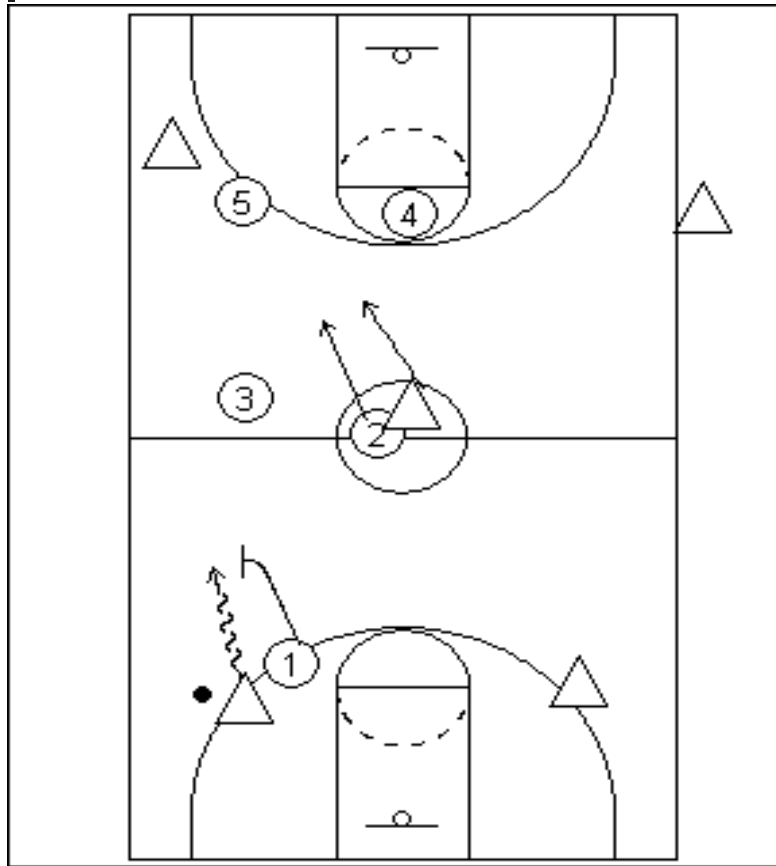
# Wing Responsibility

## Half Court

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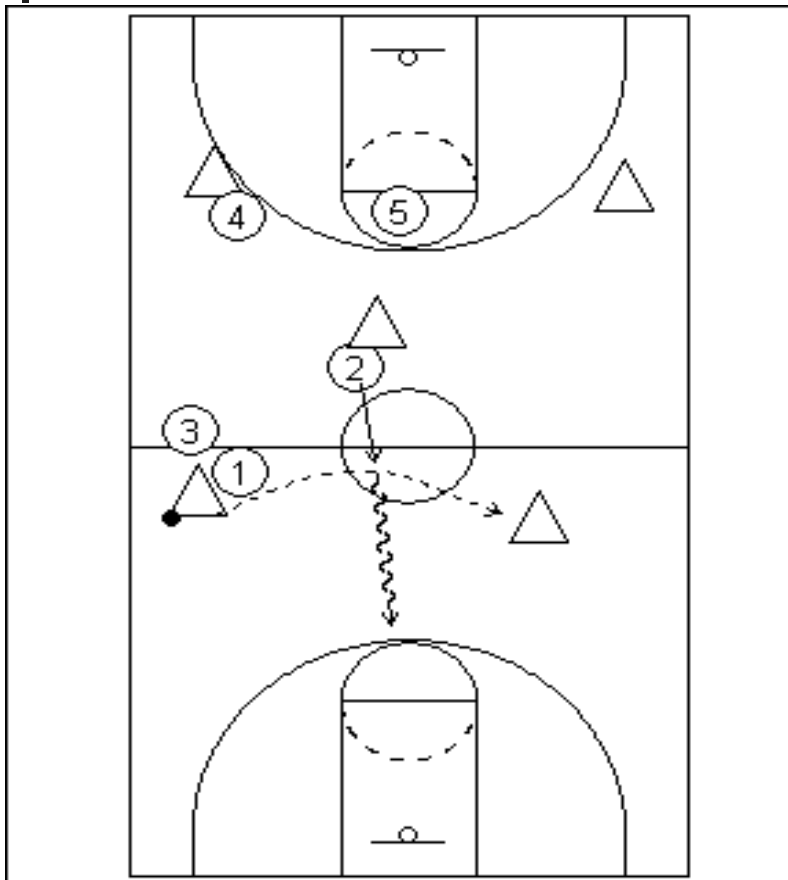
- Wings must pinch together and never allow a high post player to receive a pass from the guard out on top.
- Wings must pinch together if the ball handler gets past our point and angle her towards the sideline (channel).
- The strong side wing must go out immediately when the ball is passed to the wing.
- The strong side wing must trap with the back when the ball is in the corner, using an inside outside approach so the ball can't be entered into the post from the corner.
- The weak side wing must cover the high post once the ball is passed to the strong side. She stays there until the point gets there. The farther away the point is the longer the wing must stay at the high post. She should also be on the baseline side to avoid getting pinned.
- The weak side wing must cover the back side block when the ball is in the strong side.
- She must rebound the back side when the ball is shot opposite.

# Full Court Responsibility Wing



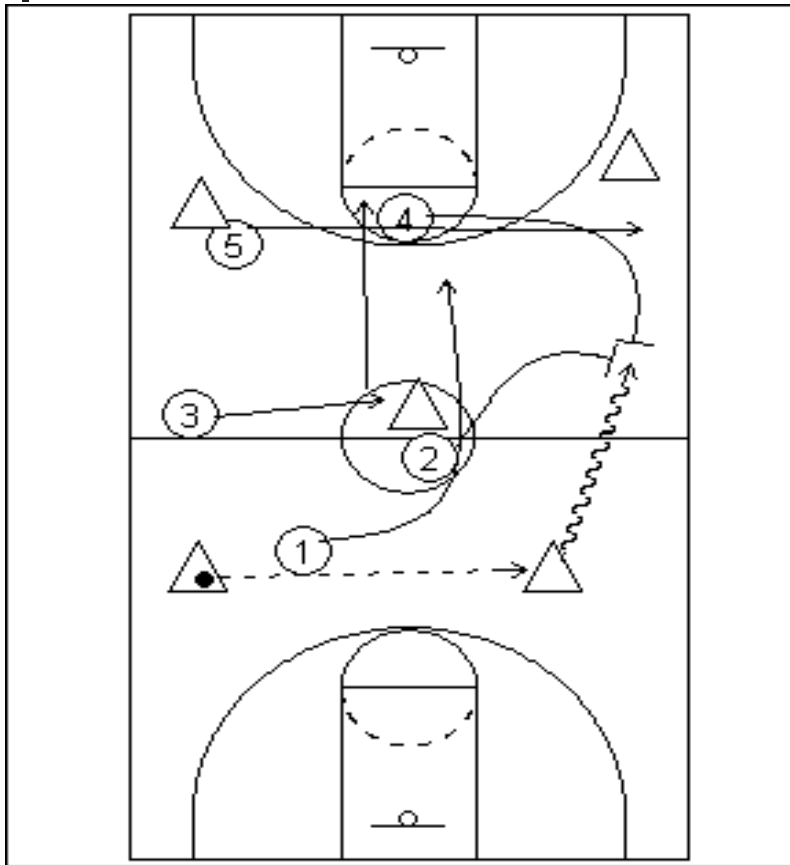
- Strong side wing does not come up to the ball handler, she waits for the ball to come up to her.
- Weak side wing has middle responsibility.
- Strong side wing must use the proper angle when trapping.
- If #2 deepens then the weak side wing must go with her and deny her the ball.

# Weak Side Coverage



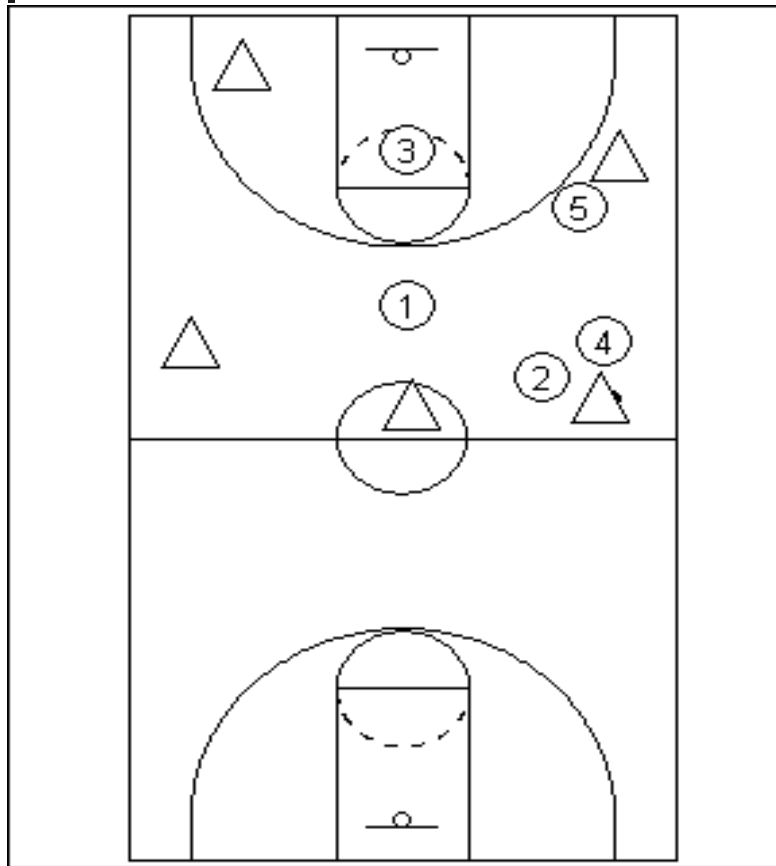
- The wing's body is covering the middle player but mentally they are covering the across pass. When the player being trapped turns we release the weak side wing.

# Channel to the Outside



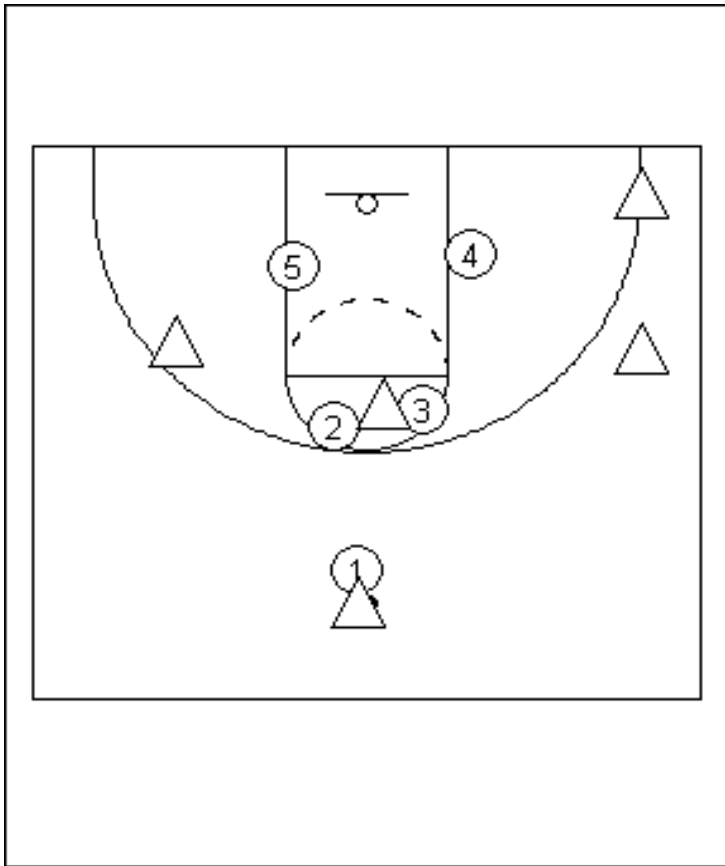
- Wings must channel to the outside. She must be careful and not run right at the ball handler. The angle is very important.

# Wing – Back Trap



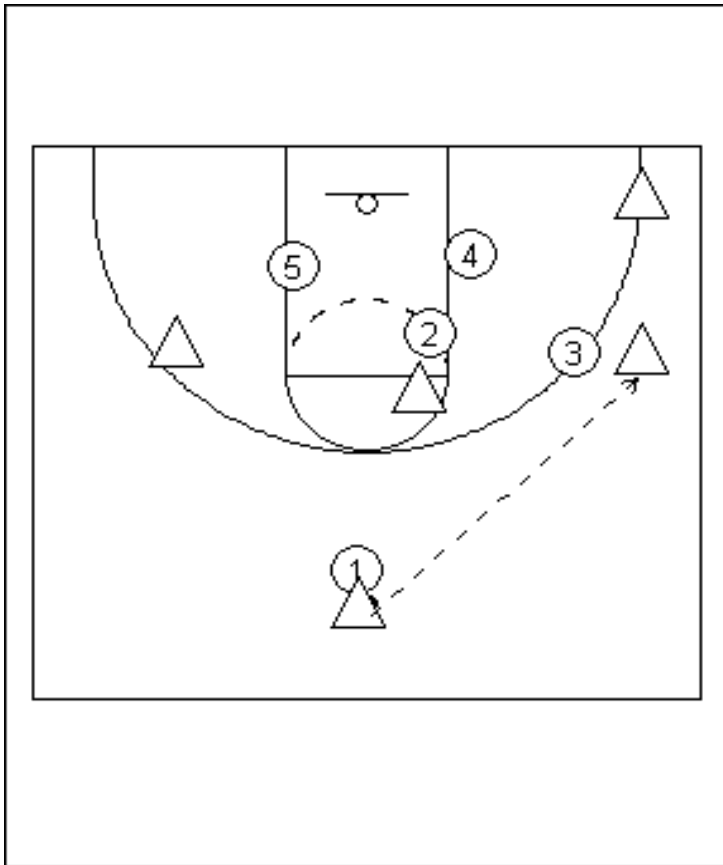
- The weak side wing must cover the basket when there is a Wing – Back trap. The reason is because the weak side back is denying the sideline pass on the strong side.

# Half Court Responsibility Wing



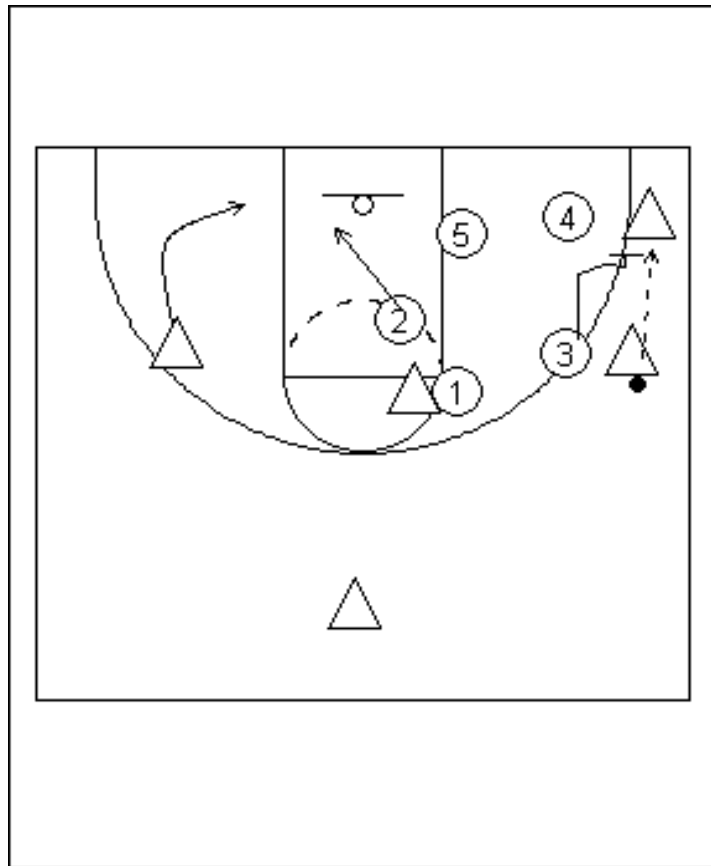
- When the ball is out of top the wings pinch in the lane and do not allow the ball to be entered into the high post.

# Ball on the Wing



- The strong side wing goes out immediately to cover the ball. The weak side wing has high post responsibility until the point comes down and covers. The weak side then is able to release and cover some of the weak side lane.

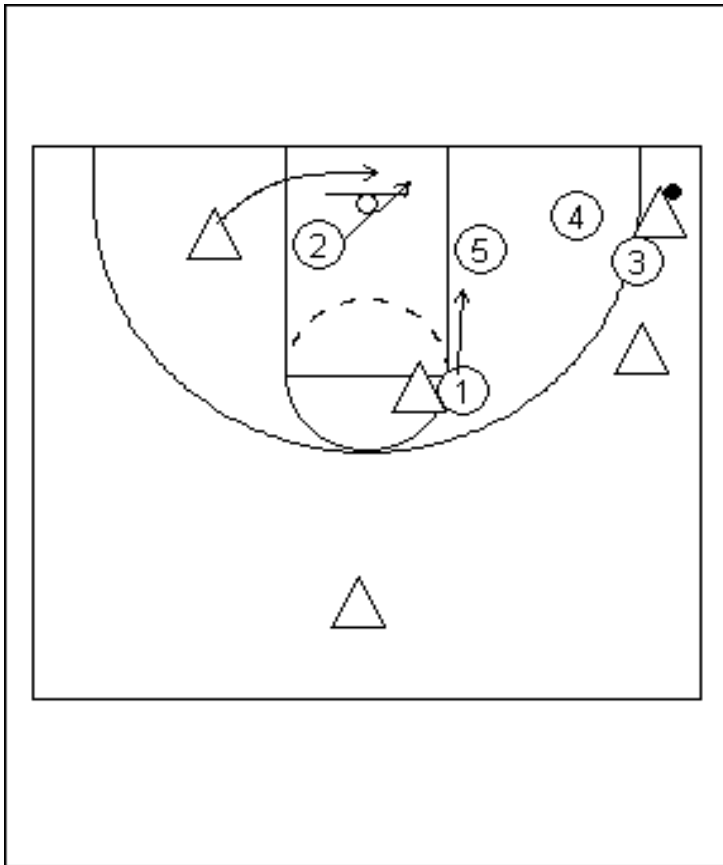
# Ball in the Corner



- The strong side wing must take a step towards the lane and then out to the corner in order to prevent the direct pass into the post area. The weak side wing moves down and has the weak side rebound responsibility. Very important that she prevents the player from getting position in the lane.

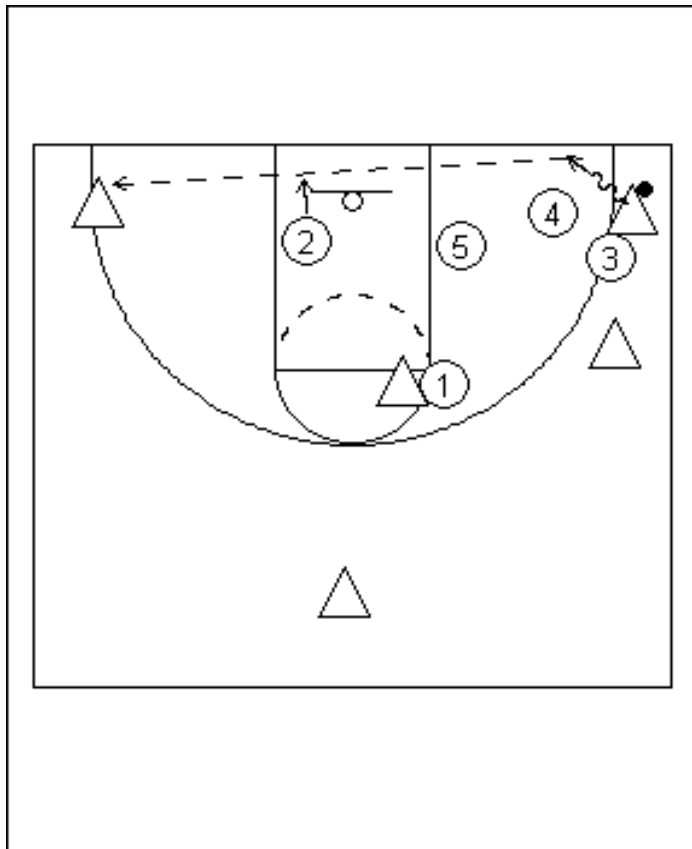


# Coming from Behind the Zone



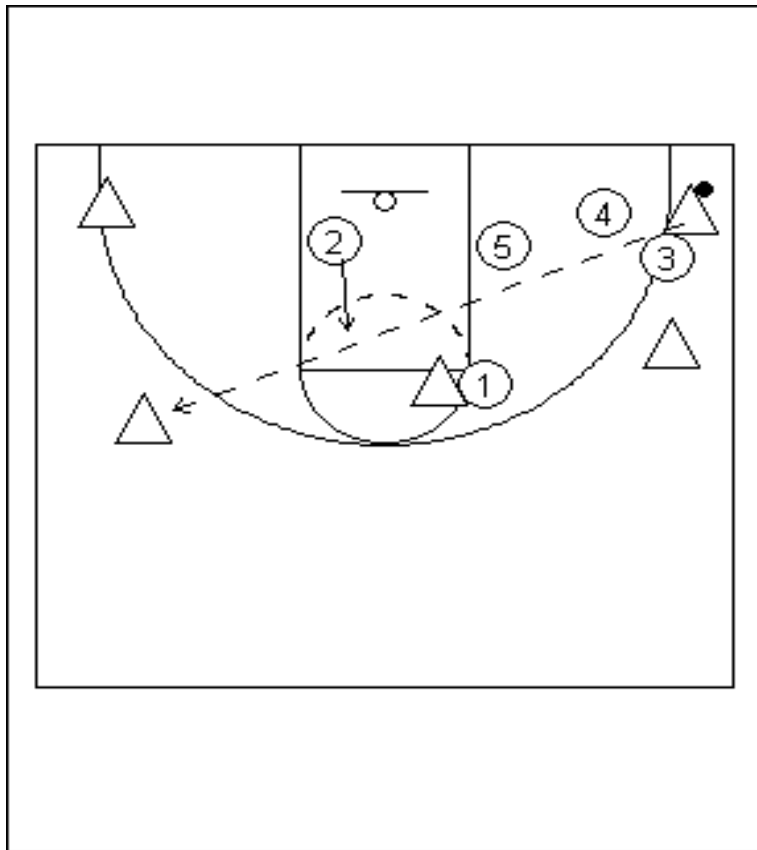
- The weak side wing must cover anyone coming from behind the zone. However, she does not stay over and deny the ball. She must communicate with the back. The back will move down and cover the low post and the point must now move down and cover the mid post.

# Baseline Drive



- The weak side wing is responsible for the baseline pass if there is a pass behind the defense on the baseline.

# Skip Pass



- The weak side wing should anticipate this pass and have a lay up at the other end. If a team can make a direct pass from the corner trap then the trappers are not doing their job. This should be a lob pass.



# Back Responsibilities

## Full Court

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- Prevent long pass downcourt.
- When ball is trapped between point and wing, strong side back prevents pass down sideline, weak side back covers basket area.
- Ball gets by wing down sideline then the back comes up and t- RULE (Ball comes – You come).
- Must cut off sideline.
- On trap between back and wing – off side back rotates across floor and prevents pass down sideline.



# Half Court Strong Side Back

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- Ball on top or at wing area – must front low post until pass is made to baseline.
- Fronting or playing on top prevents backs from getting screened.
- Pass made to baseline – trap with wing.
- Pass made to baseline – must use outside to inside approach. **VERY IMPORTANT!**  
And prevent the baseline drive.

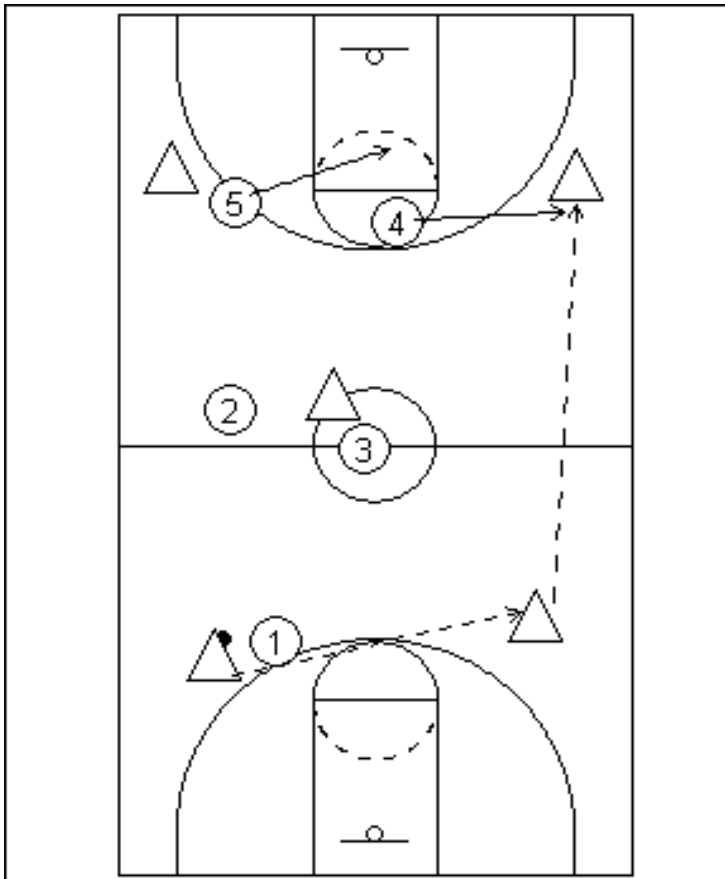


# Half Court Weak Side Back

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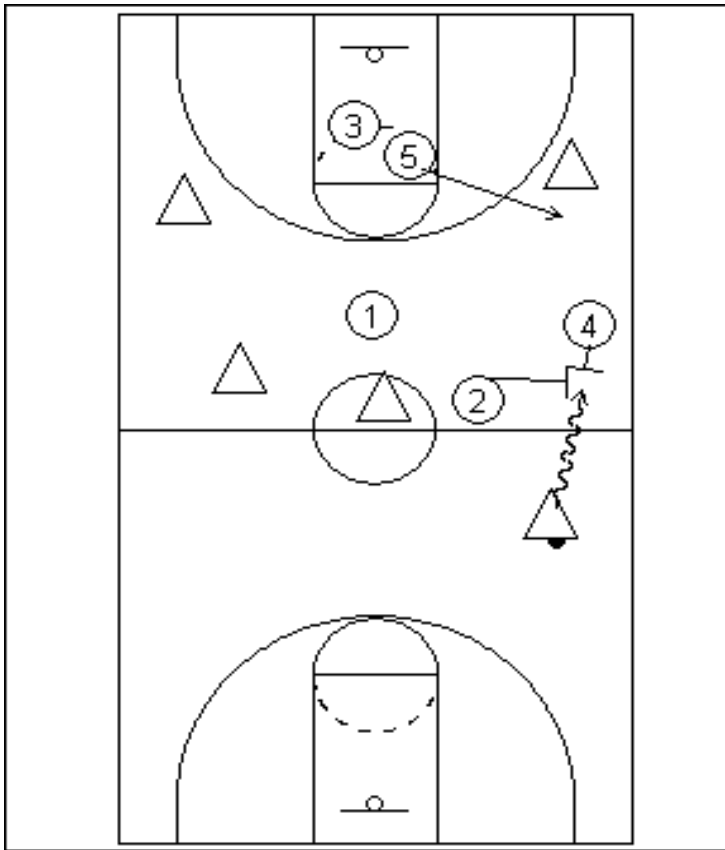
- Ball at wing area – shift halfway across lane. Still responsible for post player on opposite block.
- Pass made to baseline – must front low post area on strong side.
- Ball at baseline – must get to fronting position by coming from baseline side of low post, otherwise might get pinned high. Extend arm out on baseline side, then step through.
- On ball reversal weak side must get over the top and then get across and deny the low post.

# Full Court Responsibility Backs



- Once the ball moves from back court to front court the strong side back is responsible for the sideline pass. She must position herself close enough to get there and knock it down or intercept the pass. Her angle is very important when approaching the ball. When going for the ball or steal she must come with the proper hand.
- If the ball is moved into the front court by the dribble then the back must come up and trap with the wing.

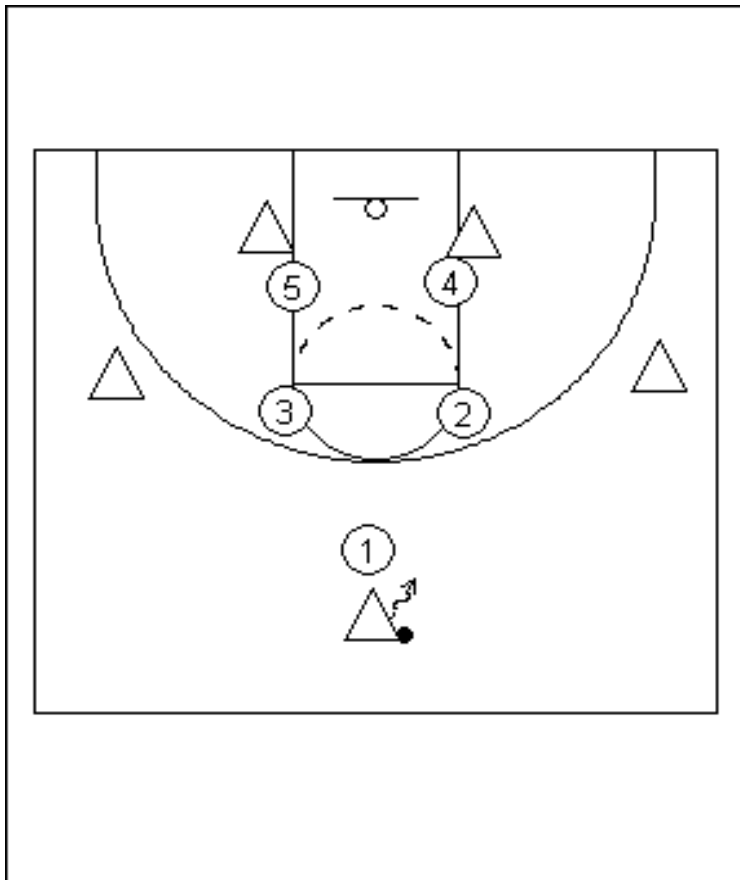
# Back – Wing Trap



- The strong side back comes up and traps with the strong side wing. The weak side back now has the pass down the strong side sideline. The weak side wing now covers the basket for the weak side back. The point moves down and tries to slow down any pass to the middle. The point can release if the trapped ball handler turns her back to make a pass.

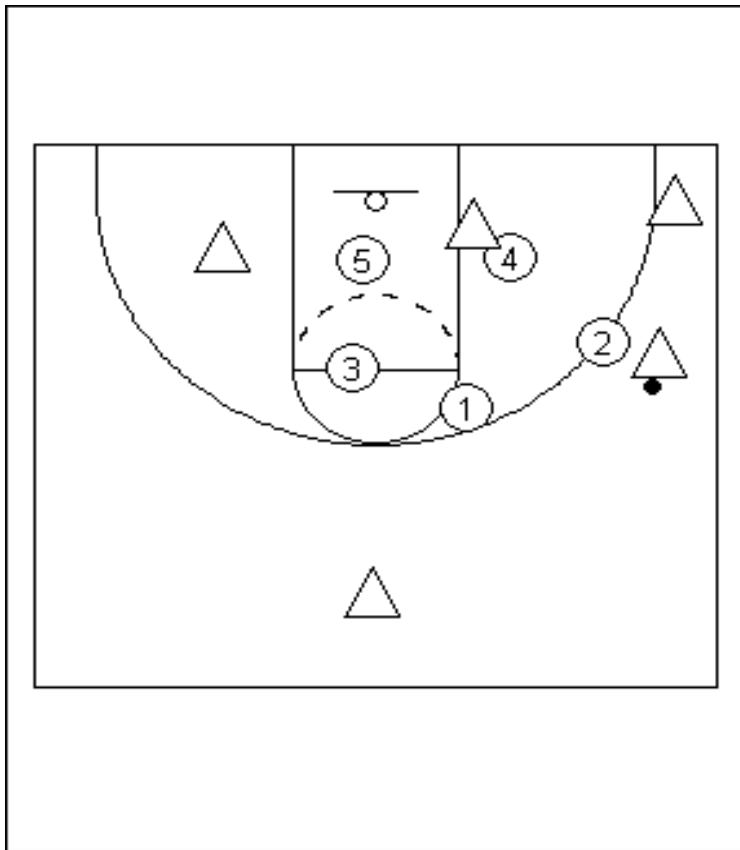


# Half Court Responsibility Backs



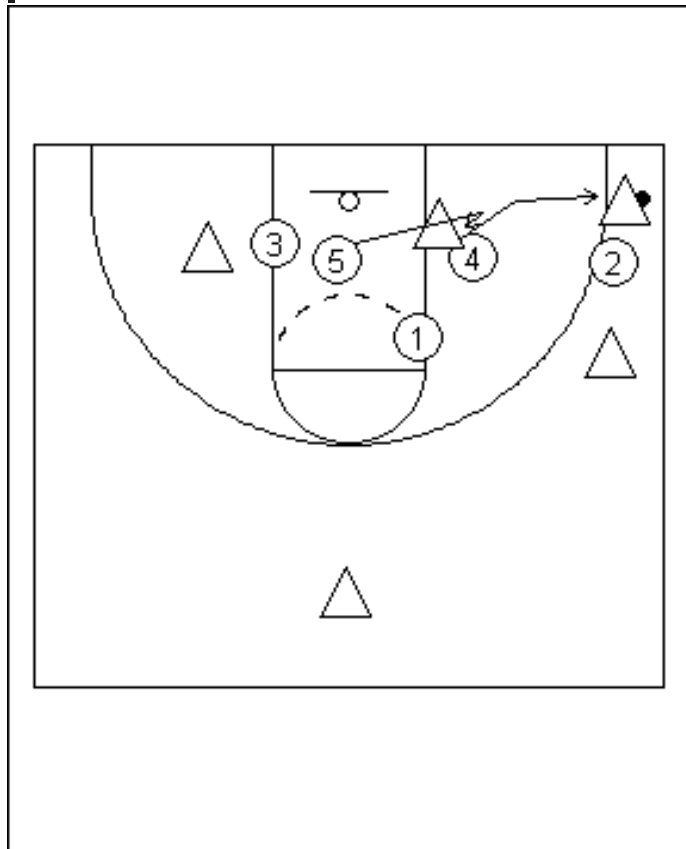
- When the ball is out front the back on the strong side should play on top of the post or front him entirely (same thing).

# Ball on Wing Backs



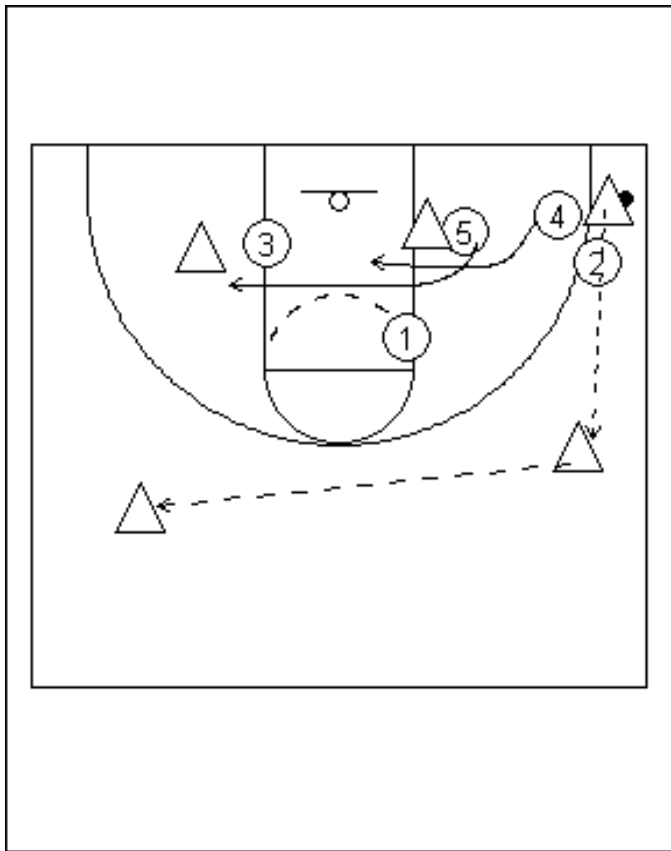
- When the ball is on the wing, the strong side back is fronting the ballside low post, the weak side back is in help position.

# Ball in the Corner Backs



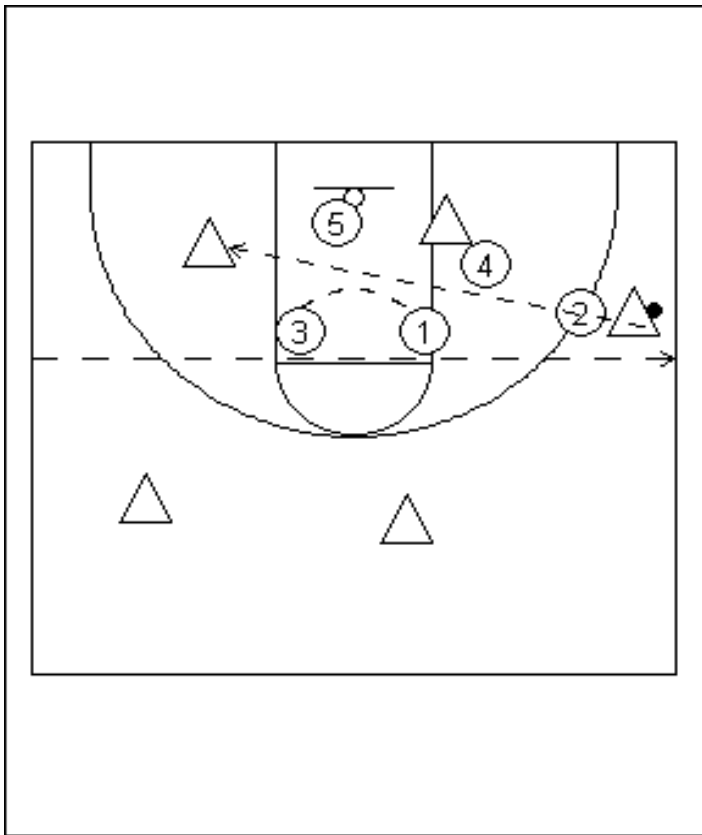
- Once the ball is in the corner then the strong side back goes out to trap with the wing. The back must go outside-in so that the player cannot go baseline on her. The weak side back goes on the baseline side with arm up and she steps through and fronts her totally. Left hand out, left foot first then through with the right foot and front.

# Ball Reversal Back



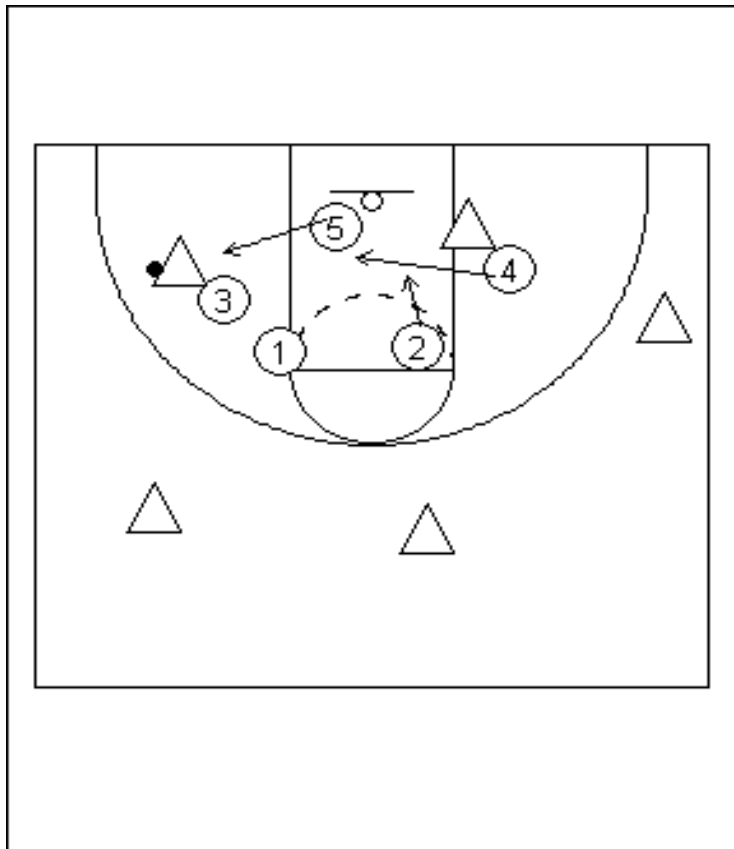
- The weak side back must get over the top and deny the opposite low post the ball. Strong side back must react immediately and get over the top of the low post on her side.

# Grey Area



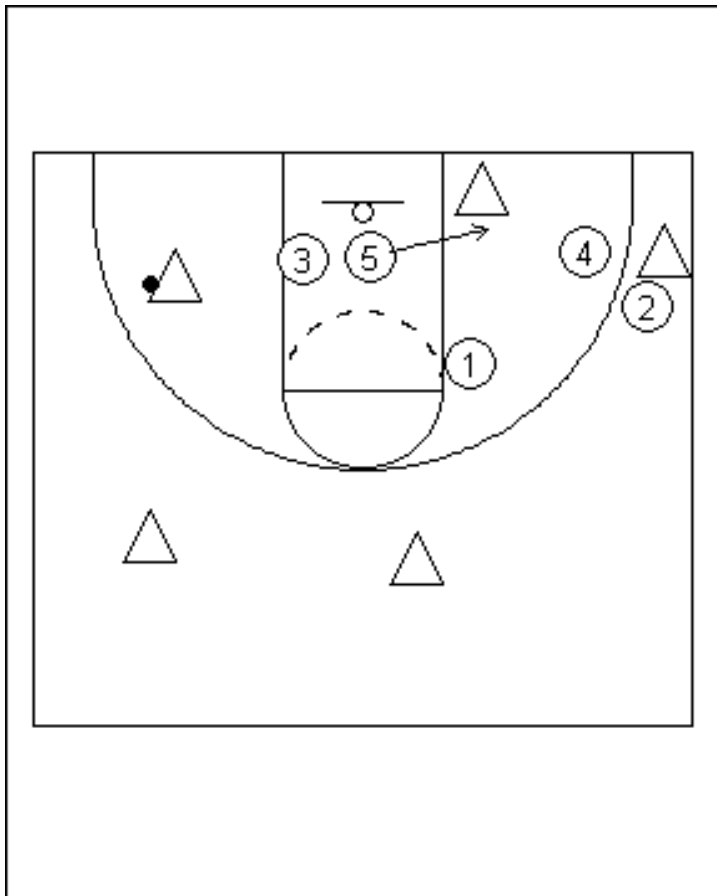
- If the ball is between the wing and baseline then the weak side back is still responsible for the opposite post. However, the weak side wing can help out some.

# Reading the Offense



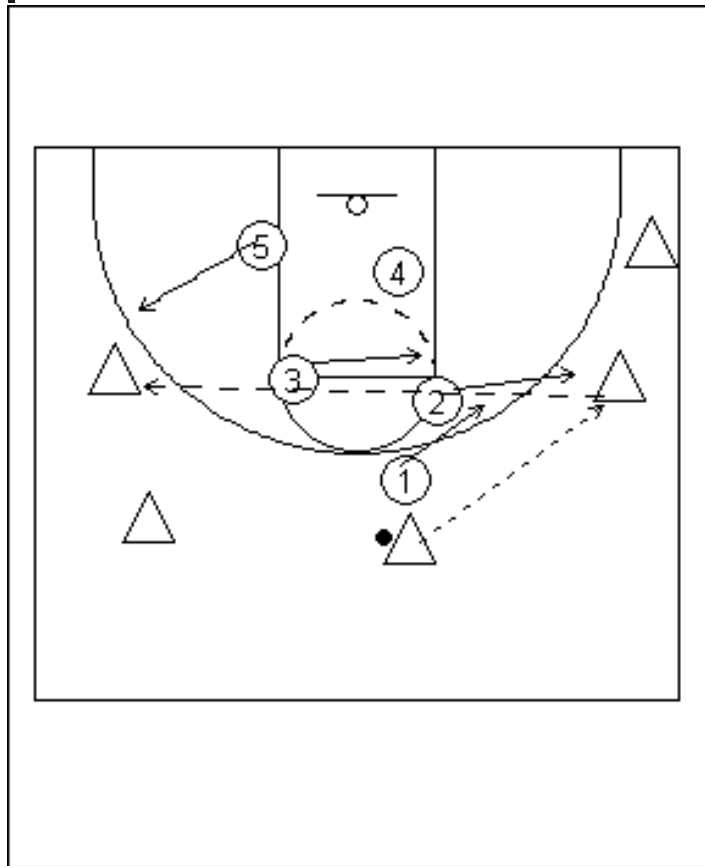
- If the strong side back comes out to trap high for some reason (possibly in that grey area) the weak side back must see this and come across the lane and cover the low post. Wing must move down to the baseline.

# Exception – Not going baseline side



- If the post is extremely low then it would be foolish for our back to try and go baseline side.

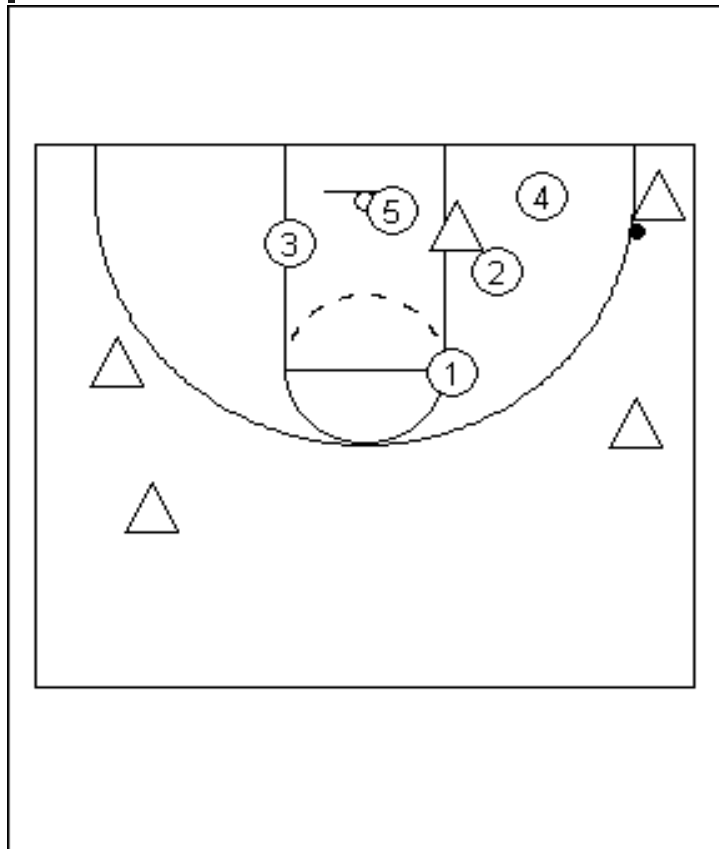
# Helping Out



- Once in a while on a skip pass our weak side back might have to come out and slow down the offense. The wing will then have time to react. However, the offense should not be able to make direct passes across our defense. If so then our player on the ball needs pressure more.

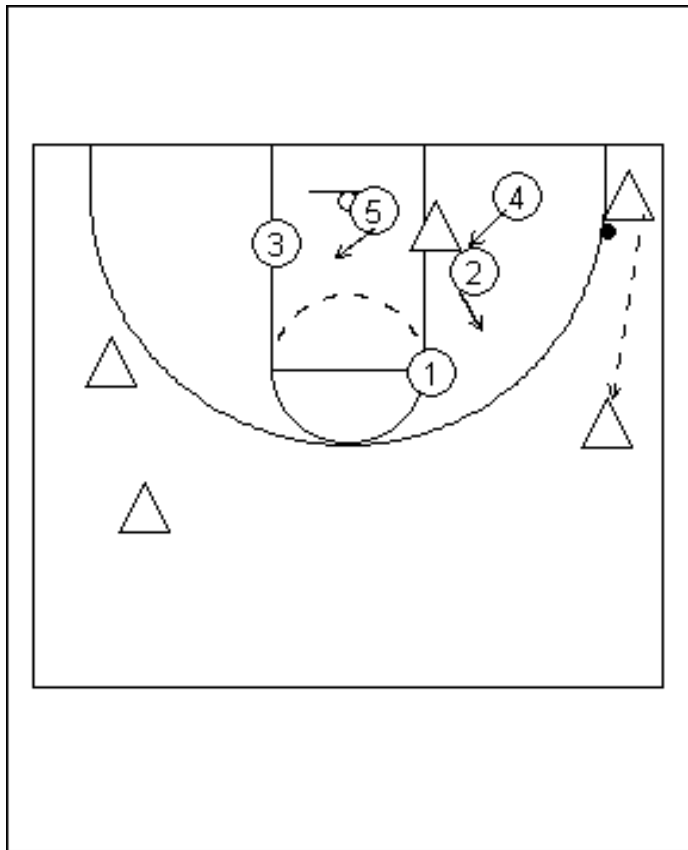


# Playing Halfway in the Corners



- If the opposing team has an exceptional post player then we might play it this way. The strong side back goes back and forth baiting the player in the corner. She must keep a hand up so the shooter is shooting over something. The weak side back is playing the low post in a three-quarter manner on baseline side. The strong side wing is fronting the low post.

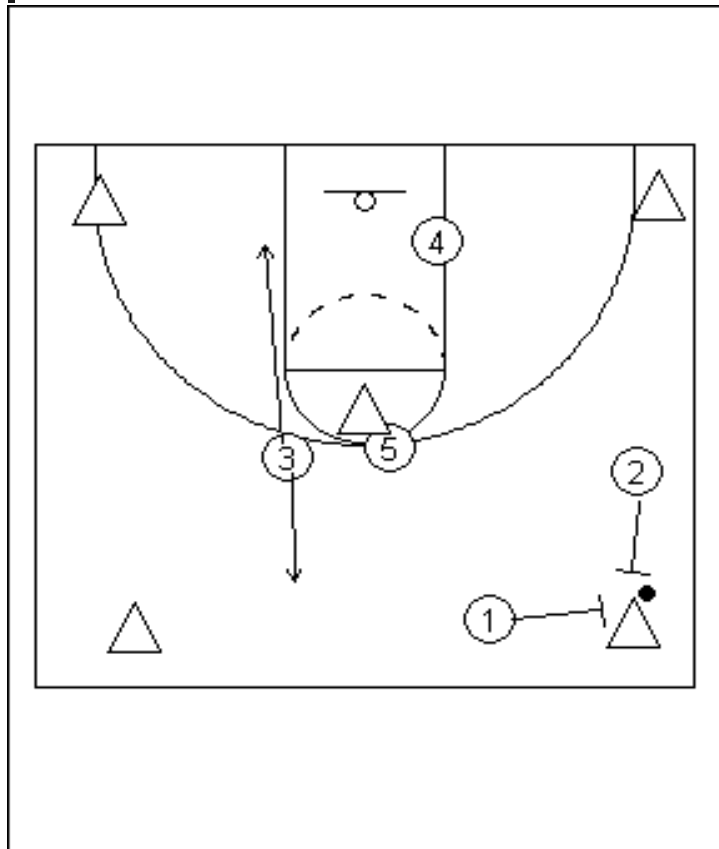
# Ball Reversal



- On ball reversal the weak side back goes behind the post and the strong side back comes back over the top. The strong side wing stays low until the low post is covered and then she comes out.

# VS. The Spread Offense

## 1-2-1-1 Defense



- In the 1-2-1-1 our defense can gamble more. Our top back player denies their high post. Our point and wings can come out higher and trap. Our weak side wing needs to release once in a while for a steal. The back man moves to the ball side and opposite wing drops when the ball is in the corner.



# Ball Press Drills

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- 10-4 Defensive Drill

The offense must score four baskets before the defense gets 10 points.

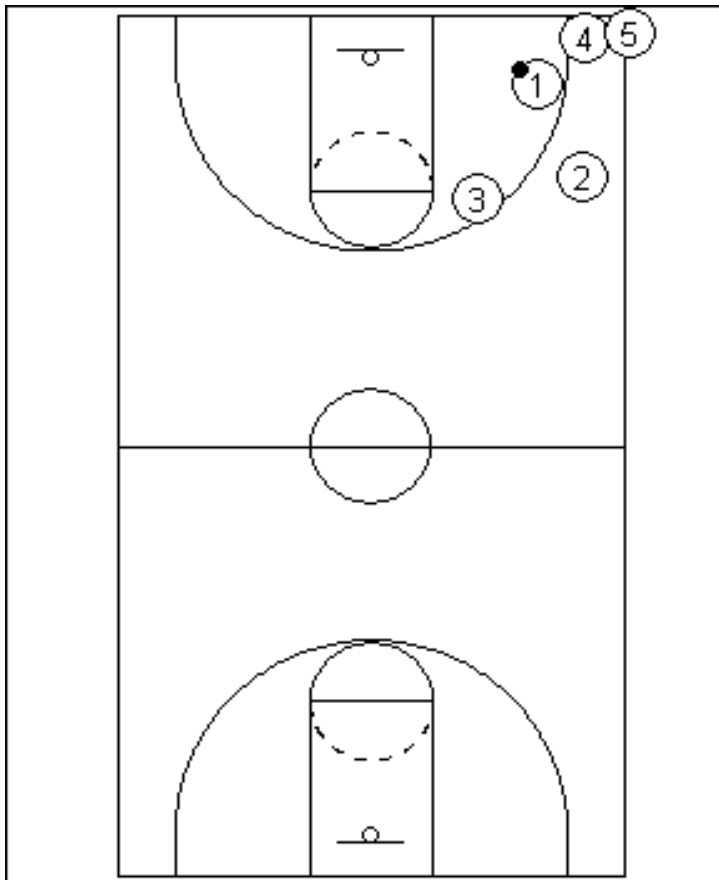
Scoring – Turnover = -1 point / 5 Second Count = 2 points / Deflection Out of Bounds = 1 point / Steal = 1 point / Steal & Basket = 2 points

Allowed only one shot after a steal and a tip after the shot is possible. If the offense does not score off the turnover even after they set up an offense then they set up the press again.

If the offense loses they run two sets of lines, (unless they had won a game prior to that game). Occasionally with the second team you can play to 10-2 or 10-3 depending on how much competition they give the first team. Varsity vs. Sophs. 10-2

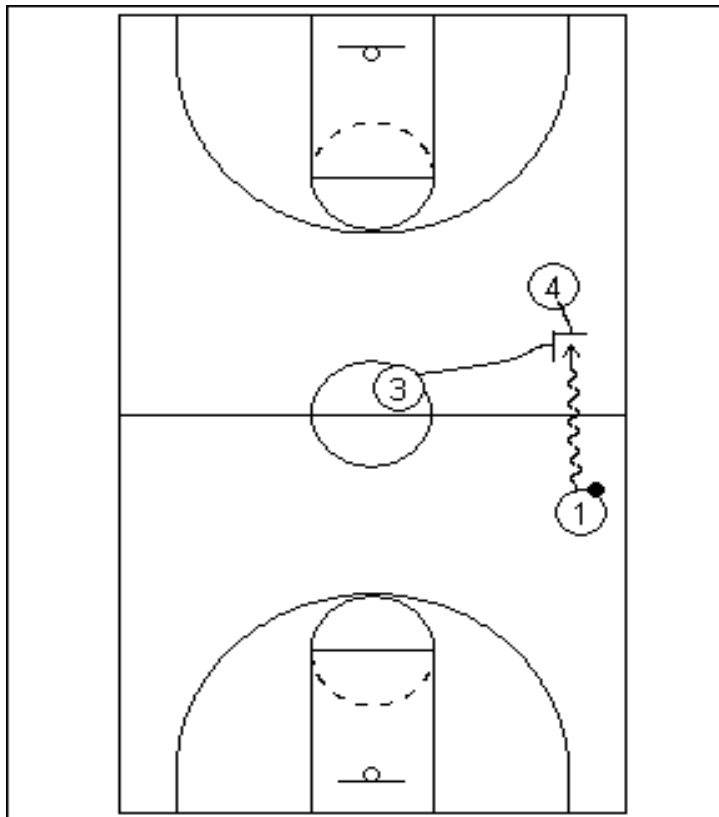
You do not call many fouls during this drill. Make the offense handle the ball and make them stronger. Cannot just grab a player and hold. Keep them out of the habit of reaching. Let the offense make the mistake without the defense always trying to steal the ball.

# 2 on 1 Defensive Drill



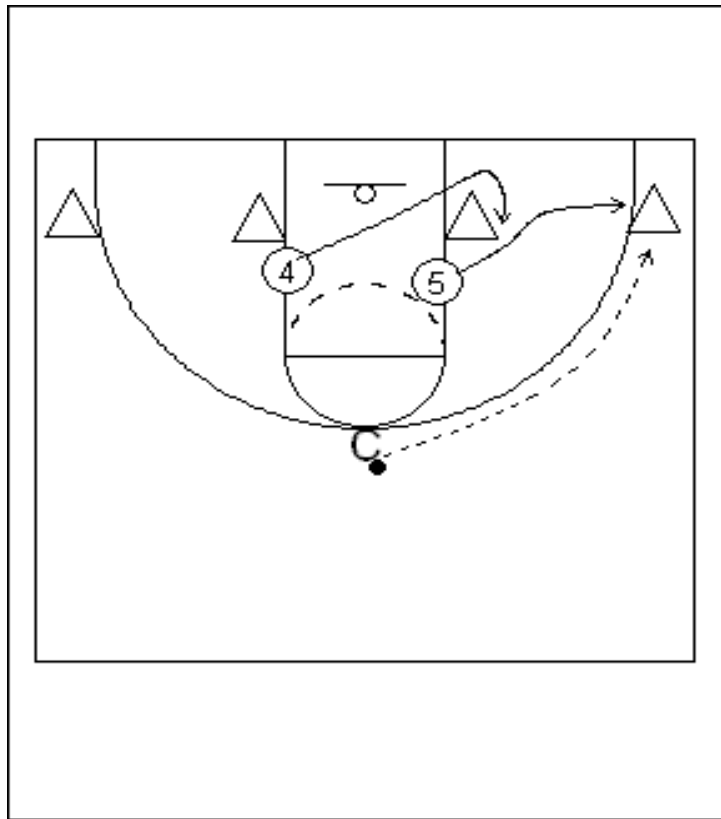
- This drill is done basically for the point and the wing, however, it is good for everyone because it makes them move their feet and understand the importance of angles. The defense cannot start below the volleyball lines. They must stop the offense 3 times in a row before the next two defensive players step on. Have a line of defensive players waiting to go once the defense stops them. The offensive line should have at least 3 balls in the line ready to go. Do not wait on the defense. Boundaries are the sideline and the lane line.

# Channel Drill



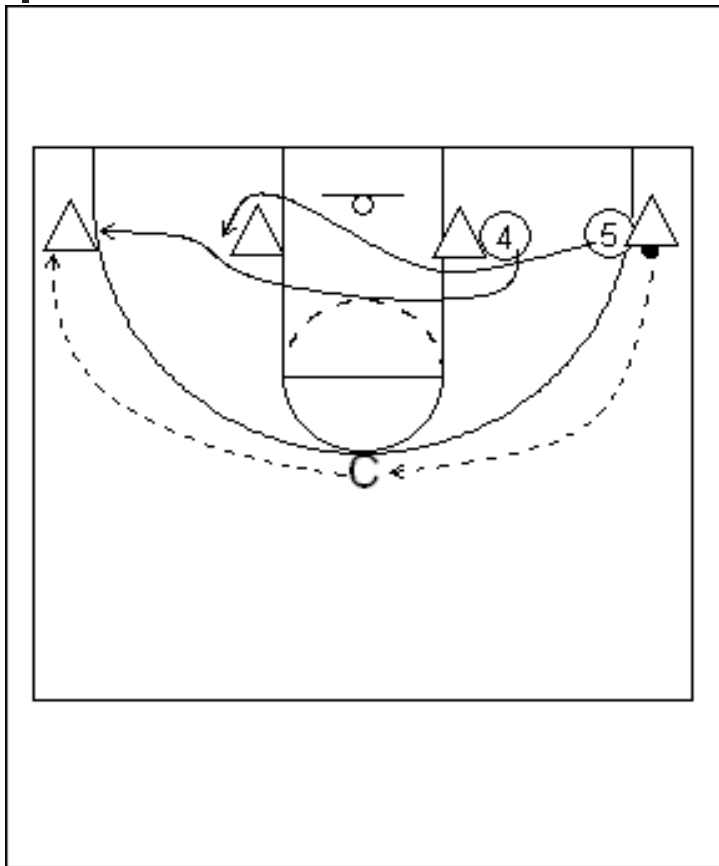
- This drill is for the wings to learn how to channel the player into the sideline and back. The back must learn not just to run up and attack but to wait on the ball to some extent before attacking. The wing does not allow the ballhandler to cross back over the middle of the floor. The wing and back learn how to trap with proper angles. They must also learn that once they have the trap that they don't reach in and get a stupid foul.

# Figure 8 Defensive Drill



- This drill is basically for the backs, however, it is good for everyone to go through so they have an understanding of the rotation. The strong side back plays on top of the low post. The weak side back plays off and towards the ball. She is till responsible for the opposite low player. Strong side back approach outside-in. Weak side back must go baseline and step through.

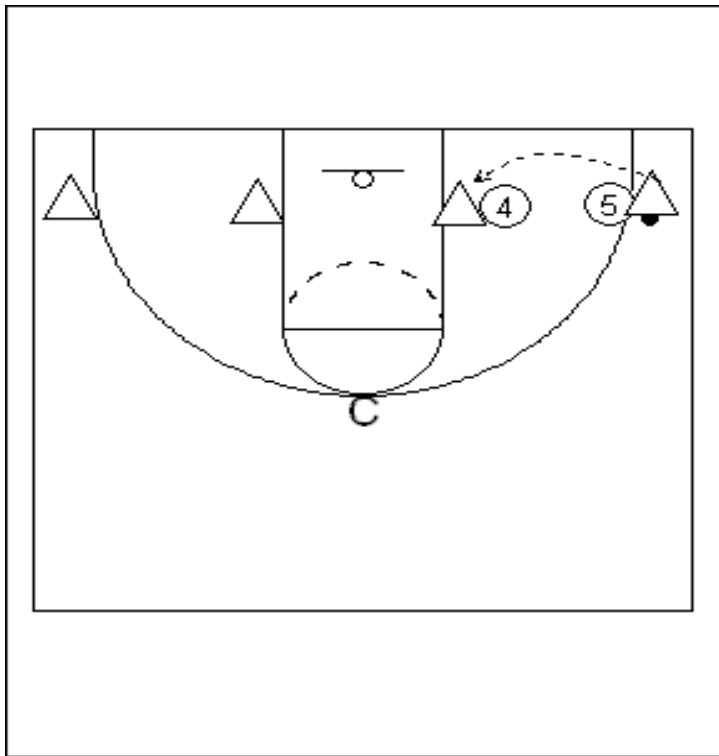
# Ball Reversal



- Both backs must immediately turn and sprint to their point of responsibility. Weak side must get over both low posts. Strong side must get over the top of the first low post and then go baseline by the second one. Arm out and step through.



# Arms Up



- Both backs must get in the habit of having their arms up. Strong side back does not allow the ball to be entered into the post from the corner. Run the pair of backs until you feel they have done a good job then get in a new pair.