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

VCU Basketball
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 ½ court, 2 on 1 guy, Protect the rim – Nothing Easy

VCU BASKETBALL
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 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**
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**

VCU BASKETBALL
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
SIDE DIAMOND
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

VCU BASKETBALL
Circle Trap

x1 and x2 trap the ball
x3 and x4 become interceptors
Circle Trap Drills
A Guard starts with the ball. He has to hold it for 2 seconds, then he can pass out from there. The defense must sprint back in transition and fix it. x2 is the interceptor side.
1 starts with the ball. X1 and X2 chase to back tip. X1 cannot pass until he gets to half court. Once he throws it ahead it is 4 on 4 live.
Three Teams of 4.

When a team scores, they press until half court, looking to get a steal and score again.
1v1 Building to 4v4
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
Ironman Drill

P1 is the player in the drill.
P2 is his partner (receiver, encourages, etc.).
C is the coach who throws/passes the ball (starts with 3).
P1 is the player delivering the charge.

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

All Contents Proprietary

VCU BASKETBALL
Coach rolls 2nd ball towards sideline
P1 hastosprint and dive to save it
P1 saves ball to P2

Coach throws 3rd ball towards opposite sideline
P1 sprint to save ball (jumps in air)
P1 saves ball to P2 where he meets the pass
The whole team gets pumped for his hustle!
3 drives baseline
x4 takes charge outside the launching pad
x1 sinks to take away big
x2 fills to take pass out

Coach passes out and x2 takes first pass
Players must communicate the scramble situation.
**Butler Transition**

VCU

Butler Transition Drills

1. Push the ball up the court.
2. Defense has to sprint back and build a wall.
3. Offense can only shoot if they have a wide open shot.

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7 Seconds on Shot
x3 shoots a FT

Clock

Defense has to sprint back and build a wall.

Offense can only shoot if they have a wide open shot.
BALLSCREEN SCRAMBLE

BallscreenScramble Drills

1 has beaten x1
x3 shows and goes
x5 squares up plate
x2 sinks to cover
BOB PLAYS

• 11
  – BOTH BIGS, SHOOTER

• 40
  – 1 BIG, SHOOTER

• SLIP (VS. ZONE)
  – 4 MAN
VCU

11
OBU

1

VCU

11
OBU

1

2

3

4

5

4 comes back and sets screen for 2, then dives

2
diagonal back screen for 5

4 goes out for outlet
screens for corner
4 & slip to basket
side line extended
5
1
2
3
4
5

VCU BASKETBALL

screens for corner
4 & slip to basket
side line extended
5
1
2
3
4
5
5ducksinhard
3popsout tostretchthedefense
4setscreeenonx2
2runoff it
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
1 dribblestowing
2 shallowcuts (get a piece of the paint) out to top of key

1 hits 2
2 reverse to 3 and gets into gap

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VCU Basketball

Knife Zone Plays

2: singap
1: lifts up a little bit when ball is in air to 2
2: hits 1 on the run
3: space to corner

1: knives into gap
2: hits 1 on the run
3: space to corner
1 dribbles once to 2's side
1 hit 2
Onpass, 5 cutsto oppositeblock beside

2 hits 1
3 lift sup elbow extended
Immediately after pass, 2 cut through corner off double screen from 4 & 5
As soon as 2 clears, 5 screens the middle man in the zone. 
4 cuts right up the lane line. 
If x4 helps in, 2 is open in corner for shot.
3 takes a dribble toward 2
4 loops wide and screens x1 (top man in zone)
5 loops inside and screens x3 (bottom man in zone)
3 looks for 2 over top for shot

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

VCU Basketball
Late Game

• Full Court
  – Dayton Fly (5-10), Righty ____ (.6-3)
  – Clemson (Pressure Inbounds)
• ¾ Court
  – Richmond (3-8), Winner (.6-2)
• ½ 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)
VCU

DAYTON FLY

1 hits 4
4 hits 1 sprinting up floor

VCU BASKETBALL

3 crossovers to the baseline
2 cuts to opposite corner
1 looks for 2 and 3 spotting up and 5 on the opposite block
VCU

**RIGHTY (NAME)**

1. 2 goes on the slap of the ball
2. 5 up screens for 1 and inbounds 4's
3. 1 cuts to ball
4. 3 sprints to set fake screen for 5
   then passes to 3 for quick timeout or 3 to make a play

**Special Situations**
Clemson

VCU Special Situations

1 back screen 5
3 & 2 stagger for 1
3 & 2 flashback to ball
5 curls back as emergency outlet
VCU Special Situations

Richmond (L)

Step 1

Step 2

Step 3

Step 4

Step 5

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2 screens for 3, 5 stagger for 2 going long and opposite

5 steps to inbounder and hook and ladder to 1 or

Other option is 3 on the slip
5 steps out to receive inbound from 3
4 steps out to get reversal from 4
1 cut diagonally to 2
4 pass to 1

2 back screens to the post
4 screens down for 2 to the top
VCU Special Situations

J.J. Reddick (L)

1 comes off stagger by 1 and 4
3 chooses between isolated 5 and 2 at top

2 screen across for 1
1 extends foul line
5 sets screen for 2 to middle of lane

VCU BASKETBALL
VCU Winner (L) Special Situations

Options:
1. 1 up the sideline

VCU BASKETBALL
VCU Secondary Rip (R)

1 weakside cut
5 same side ball screen for 2

4 & 5 stagger away on 2's refusal rip

Throwback 3pt for 3
Curls 4 and stagger
1 dribbles to left
wing

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1 spins dribbles as 2 comes through the gate
5&2Bananacut into screens fro 3&1
3cutstorum, 1cutstocorner
2slipsback to ball
1 & 5 take hard steps in & away
5 sprint soft 1's back screen
1 slip to corner
3 back screens 2, 2 to deep corner
3 slips back to open area
4 duck inonslap
2 & 1 sprint double screen for
4 spin off for tip in

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