

Pressure Man Defense

Radius Athletics
August 9, 2022



Pressure Man Defense



01

MACRO

"Zoomed out" discussion of pressure man defense

02

MICRO

Technical details and teaching progression

03

Q & A

Your chance to ask questions and offer input



INTRO

Where you coach...
Why are you here?

Pressure vs. Containmentment



Pressure vs. Containment

No Escape

There is no escaping the reality of this tradeoff

Direct Expense

Pressure comes at the direct expense of containment. And vice versa



Macro Principles of Offense (Disruptions)

01 Ball Movement

Reduce if not cease ball movement via the pass with denial

02 Timing

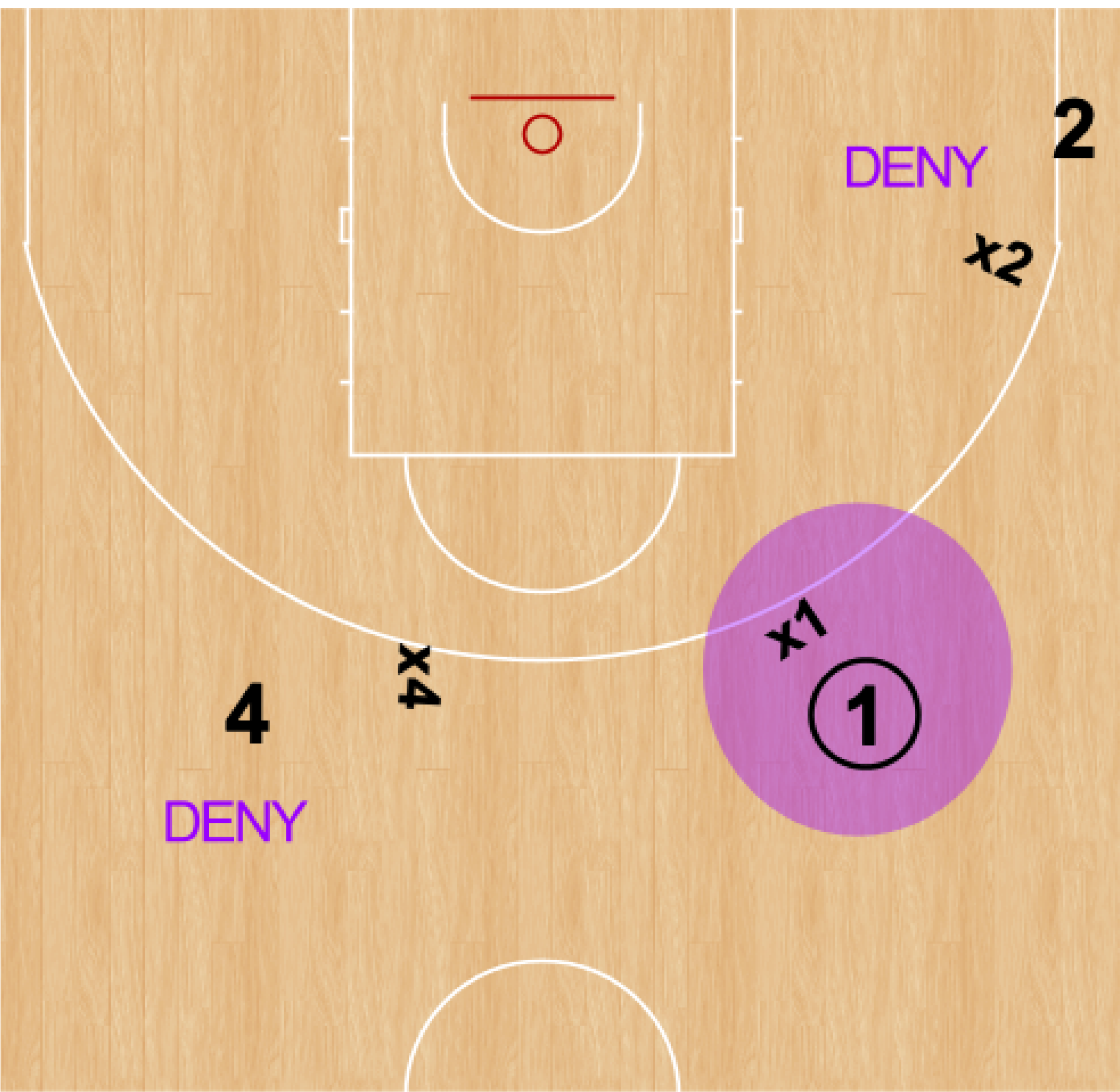
Disrupting the timing and sequencing of the offense by keeping them "off schedule"

03 Player Movement

Fronting cuts and denying ball flashes.

04 Space

Restricting the space around individual players. Restricting floor space.

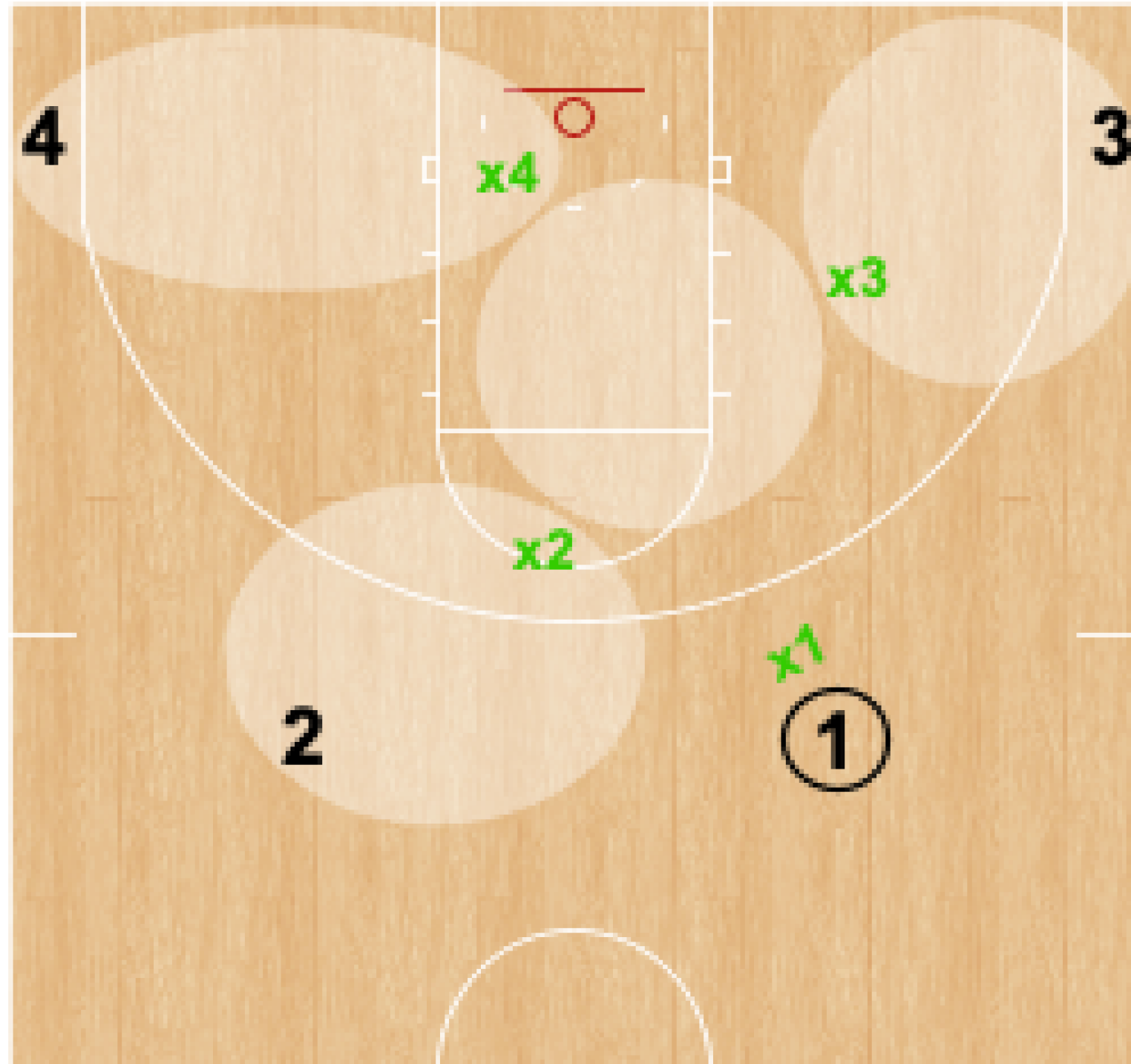


Principle of Isolation

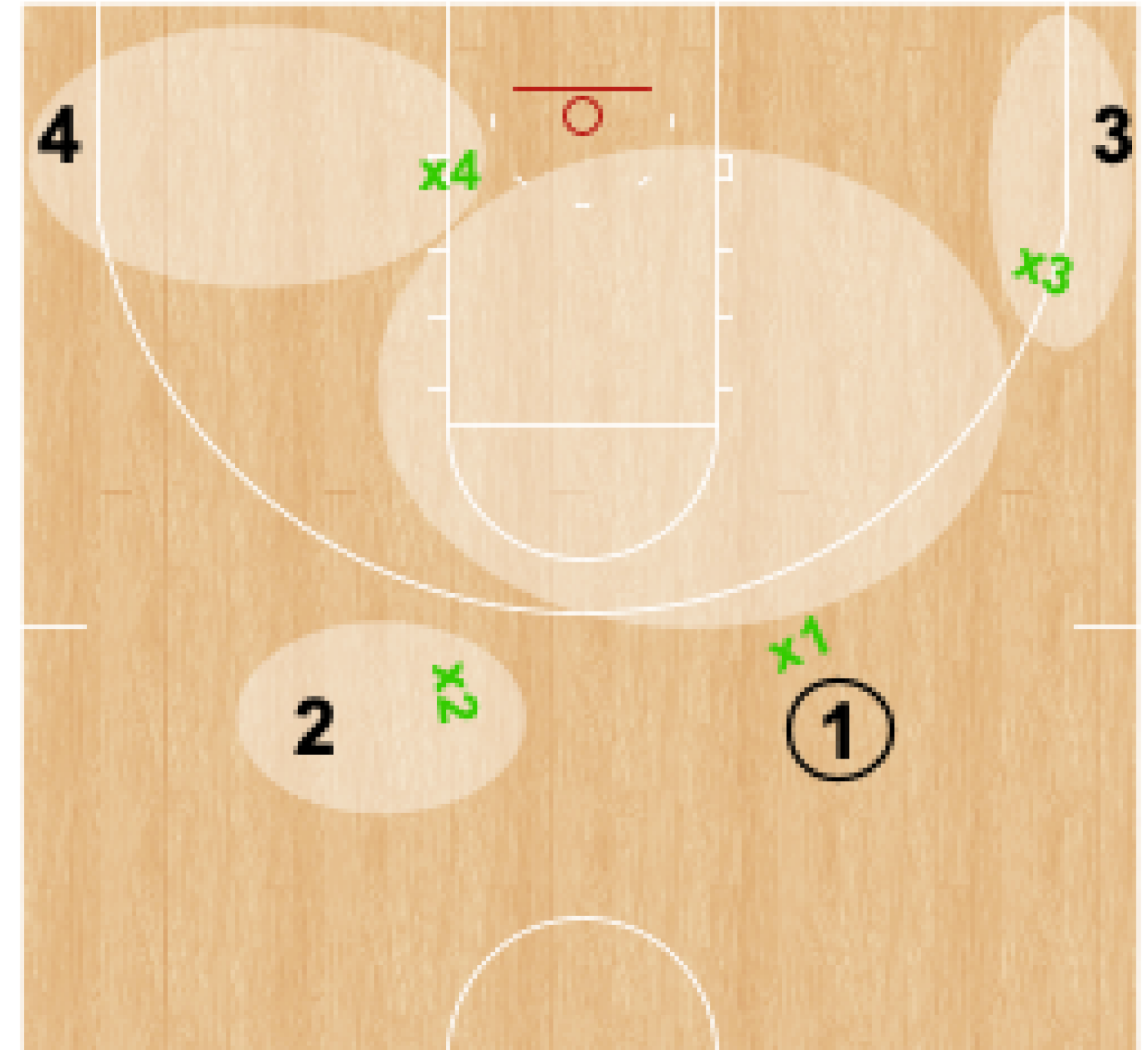
Using denial to isolate the ball.
This "disconnects" the player with the ball from his/her teammates.



Visual Tool: Pressure vs. Containment & The Law of Space



Containment



Pressure



“



We had a good defense, but I found out we didn't have good defensive players.

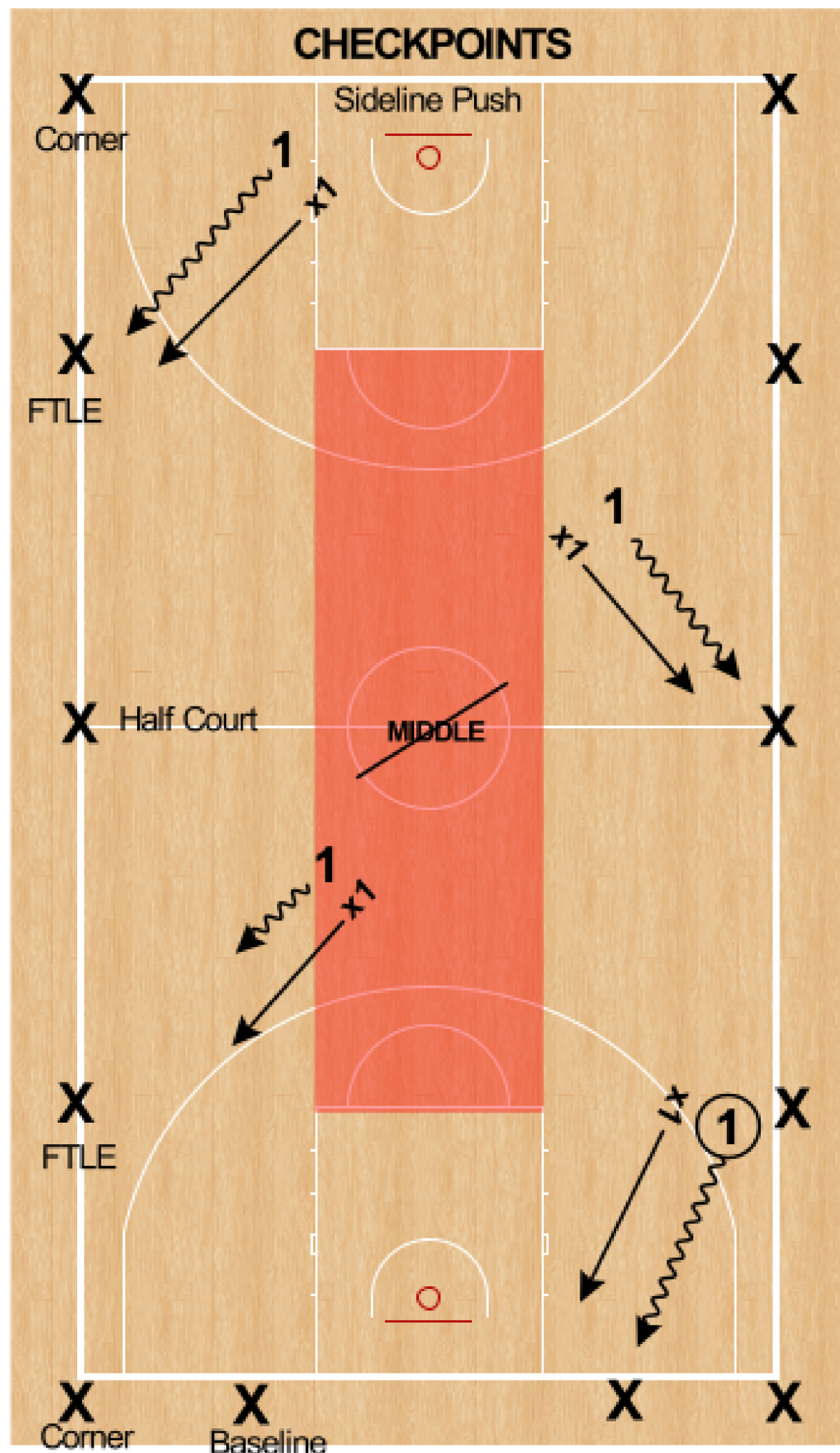
My view is that pressure man-to-man is a "player development defense"



Building a Pressure Man Defense

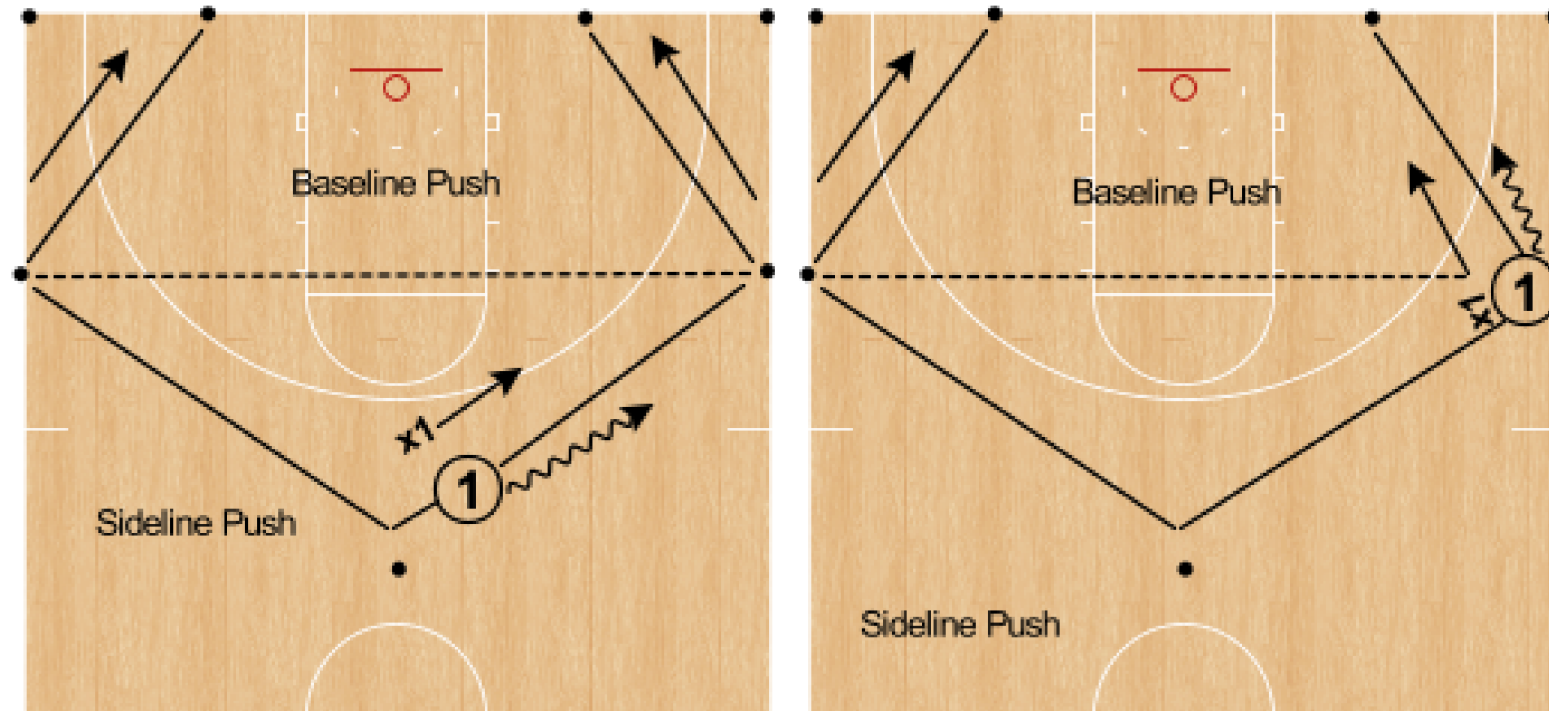
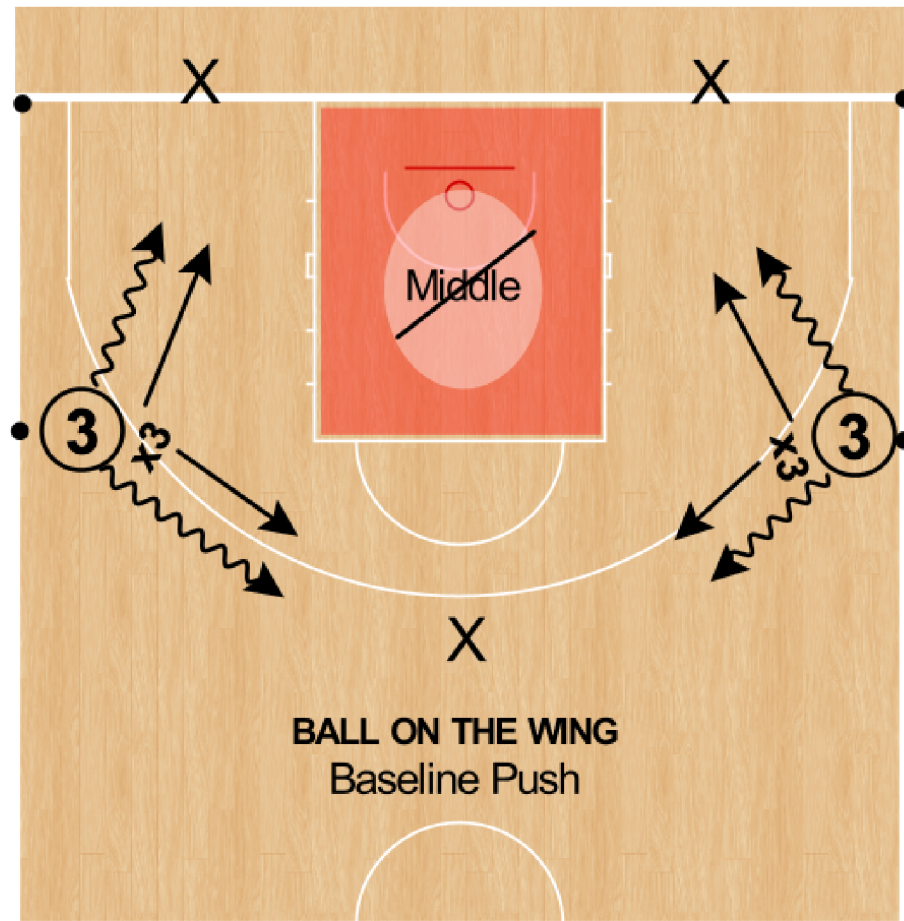
We start from the ball and build
outward





"Checkpoints"

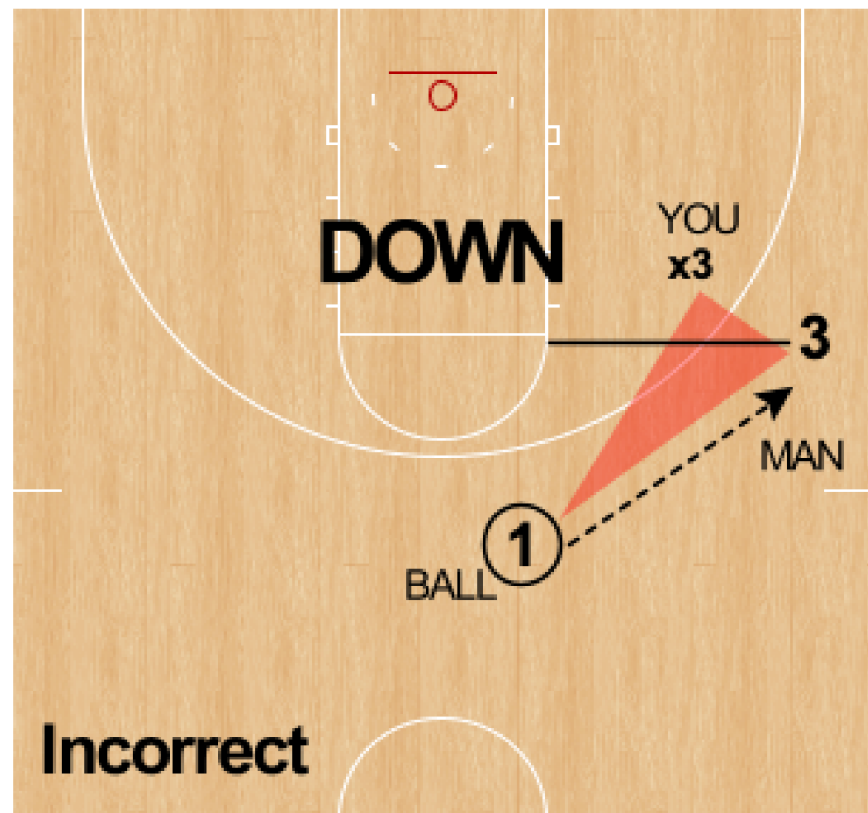
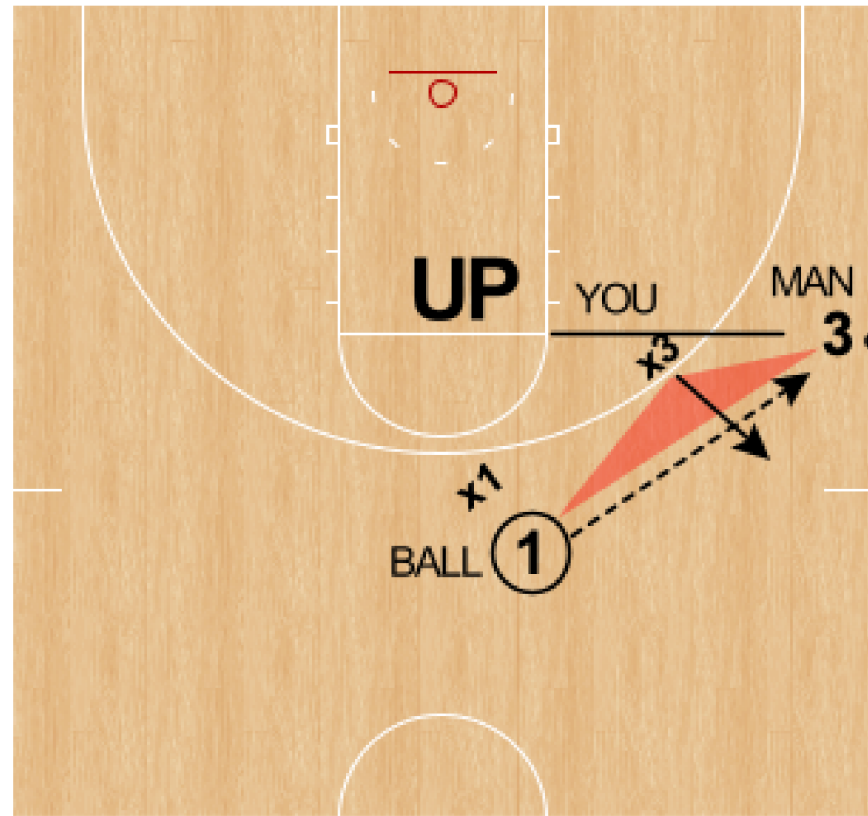
- Determine stance angle
- Nose on chest
- Drag Hand, Lead Hand
- Ball above FTLE = ***Sideline Push***
- Influencing the ball away from middle of the floor
- Keeping hips closed
- Protecting middle



"Checkpoints"

- Determine stance angle
- "High Side"
- Drag Hand, Lead Hand
- Ball FTLE = **Baseline Push**
- Influencing the ball toward baseline, NO MIDDLE!



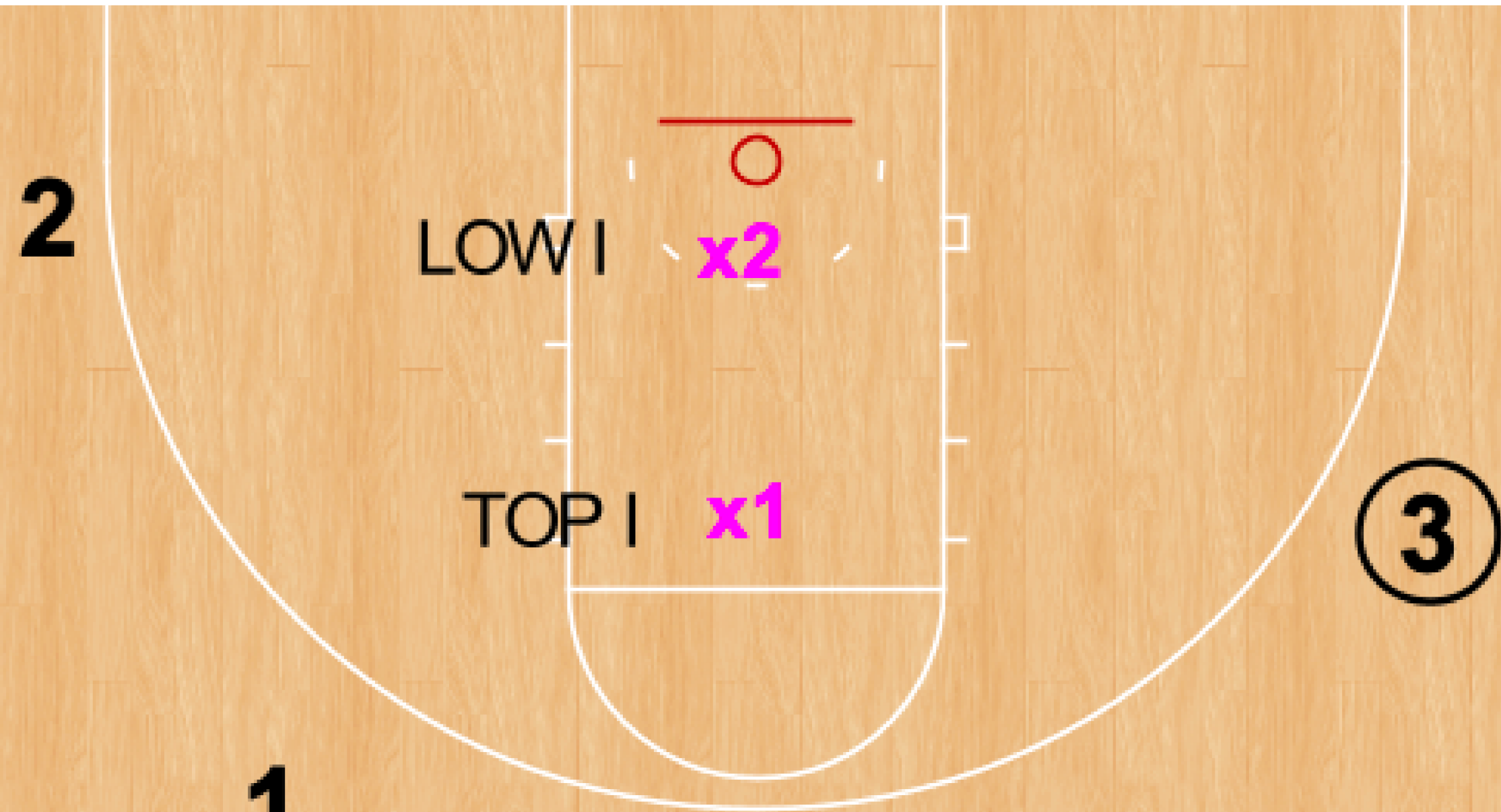


One Pass Away

- Deny - the lifeblood of PM2M
- Chin on shoulder - "split vision"
- Palm away, thumb down, pinkie up
- Hand and foot in passing lane, butt to ball
- Feet in line with the rim
- No standstill easy catches
- Catch ball going away from the basket
- GET UP! Above your man

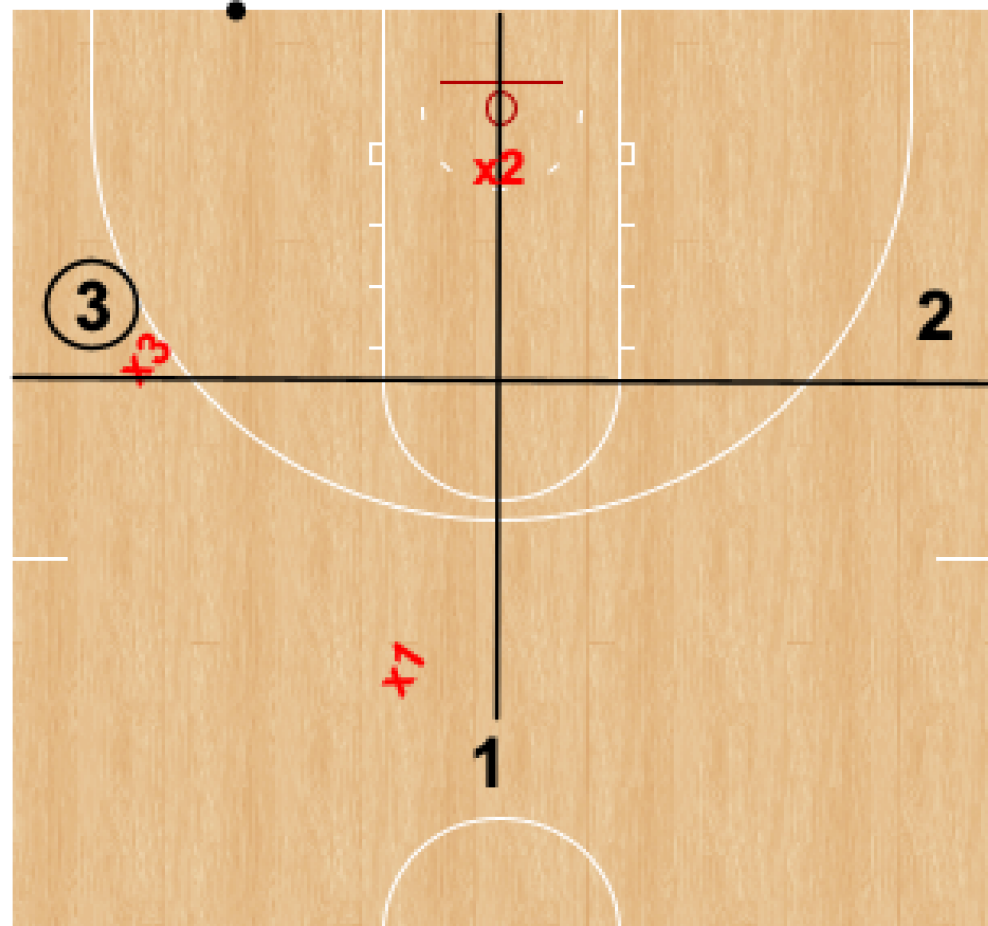
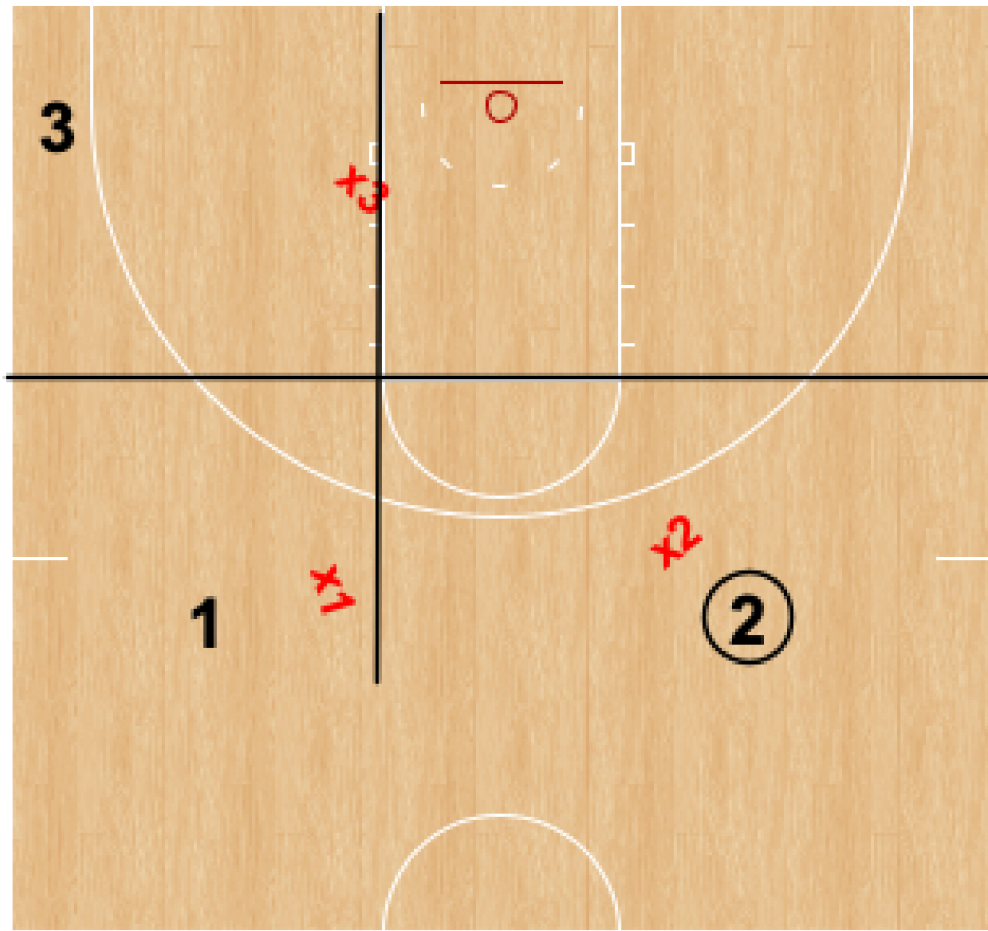


HELPSIDE I



The Helpside I

Top I and Low I form the Helpside I. Low man helps.



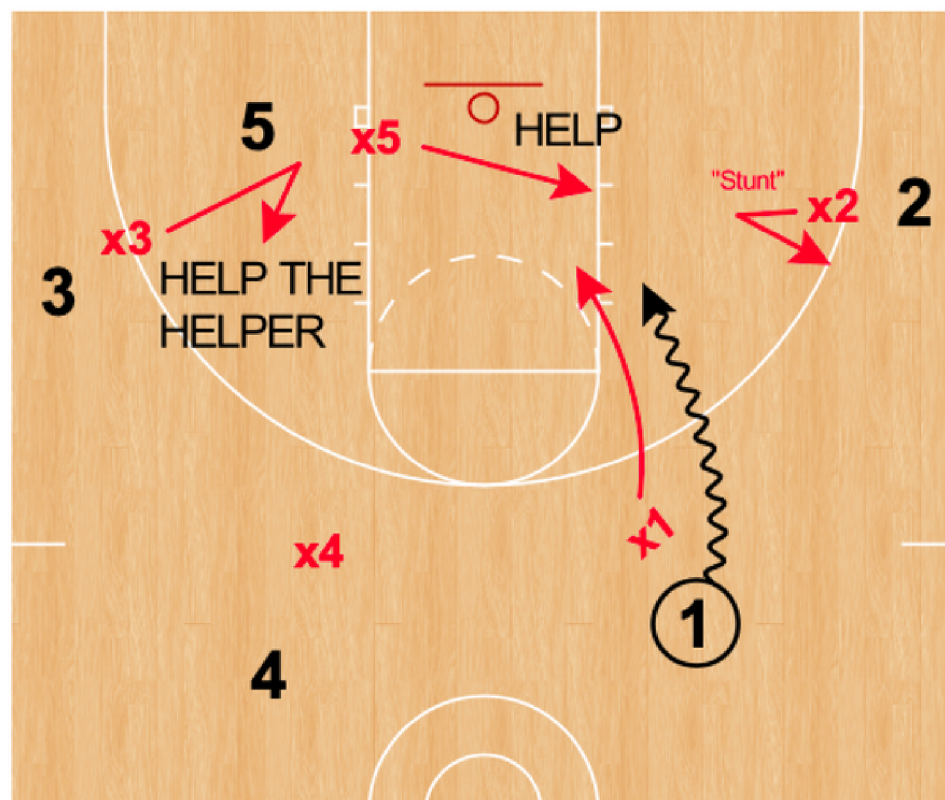
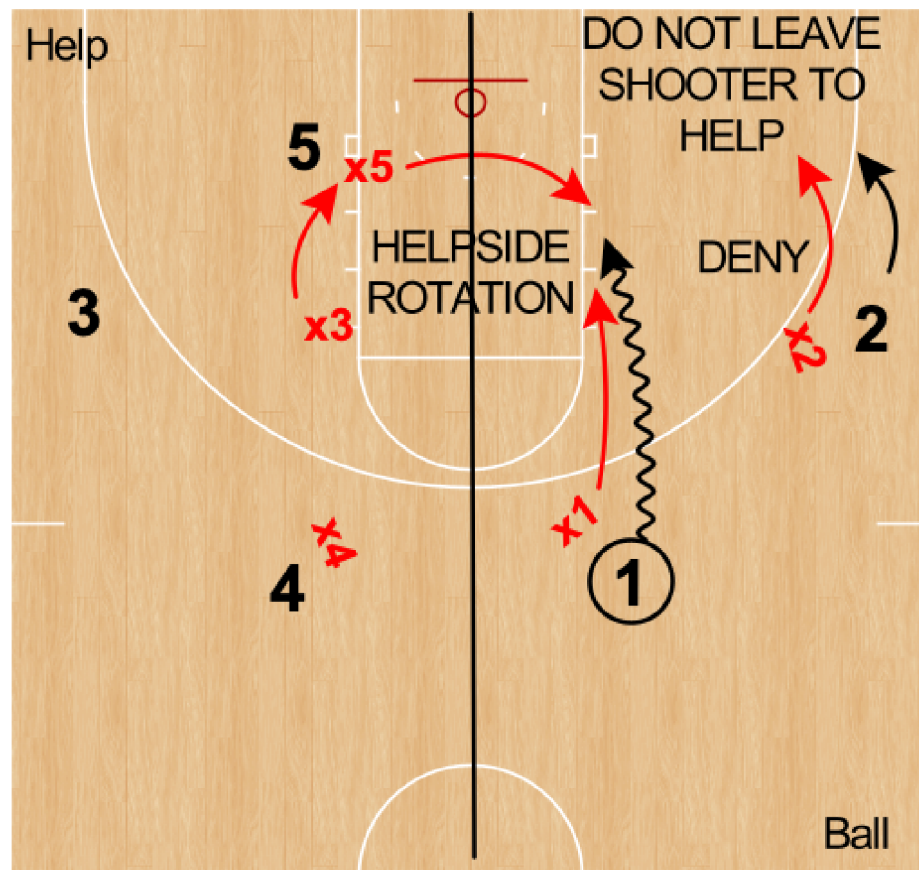
Help Defense

- Line Rules
- Two or more passes away, ball above FTLE = LANE LINE (Frame 1)
- Two or more passes away, ball below FTLE = MIDLINE (Frame 2)
- "Boxer's Stance"
- Pluck the ball line
- Liberal use of arm bar if some tries to cross our face and flash to ball
- Ball moves, you move. Man moves, you move.



Help Defense (Drives)

- No help ball side. All help comes from help side... hence the name!
- Low I helps, Top I helps the helper
- Attack penetration outside the paint
- OVERHELPING is a malady
- We only help when a drive threatens the rim
- Ball moves, you move. Man moves, you move.



Defending Common Actions

State of matter (color of name)
 GAS LIQUID SOLID UNKNOWN

Subcategory in the metal-metalloid-nonmetal trend (color of background)
 Alkali metals, Alkaline earth metals, Transition metals, Lanthanides, Actinides, Post-transition metals, Metalloids, Reactive nonmetals, Noble gases, Unknown chemical properties

Callout for Hydrogen (H):
 Atomic Number: 1
 Symbol: H
 Name: Hydrogen
 Atomic Weight: 1.008
 Electrons per shell: 1

1 H Hydrogen 1.008 1	2 He Helium 4.003 2											13 Al Aluminum 26.982 2-3	14 Si Silicon 28.086 2-4	15 P Phosphorus 30.974 2-5	16 S Sulfur 32.06 2-4	17 Cl Chlorine 35.45 2-3	18 Ar Argon 39.948 2-8																		
3 Li Lithium 6.94 2-1	4 Be Beryllium 9.012 2-2	5 B Boron 10.81 2-3	6 C Carbon 12.011 2-4	7 N Nitrogen 14.007 2-5	8 O Oxygen 15.999 2-4	9 F Fluorine 18.998 2-7	10 Ne Neon 20.180 2-8	11 Na Sodium 22.98976928 2-1	12 Mg Magnesium 24.305 2-2	19 K Potassium 39.0983 2-8-1	20 Ca Calcium 40.078 2-8-2	21 Sc Scandium 44.955908 2-8-2	22 Ti Titanium 47.867 2-8-2	23 V Vanadium 50.9415 2-8-2	24 Cr Chromium 51.9961 2-8-1	25 Mn Manganese 54.938044 2-8-2	26 Fe Iron 55.845 2-8-2	27 Co Cobalt 58.933 2-8-2	28 Ni Nickel 58.693 2-8-2	29 Cu Copper 63.546 2-8-1	30 Zn Zinc 65.38 2-8-2	31 Ga Gallium 69.723 2-8-3	32 Ge Germanium 72.630 2-8-4	33 As Arsenic 74.922 2-8-3	34 Se Selenium 78.971 2-8-4	35 Br Bromine 79.904 2-8-7	36 Kr Krypton 83.798 2-8-8								
37 Rb Rubidium 85.4678 2-8-8-1	38 Sr Strontium 87.62 2-8-2	39 Y Yttrium 88.90584 2-8-8-2	40 Zr Zirconium 91.224 2-8-9-2	41 Nb Niobium 92.90637 2-8-10-1	42 Mo Molybdenum 95.94 2-8-10-1	43 Tc Technetium (98) 2-8-10-2	44 Ru Ruthenium 101.07 2-8-9-1	45 Rh Rhodium 102.91 2-8-9-1	46 Pd Palladium 106.42 2-8-9-8	47 Ag Silver 107.87 2-8-9-1	48 Cd Cadmium 112.41 2-8-9-2	49 In Indium 114.82 2-8-9-3	50 Sn Tin 118.71 2-8-9-4	51 Sb Antimony 121.76 2-8-9-5	52 Te Tellurium 127.6 2-8-9-4	53 I Iodine 126.905 2-8-9-7	54 Xe Xenon 131.29 2-8-9-8	55 Cs Cesium 132.90545196 2-8-9-8-1	56 Ba Barium 137.327 2-8-9-8-2	57-71 Lanthanides	72 Hf Hafnium 178.49 2-8-10-10-2	73 Ta Tantalum 180.94788 2-8-10-10-1	74 W Tungsten 183.84 2-8-10-10-2	75 Re Rhenium 186.21 2-8-10-10-2	76 Os Osmium 191.224 2-8-10-10-2	77 Ir Iridium 192.22 2-8-10-9-2	78 Pt Platinum 195.084 2-8-10-10-1	79 Au Gold 196.967 2-8-10-9-1	80 Hg Mercury 200.59 2-8-10-9-2	81 Tl Thallium 204.38 2-8-10-9-3	82 Pb Lead 207.2 2-8-10-9-4	83 Bi Bismuth 208.98 2-8-10-9-5	84 Po Polonium (209) 2-8-10-10-4	85 At Astatine (210) 2-8-10-9-7	86 Rn Radon (222) 2-8-10-10-8
87 Fr Francium (223) 2-8-10-9-8-1	88 Ra Radium (226) 2-8-10-9-8-2	89-103 Actinides	104 Rf Rutherfordium (261) 2-8-10-10-10-1	105 Db Dubnium (268) 2-8-10-10-10-1	106 Sg Seaborgium (266) 2-8-10-10-10-2	107 Bh Bohrium (270) 2-8-10-10-10-2	108 Hs Hassium (277) 2-8-10-10-10-2	109 Mt Meitnerium (276) 2-8-10-10-10-2	110 Ds Darmstadtium (285) 2-8-10-10-10-1	111 Rg Roentgenium (282) 2-8-10-10-10-2	112 Cn Copernicium (285) 2-8-10-10-10-2	113 Nh Nihonium (284) 2-8-10-10-10-3	114 Fl Flerovium (289) 2-8-10-10-10-4	115 Mc Moscovium (288) 2-8-10-10-10-4	116 Lv Livermorium (293) 2-8-10-10-10-4	117 Ts Tennessine (294) 2-8-10-10-10-1	118 Og Oganesson (294) 2-8-10-10-10-8																		
57 La Lanthanum 138.91 2-8-9-9-1	58 Ce Cerium 140.12 2-8-9-9-2	59 Pr Praseodymium 140.91 2-8-9-9-3	60 Nd Neodymium 144.24 2-8-9-10-2	61 Pm Promethium (145) 2-8-9-10-3	62 Sm Samarium 150.36 2-8-9-10-2	63 Eu Europium 151.96 2-8-9-10-3	64 Gd Gadolinium 157.25 2-8-9-10-2	65 Tb Terbium 158.93 2-8-9-10-3	66 Dy Dysprosium 162.50 2-8-9-10-2	67 Ho Holmium 164.93 2-8-9-10-3	68 Er Erbium 167.26 2-8-9-10-2	69 Tm Thulium 168.93 2-8-9-10-3	70 Yb Ytterbium 173.05 2-8-9-10-2	71 Lu Lutetium 174.967 2-8-9-10-3																					

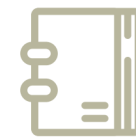
Periodic Table of Elements

Defending Common Actions



Elements

All of what we call "offense" is comprised of only a handful of actions



Consistency

We defend actions the same way. Impacts scouting.



Disruption

The goal of PM2M is not to "defend" offenses, but disrupt them



Philosophy

Decisions we make on how we defend actions are in line with PM2M themes

Options to consider:

Switching screens (on and off ball)

Switching handoffs

Shooting the gap

Icing ball screens

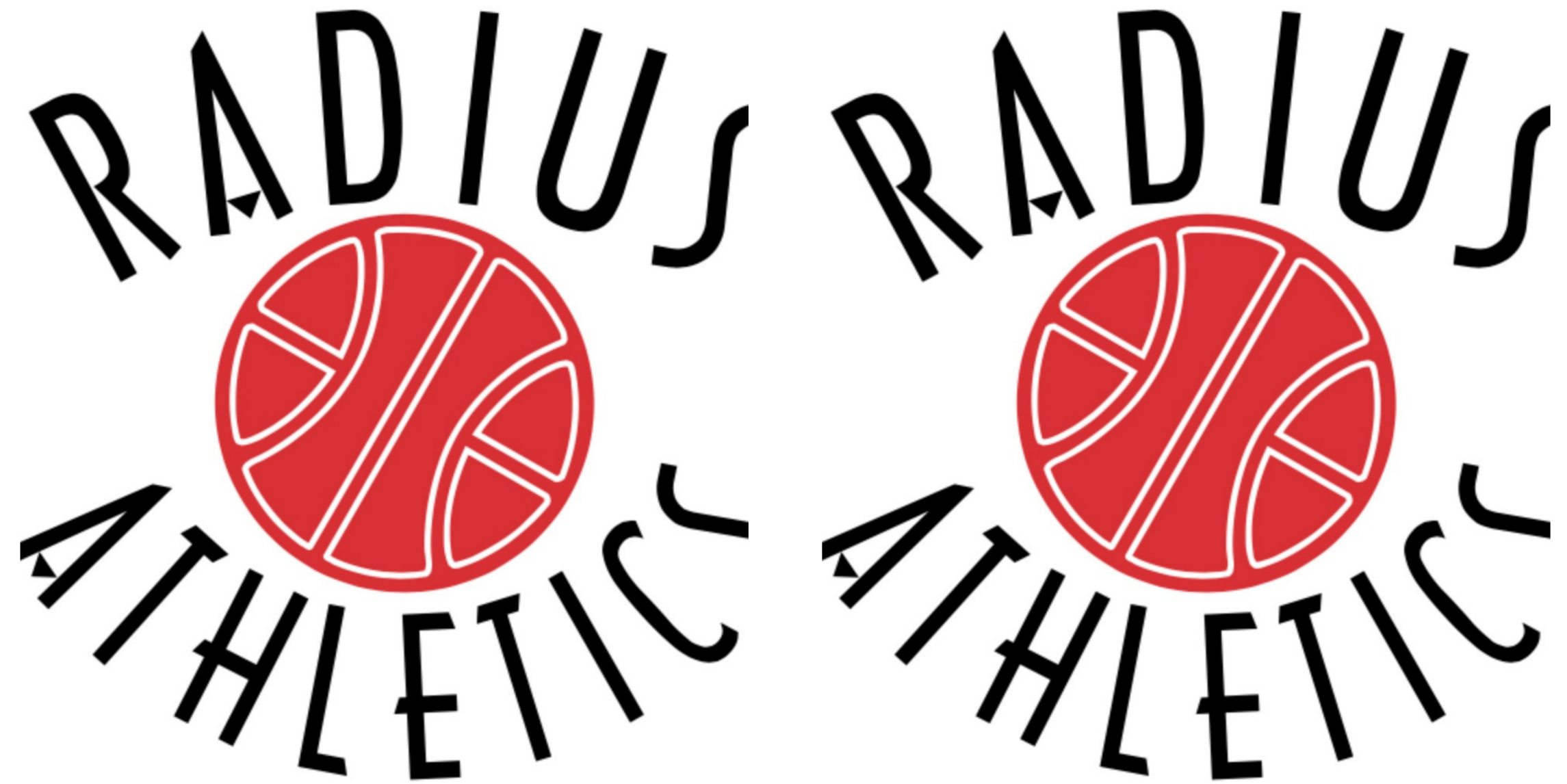
Trapping ball screen

Hedging - hard or flat

This as an area for some customization. I tended to go the more aggressive route.



**Q&A - Open
for any
questions**

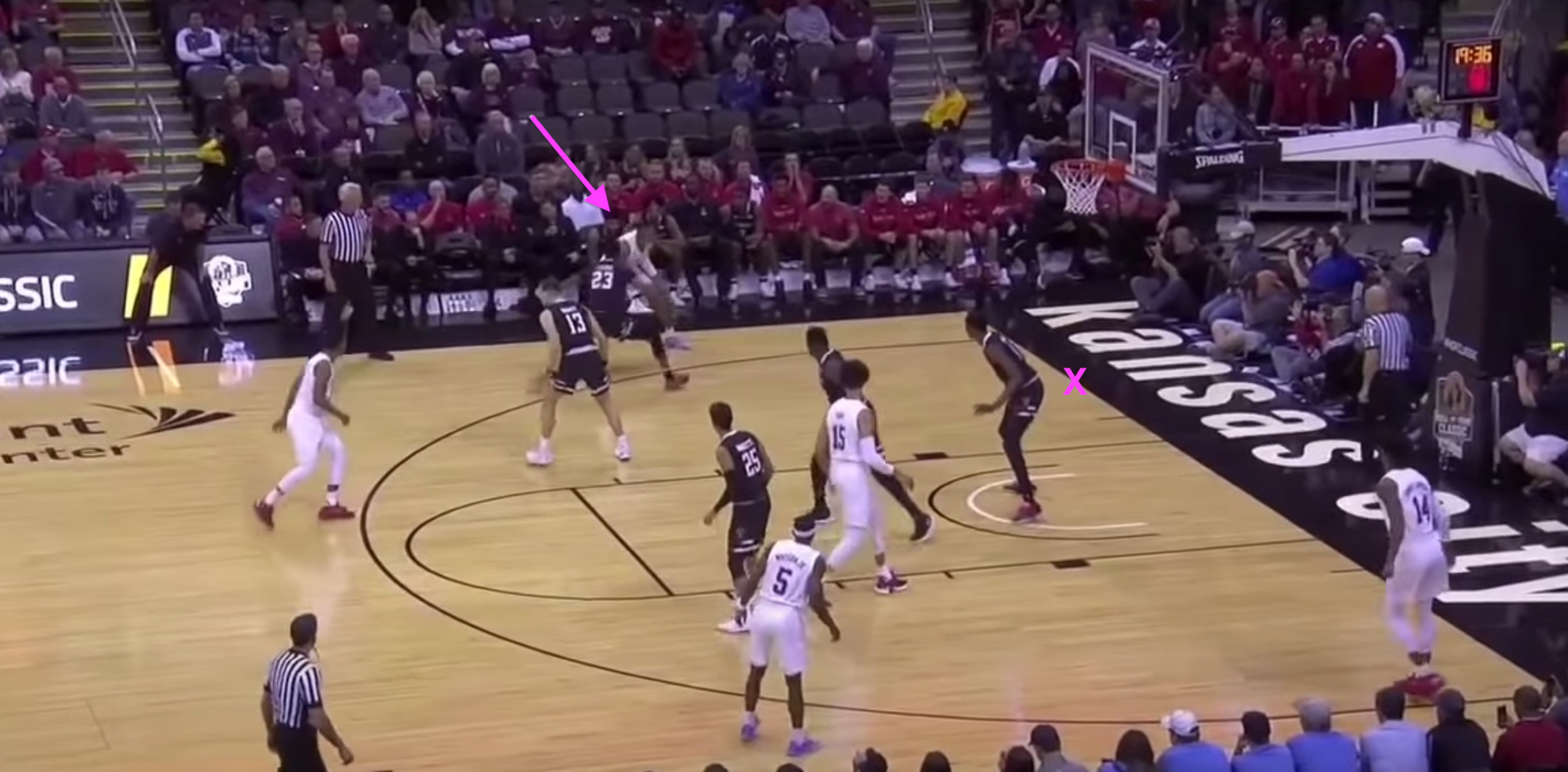


Concerns

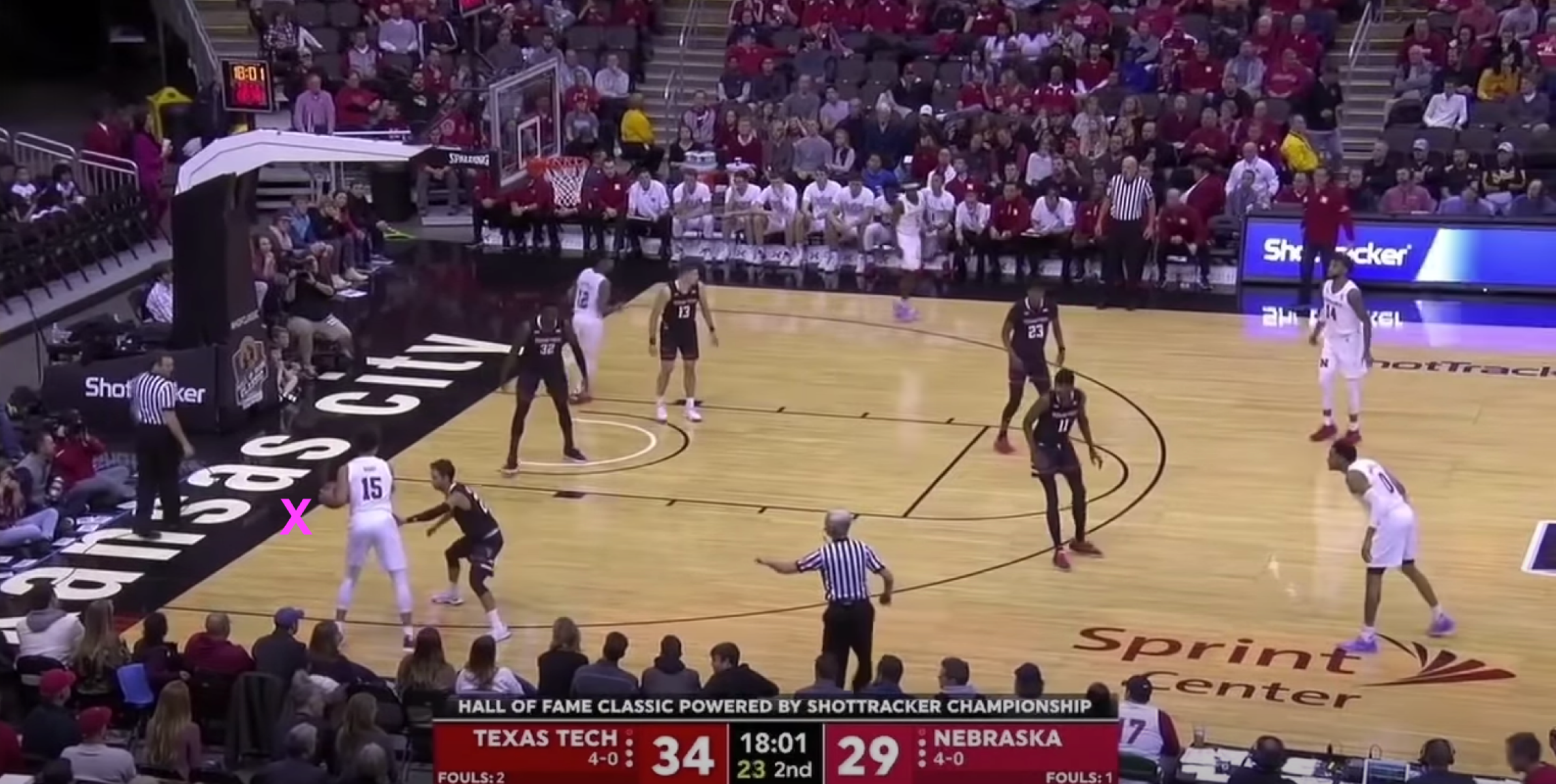
What are your biggest concerns?

Disagreements

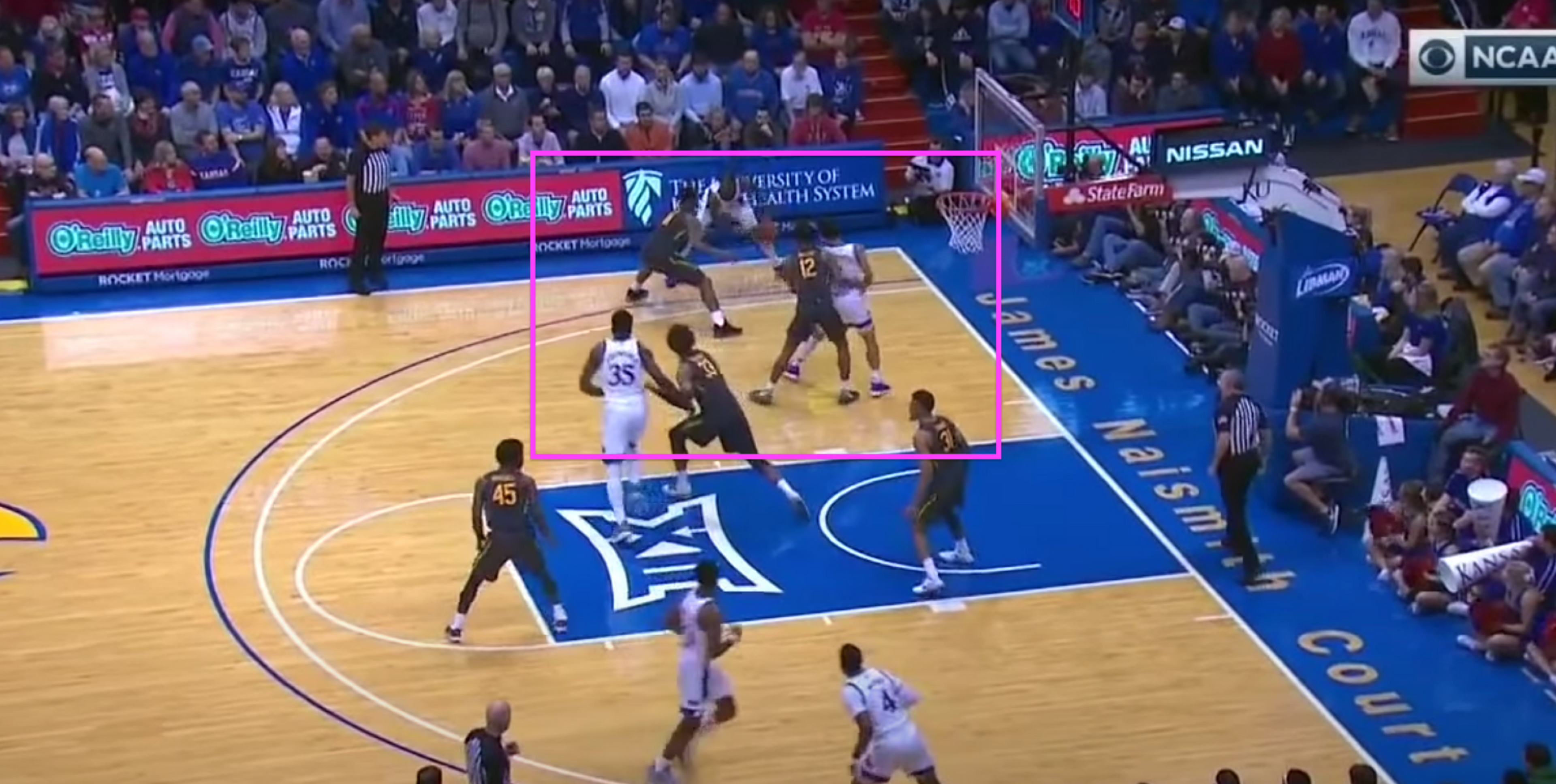
What do you most disagree with?



Baseline Push



Baseline Push



Baseline Push

WEEK 1M

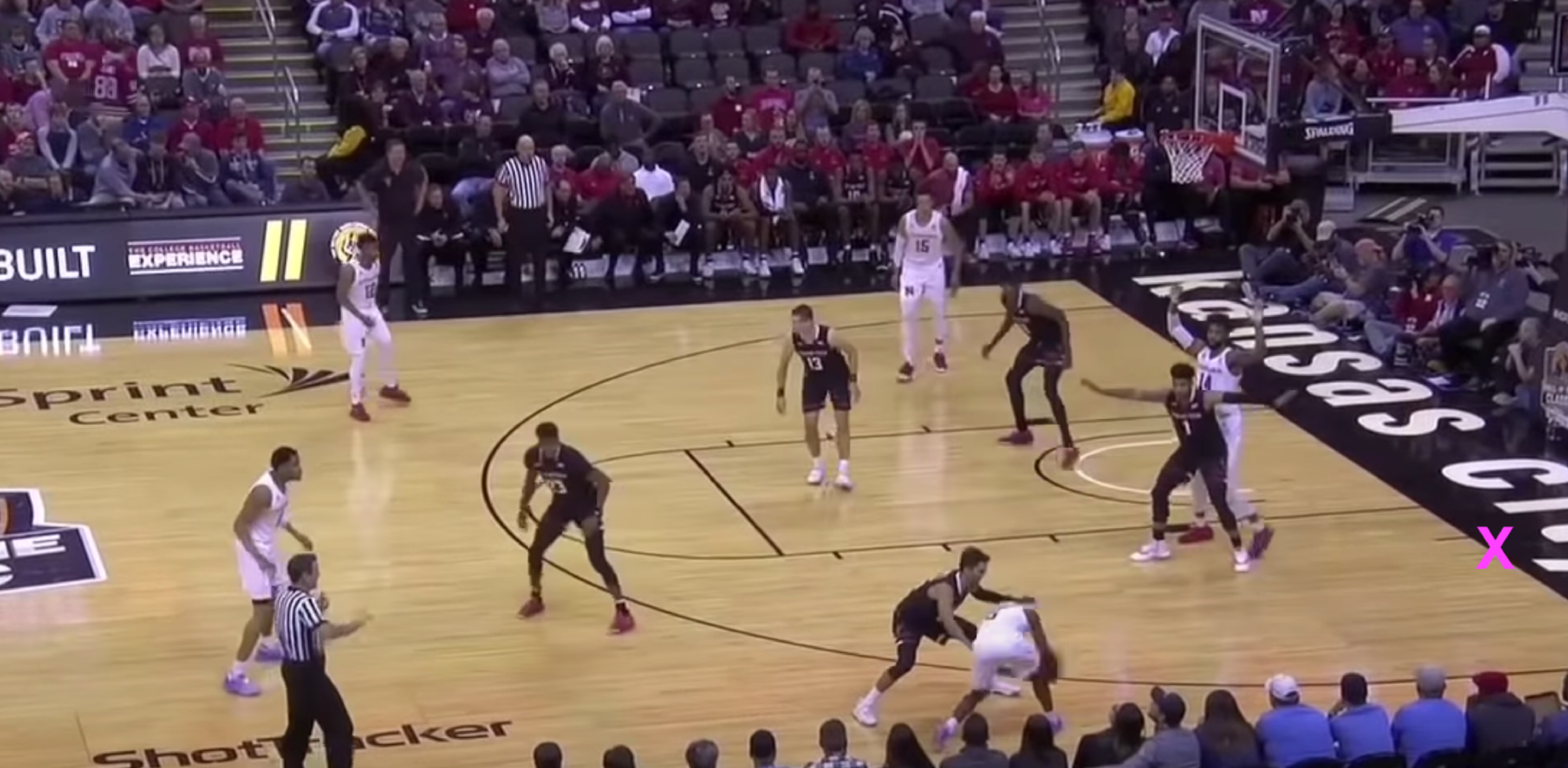
State Farm

Unit

Unit
SUPERMARKET

X

SOUTHEASTERN	15	TEXAS TECH	25	1st Half	3:36	11
	FOULS: 4		FOULS: 6			



BUILT THE COLLEGE BASKETBALL EXPERIENCE

Sprint Center

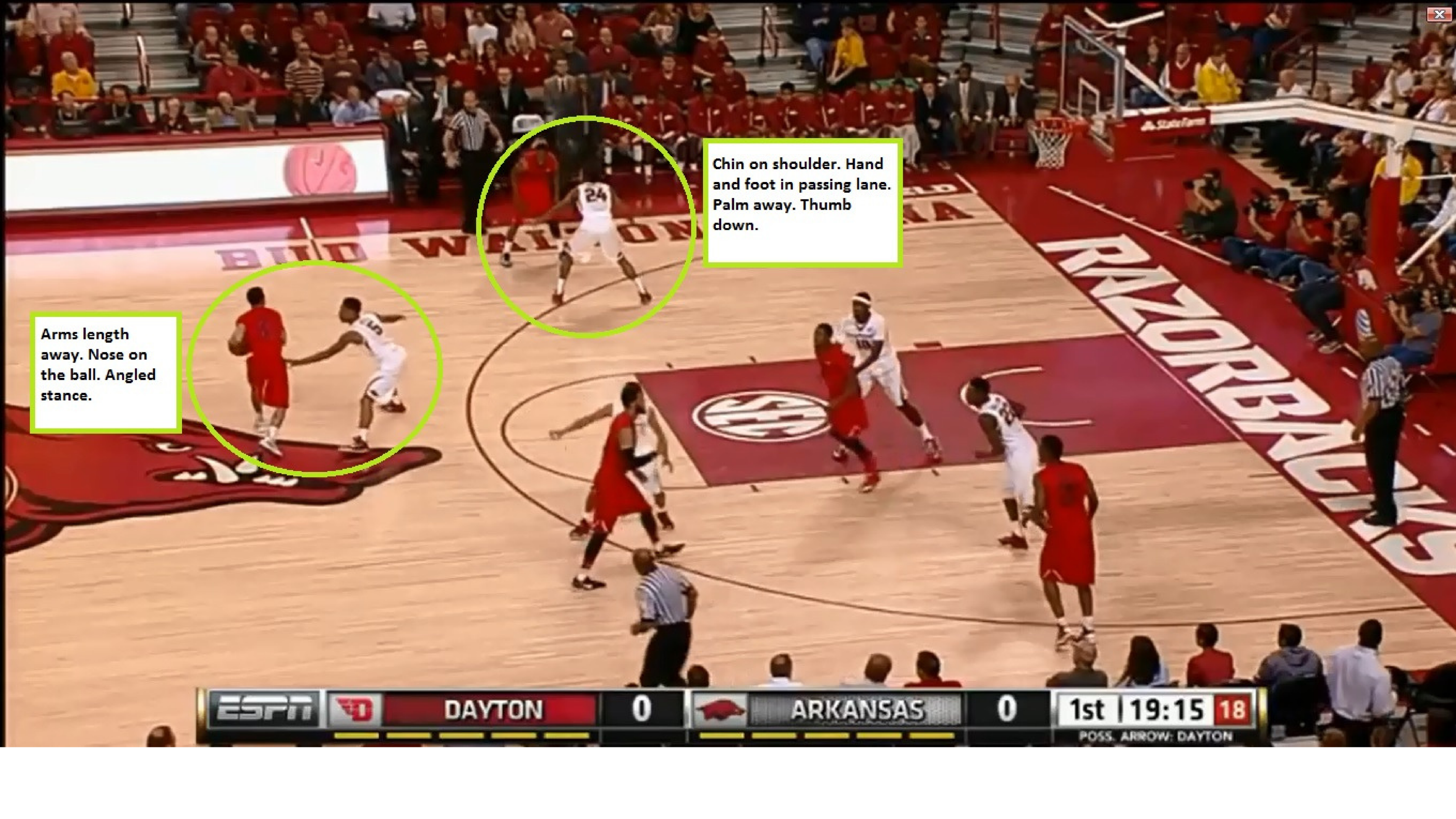
THE STATE OF TEXAS

ShotTracker

HALL OF FAME CLASSIC POWERED BY SHOTTRACKER CHAMPIONSHIP

TEXAS TECH 4-0	26	2:25 17 1st	24	NEBRASKA 4-0	BONUS	FOULS: 5
FOULS: 8						



X



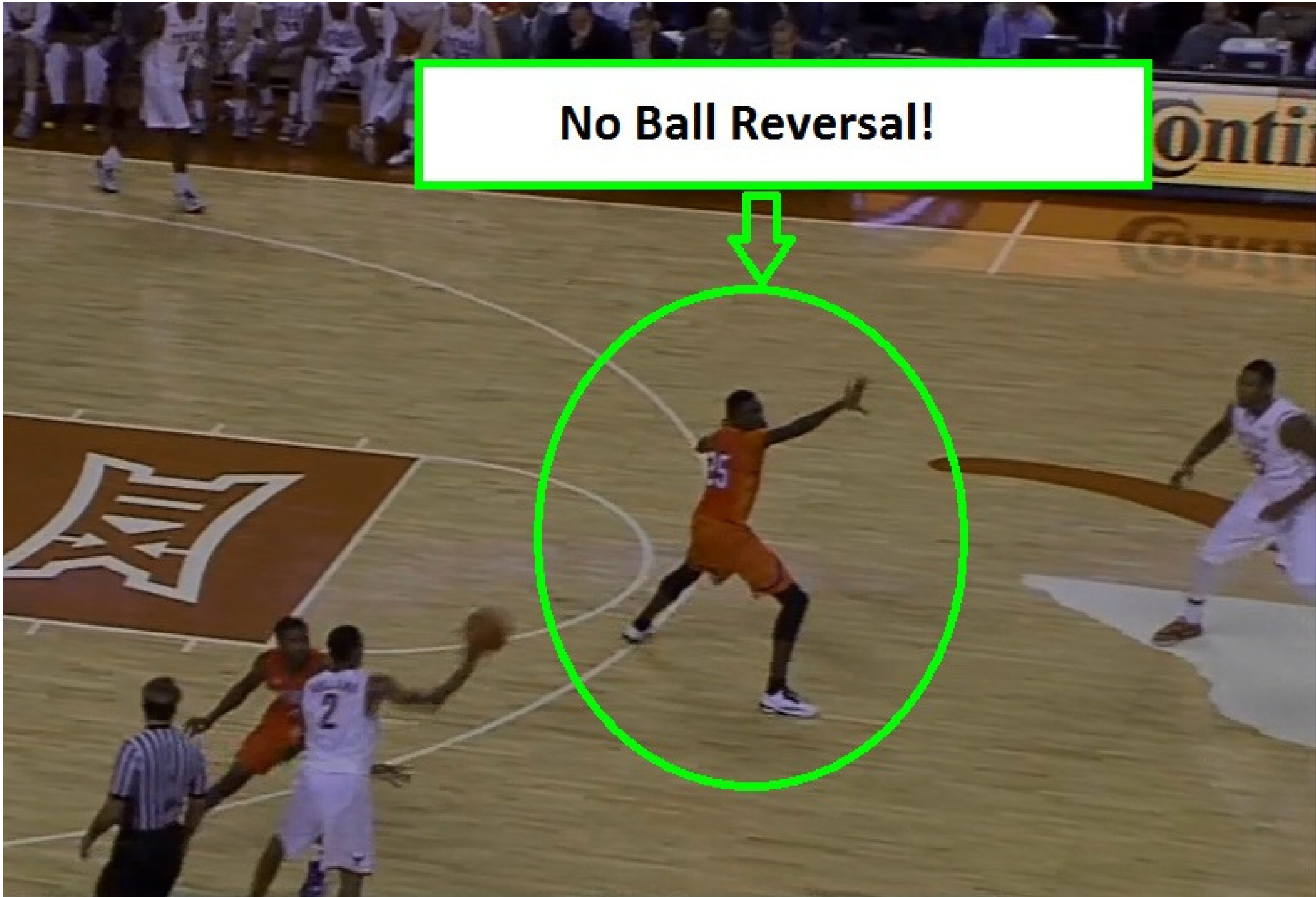
Arms length away. Nose on the ball. Angled stance.

Chin on shoulder. Hand and foot in passing lane. Palm away. Thumb down.



ESPN		DAYTON	0		ARKANSAS	0	1st 19:15	18
POSS. ARROW: DAYTON								

No Ball Reversal!



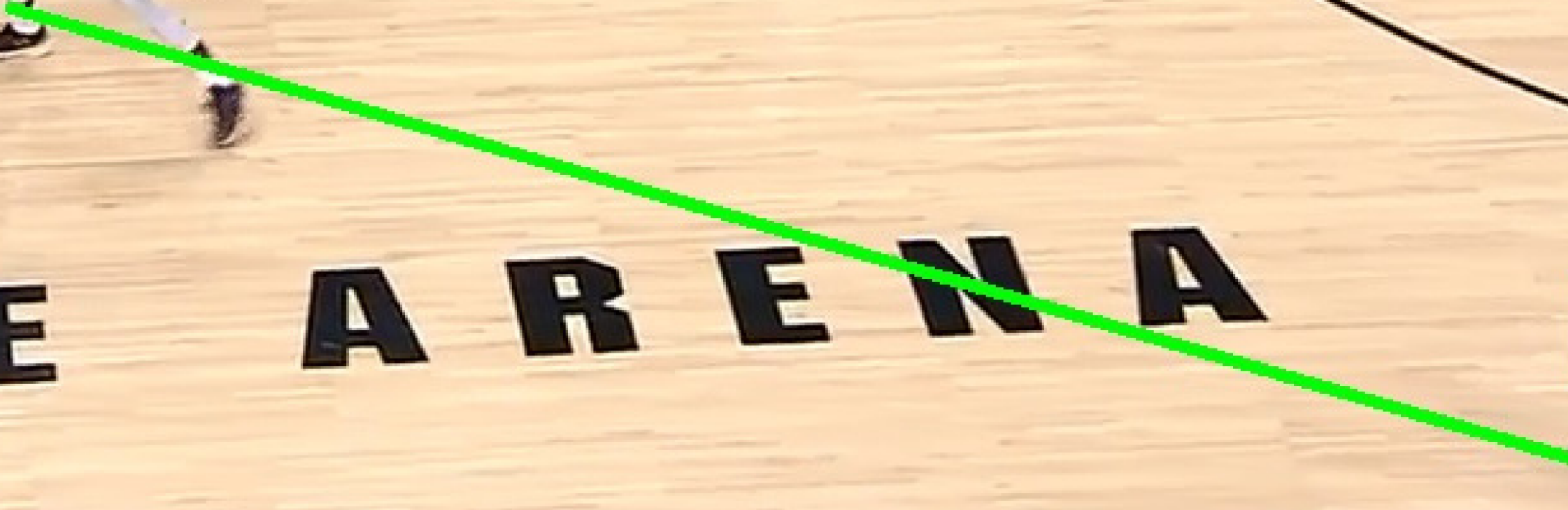
"Sides" the ball by setting stance to sideline checkpoint



Keeps ball off the swing spot

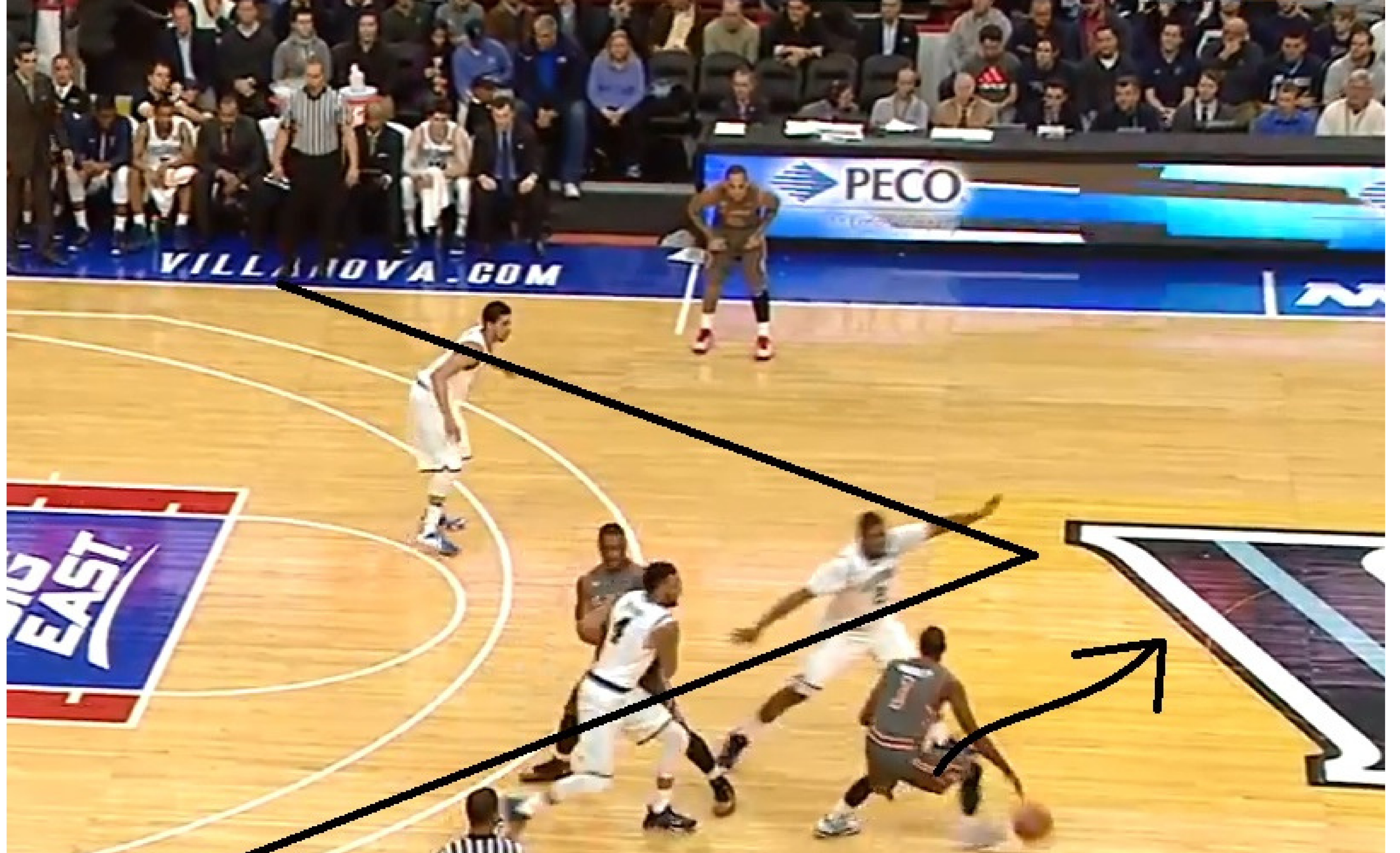


Above their men



Checkpoint



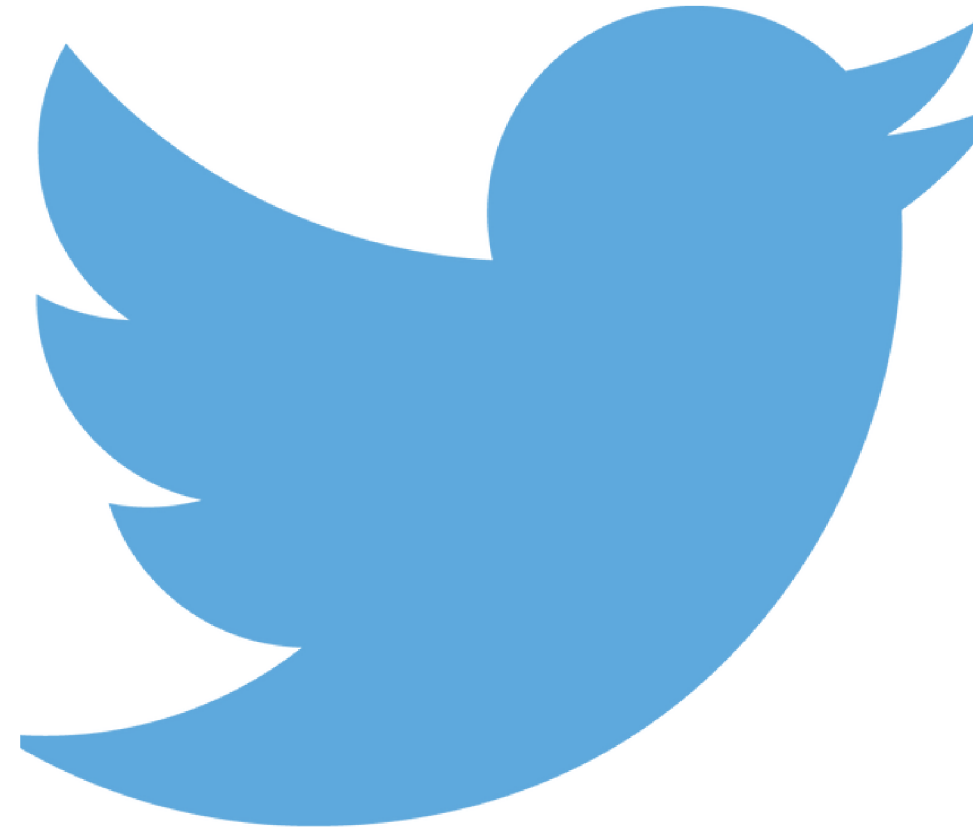


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