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Vance walberg press

This entry was posted in a pressure defense and tagged basketball pressure defense, coaching basketball on January 19, 2015 admin. 1Vance Walberg Find a way to win when you don't shoot well, get into the foul line, and create more turnovers. The 2-2-1 policy can be applied to any defense. When the ball is on the outside quarter of the pitch, all the defenders are on that half of the pitch; When the ball is on the inside quarter, all the defenders are in two inside quarters. Don't hold your man, play on the high side (up the line). Defensive keys are great to pressure the ball, get into your quarters, and the defense starts to dribble on offense. Whether you dribble, it's much more tiring to dribble against pressure, the wear factor is very important. He loves active hands, looking for tips. There are five defensive sites or positions, an X1 controller, a Gapper X2, an X3 receiver, an X4 reader, and an X5 sample. The controller is a tough SOB, not the best offensive player, he gets into trouble more than anyone else. Under pressure, he controls the entire defense, not allowing a straightforward pass. The receiver is on the same side, takes a pass to the sideline, can be a little slow if he's smart. Gapper is one pass on the same horizontal as the controller, he is a better offensive player than the receiver, he will have a chance to score on steals. The reader is like free security, aggressive, looking for steals. Teaser always has long and opposite (never square to the ball), most of the time he is a big guy. Page 22X1 must immediately push the O1 ballhandler to make it do something, pass or dribble, but the X1 cannot be beaten quickly from dribble or let O1 make a long pass. According to his alignment, X1 forces O1 to the sideline. The other four defenders form a box of help for X1 (principle 1-4). X2 pinch into the middle below the level of the ball, make sure the ball does not come to the short center dribble or pass, and he can not be face cut. Reversing the ball does not bother them at first. The X3 gets into the passing lane on the O3, each pass must be overhead (lob pass) and helps keep the ball by taking one step up and then two steps back (cat and mouse). The X4 covers a long medium, without front cutter. As the ball approaches the halfcourt, the deep man X5 gets closer to the sideline, 4-5 feet out of the lane to get out of a pass or trap. The X5 must move with the (mirror) ball as it is advanced. Page 32Out blockbuster X1 pressures the ballhandler fanning the ball along the sideline, looking for a trap with the X3 that rotates upwards. X3 will bluff and retreat to cover the sidelines then come into the trap. X2 drops quickly to the level of the ball in the middle. The Safety X5 shoots a gap between the dribbler and the O3, left open as the X3 rotates upwards. The wide hunter X4 rotates back to become the new basket protector. If the ball gets out of the trap by a pass or dribble, the X1 and X3 sprint out of the trap and try Get a new level of ball. If the attackers break the trap and advance the ball to the front court, all defenders immediately retreat to the halfcourt defense. 1 November 2011 matthewmckay man on man defense, presses and traps, skills and exercises, team defense, zone defense follow @matthewmckay defense | Vance Walberg 2-2-1 Full Court Press • How much pressure can I put on the team • First 28 minutes - Wear second team down • Didn't call timeouts in first half Conditions | Vance Walberg 2-2-1 Full Court Press • See it & Fix it • BD Bad Disease • High Side • Facing • Punch Out • Staying Home • Fly Out • Walk Out • Verticle Trap • Pressure Zone • Umbrella Zone • Umbrella • Quarters • Huggers • Sniffers • SOY or COY (Crap On Yourself) Rules | Vance Walberg 2-2-1 Full Court Press • Pressure is the most important aspect of defense • Don't be a Hugger or Sniffer • Whenever a player is in the outside quarter, a defensive player is on that half of the court..... The exception to the quarters – when the ball is below the free throw line • The pressure must take on the offensive player at least once – will take half the court away from the offensive player. • Never 3 or more players per offensive player • Move to pivots and sprint to passes • Rather you beat with a dribble than a pass • In the middle of the court, turn on the Position screen | Vance Walberg 2-2-1 Full Court Press Controllers • #1 Responsibility-PRESSURE • #2 Responsibility-Make Offensive Player Dribble • #3 Responsibility-One Turn in The Back of the Court • Not Your Top Scorer • Very Aggressive Gapper | Vance Walberg 2-2-1 Full Court Press • #1 Responsibility-Don't Get gap • #2 Liability-Trap • Slower Player Taker | Vance Walberg 2-2-1 Full Court Press • #1 Responsibility-Take Pass Away • Smart & Can Anticipate • Taker & Reader Switch Back Forward (Read Pivot) • If the Ball Is Caught in the Pillow Zone, Taker & Reader Stays Between Goal and Player (Not Much Pressure) – Wait for Punch Out Player Reader | Vance Walberg 2-2-1 Full Court Press • #1 Responsibility-Reads Pivot • Smart & Can Predict • If Print Is Still Beat-Reader Sprints Back & Gets Into Umbrella • Taker & Reader Switch Back Forward (Read Pivot) • If The Ball Is Caught in the Pillow Zone, Taker & Reader Stays Between Goal and Player (Not Much Pressure) – Wait for Punch Out Player Teaser | Vance Walberg 2-2-1 Full Court Press • #1 Responsibility-Irritating Inbounder Throw Long Ball • Eyes on Ball - After Two Seconds, Cheat on The Floor - If Inbounder Taps Shoulder, Get Back Drills | Vance Walberg 2-2-1 Full Court Press • Full Court Shell (Across, Up Sideline, Middle) • Trapping Technique Drills Click on pdf link to download basketball coaching clinic notes: notes:

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