Ultimate Full Court Pressure

FREE SAMPLE PLAY

For the complete Ultimate Full Court Pressure Playbook, visit

http://www.ebasketballcoach.com/p/pressure.html

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Introduction

Welcome to Ultimate Full Court Pressure! In the complete playbook, we will review 15 basic trapping defenses. In this sample version, we will review the Full Court Dribble Trap. All plays were chosen for their simplicity and ease of execution, and are appropriate for all levels of play.

The plays are divided up 3 different base defenses:

**40 – Full Court Man:** Defending from endline to endline. Great for adding pressure to your opponents and speeding up the pace of the game, and especially effective if you have an athleticism advantage.

**30 – ¾ Court Man:** Picking up their man just before the hash marks, at roughly three quarter court. If you don’t want to commit to the full court, but want to be more aggressive than a halfcourt defense, this is a good compromise.

**20 – ½ Court Man:** If you don’t like the risk involved with extending your defense past the halfcourt line, or simply have too big an athleticism deficit to do so, halfcourt defenses will be the right choice for you.

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Introduction

Within each base defense, you’ll find 5 trapping sets, each of which corresponds with a number:

1. Dribble Trap
2. Inbounds/Pass Trap
3. Blind Trap
4. Bluff Trap
5. Wild Man Trap

When calling these plays, you can use combine the base defense with the trapping set. For example,

41 = Full Court Dribble Trap
33 = Three Quarter Court Blind Trap
25 = Half Court Wild Man Trap

And so on.

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Trapping Zones

No matter which type or level of trap, there are certain areas on the court where trapping is at its most effective.

The yellow areas represent spots on the floor we want to force passes to – especially on the inbounds. They also make for very good areas to trap the ball if the opportunity presents itself.

The blue areas are great areas to trap as well. With the ball going from left to right, trapping right before halfcourt keeps the 10 second count in play, panicking the opposing team.

The red area is the best area on the floor to trap. Since the offense can’t retreat into the backcourt once crossing the halfcourt line, with just two defenders you can create an incredibly strong trap.

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Diagram Legend

- Indicates a pass from one player to another
- Indicates a player moving with the ball
- Indicates a player moving without the ball
- Indicates a defensive player making a trap

PG  Point Guard (or 1-man)
SG  Shooting Guard (or 2-man)
SF  Small Forward (or 3-man)
PF  Power Forward (or 4-man)
C   Center (or 5-man)

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Full Court Traps

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41 – Full Court Dribble Trap

The full court trap is a high risk, high reward defense, predicated on having aggressive and intelligent defenders.

This is a man to man press, so each player will match up and extend the defense the full length of the court.

Unlike our other dribble traps, our players won’t be waiting for the ballhandler to get to a certain spot on the court, but rather for the ballhandler to put the ball on the floor. As soon as the small forward sees that first dribble go down, he needs to break from his man hard to set the trap with his point guard.

Execution

1. The point guard and power forward will force the pass into the corner, as close to the sideline as possible.
2. The small forward will move up the line, anticipating the ballhandler’s first dribble.
3. The shooting guard will slide over, taking away the middle of the court. *(cont’d on next page)*

Figure 1.1: PG forces to the sideline, PF forces pass to PG. SG and C slide middle, SF moves up line.
41 – Full Court Dribble Trap

Execution (cont’d)

4. On the first dribble, the small forward will sprint to set the trap with the point guard.
5. The shooting guard will sprint over to take away the pass to their small forward.
6. The center will stay middle, taking away the pass the opposing center.
7. The power forward will play the passing lanes, looking to steal the reversal or crosscourt passes.

Figure 1.2: SF traps on first dribble with PG. SG denies SF, C denies C, PF plays passing lanes.

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