

LEICESTER BASKETBALL

PRESSBREAK OFFENSE



TERMS, SPACING & FLOW



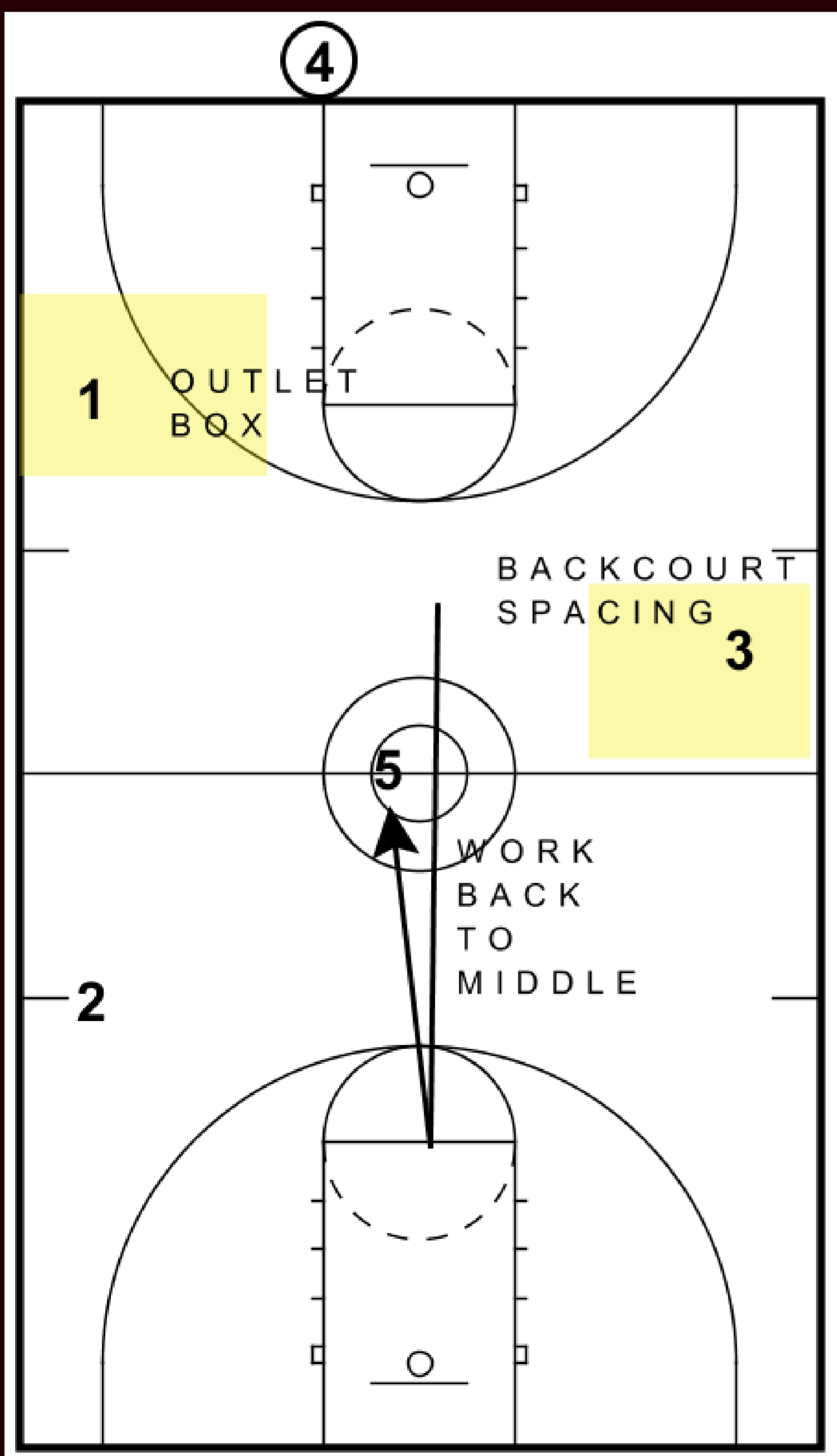
@LEICBASKETBALL

PRESS BREAK OFFENSE

OVERALL PHILOSOPHY

Philosophy: We want our Pressbreaker spacing to look EXACTLY like our Transition Spacing. We will have the same exact spacing as if this were a regular made basket. It does not matter what kind of press the defense is playing, the spacing stays the same.

"Getting the Ball inbounded quickly is your #1 weapon vs. the Press."



TERMINOLOGY

The Outlet Box:

PG is looking to receive the Outlet Pass here, no lower! This is to avoid Traps.

Back Court Spacing:

The Opposite Guard (3, here) stays in back court to allow to swing pass. Do NOT cross half court & stand in a trap zone.

"Work Back to the Middle":

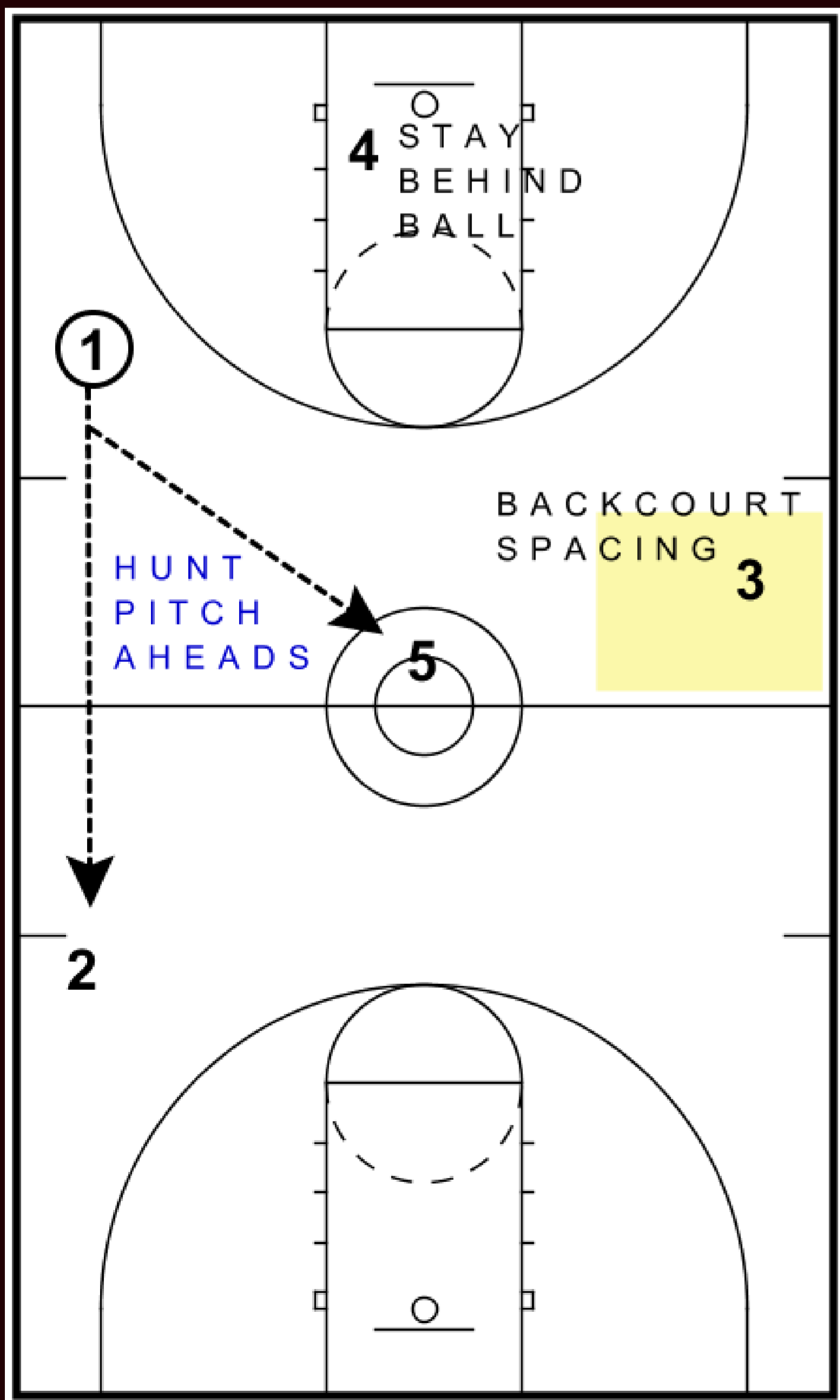
Our 5 Man instantly Rim Runs on Makes. Once he recognizes Press he has to 'Work His way Back to the Middle.

PRESS BREAK OFFENSE

READ PROGRESSION

Press Break Goal: Overall our Goal is to break the press for scores. Our Point Guard is making the same exact Transition Reads that he always does. We want to make this Pressbreak as **seamless** as possible.

Read #1: Pitch the Ball Ahead.



TEACHING POINTS

Pitch Ahead:

Any "attacking" pass that travels up the floor to an open man.

1. Pitch to Middle Man
2. Pitch Along Sideline

4 Man Spacing:

The 4 Man needs to stay behind the basketball to give the 1 Man a check down opportunity. He Allows us to Swing the Ball.

Back Court Spacing:

The Opposite Guard (3, here) stays in back court to allow to swing pass. Do NOT cross half court & stand in a trap zone.

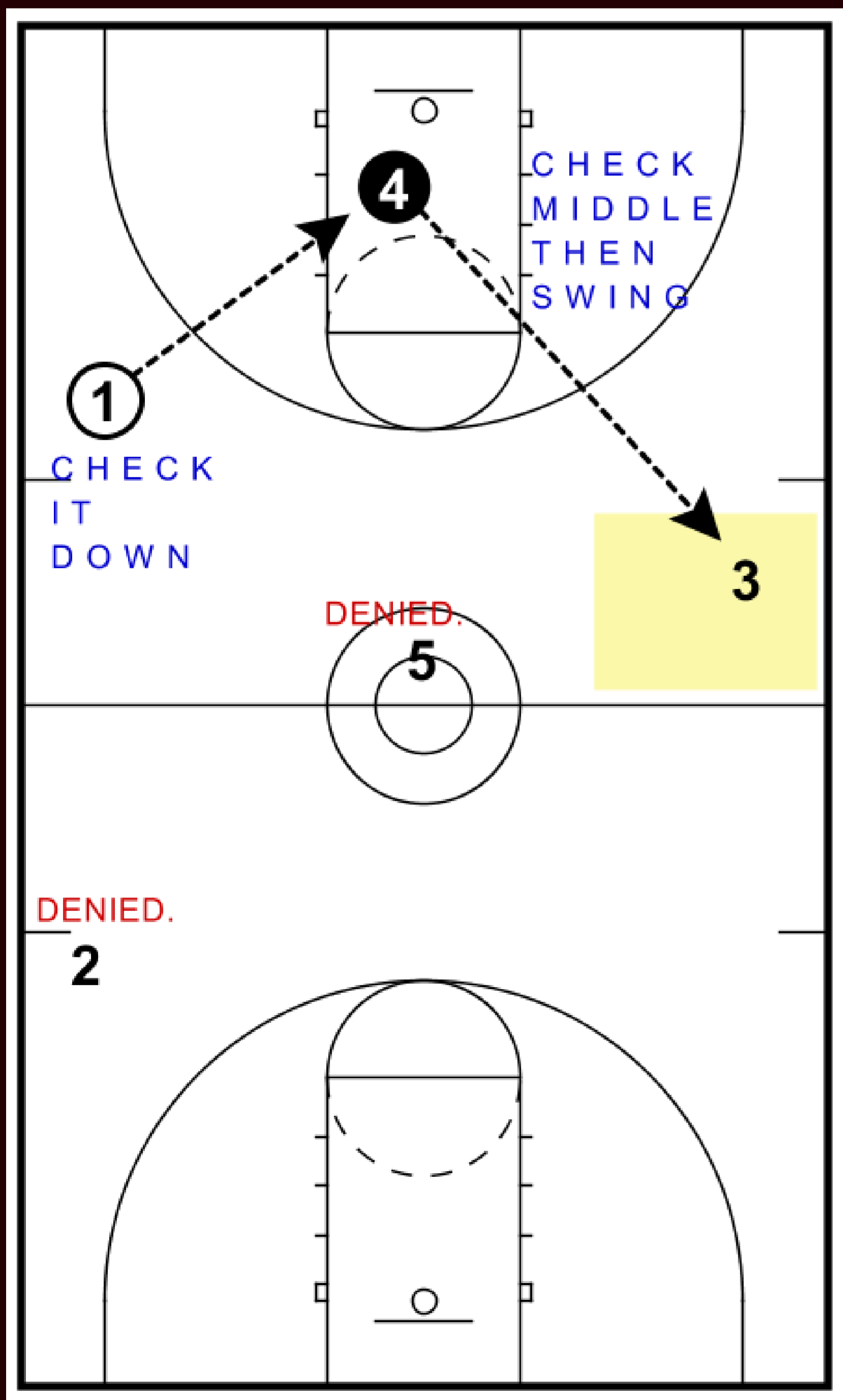
PRESS BREAK OFFENSE

READ PROGRESSION

If / Then Concept:

If the Pitch Ahead Opportunity has been taken away then we are going to "Check it Down" to the 4 Man.

Read # 2: Check it Down.



TEACHING POINTS

4 Man Spacing:

The 4 Man needs to stay behind the basketball to give the 1 Man a check down opportunity. He Allows us to Swing the Ball.

Option for the 4 Man:

1. Swing the Basketball to 3.
2. Hit the 5 Man in Middle.
3. Throw it Back to 1.

Back Court Spacing:

The Opposite Guard (3, here) stays in back court to allows to swing pass. Do NOT cross half court & stand in a trap zone.

"Leaking Out" - After the 1 Man Passes it He Starts to Leak Out.

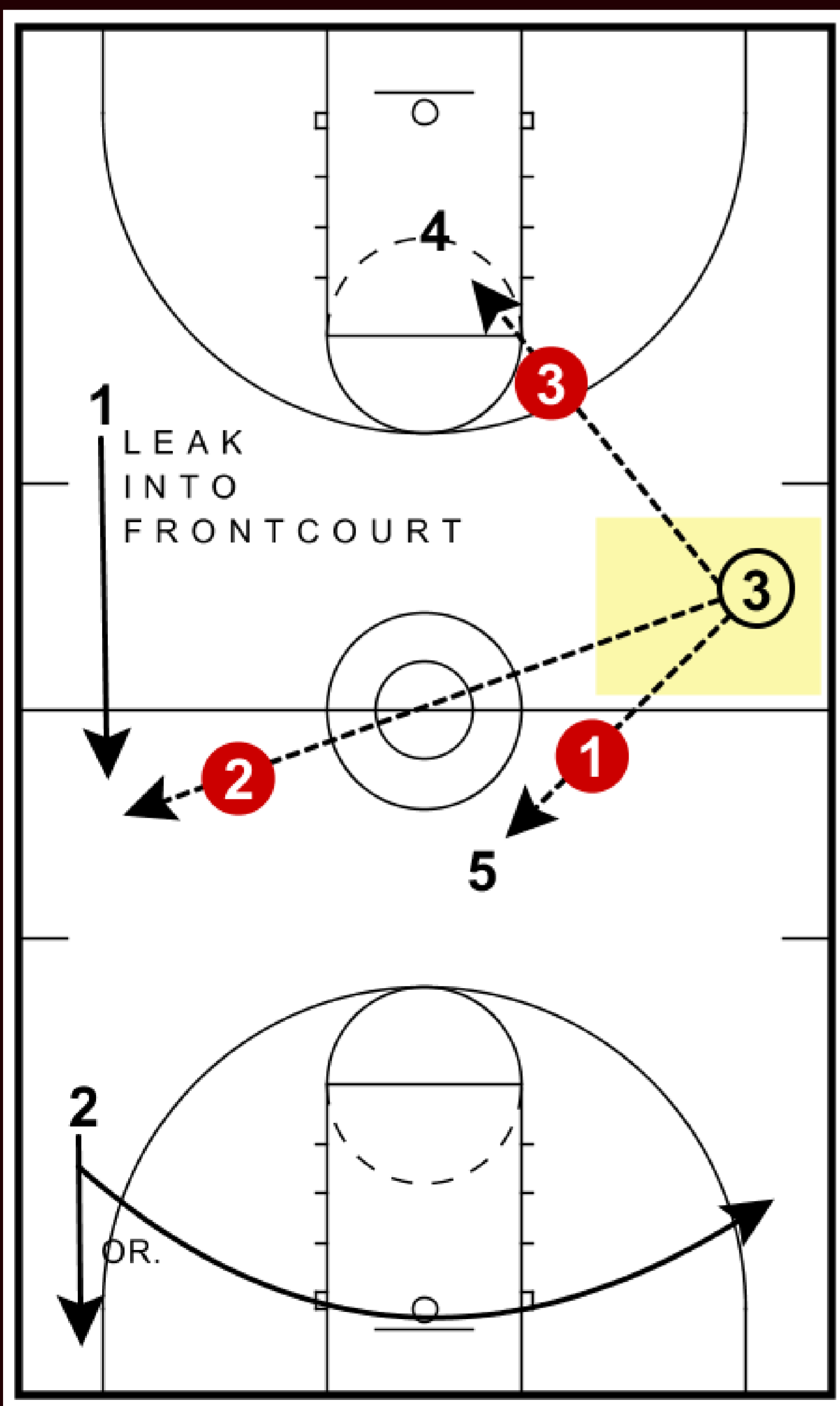
PRESS BREAK OFFENSE

READ PROGRESSION

If / Then Concept:

If we can Pitch it Ahead or Skip it over the Top we would prefer that. Remember we are looking to attack this for scores.

Read # 3: Check Down / Skip It



TEACHING POINTS

Option for the 3 Man:

1. Hit the Middle Man
2. Skip Pass over the Top
3. Check it Down to 4.

4 Man Spacing:

The 4 Man needs to stay behind the basketball to give the 1 Man a check down opportunity. He Allows us to Swing the Ball.

"Leaking Out":

The Opposite Guard (1 here) looks to leak out in the front court, he's looking for the Skip Pass.

Skip Pass: "Over the Head" Pass to the Weak Side Player.

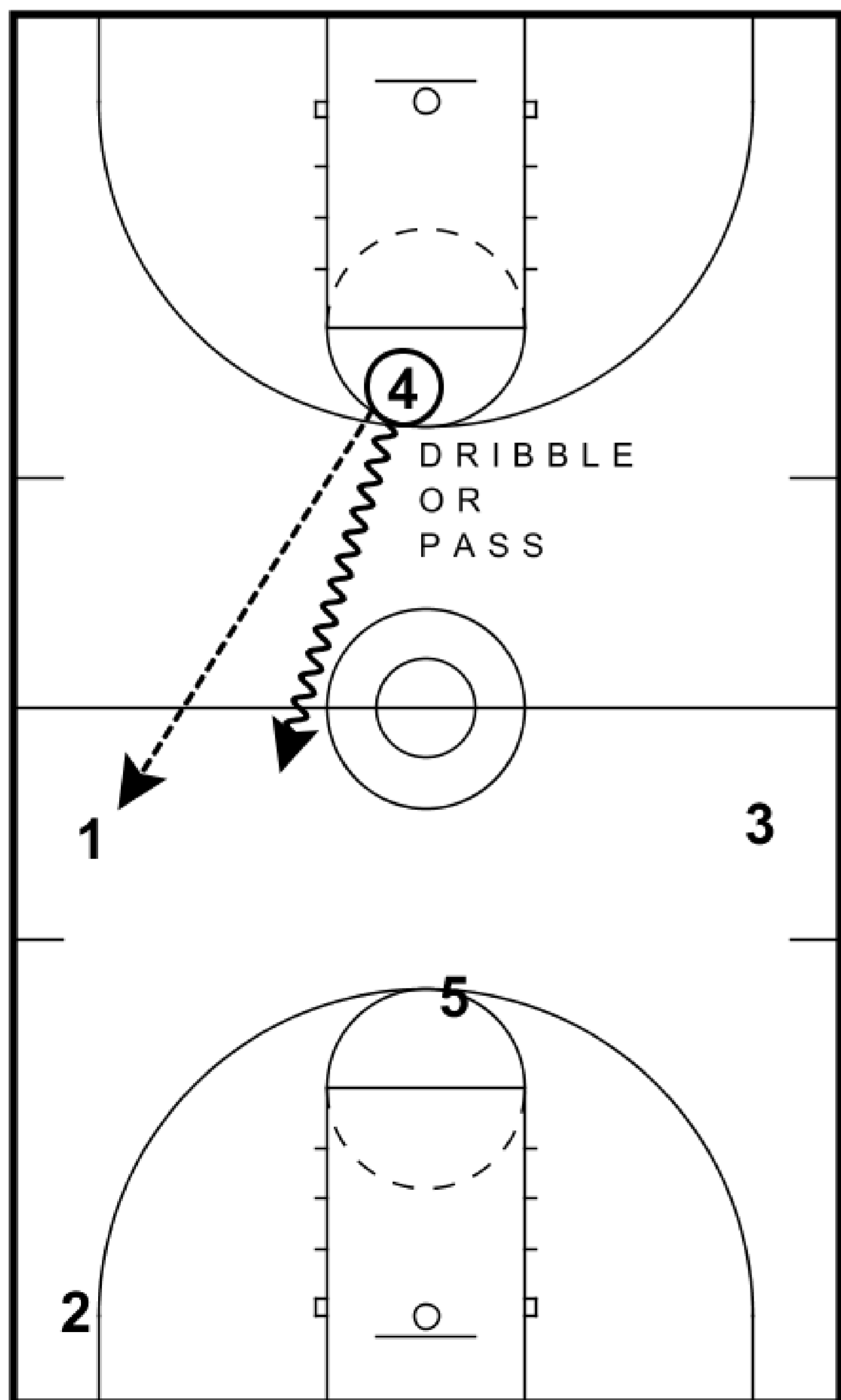
PRESS BREAK OFFENSE

READ PROGRESSION

If / Then Concept:

If the Ball has been "Checked Down" again we need to start thinking aggressively. Attack over the Half Court Line with the Dribble or the Pass.

Read #4: Cross Half Court



TEACHING POINTS

10 Second Rule:

Remember the Clack is Ticking, so if it is Checked Down a 2nd Time we have to start being more Aggressive.

4 Man Options:

1. Look for Dribble Opportunity.
2. Pitch it Ahead to Corner (2)
3. Pitch it Ahead to Middle (5)
4. Ball Fake & Send it Back to 3 who has "Leaked Out".

5 Man:

Make Sure that the 5 Man is making himself Available in the Middle.

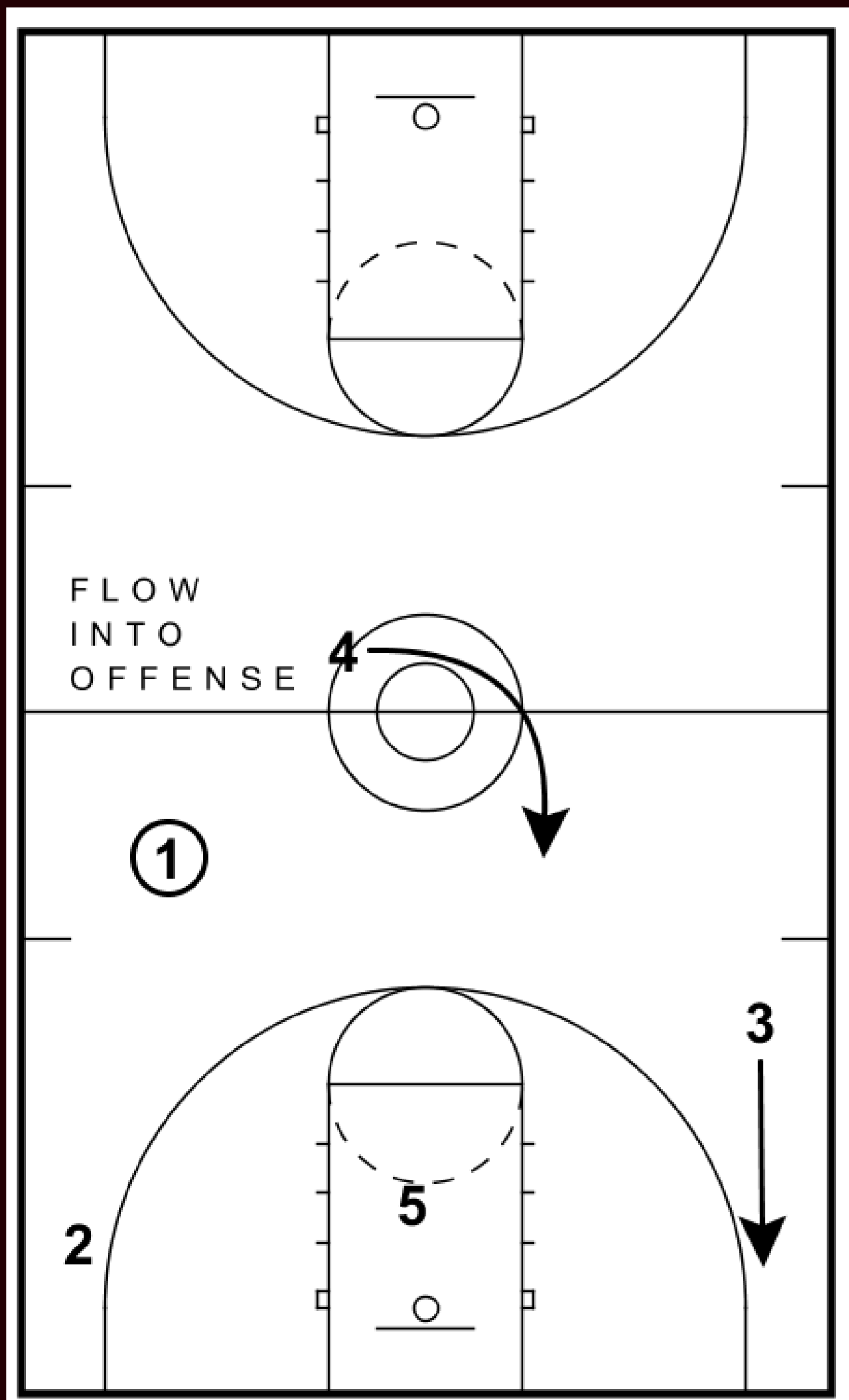
* Do Not Hide Behind Defenders.

PRESS BREAK OFFENSE

FLOW INTO HALF COURT OFFENSE

Objective:

We are looking to score & put the pressure back onto the defense to scramble back & defend the basket.



SHOT SELECTION

The Two Shots that are Being Highly Encouraged in Transition are:

- #1. Clear in-Rhythm Catch & Shoot 3-Point Shot.
- #2. A Lay-Up.

We don't want to be forced into taking difficult 2-point shots, Mid Range Jumpers, or Contested Off the Dribble shots.