



2-2-1

**FULL COURT PRESSURE
SYSTEM**

A.K.A

"DRIBBLE DRIVE PRESS"

**"LEARN THE FULL COURT PRESSURE SYSTEM
THAT CREATED THE DRIBBLE DRIVE OFFENSE"**

COACH PETERMAN

2-2-1 Press: The Press that created Dribble Drive Offense

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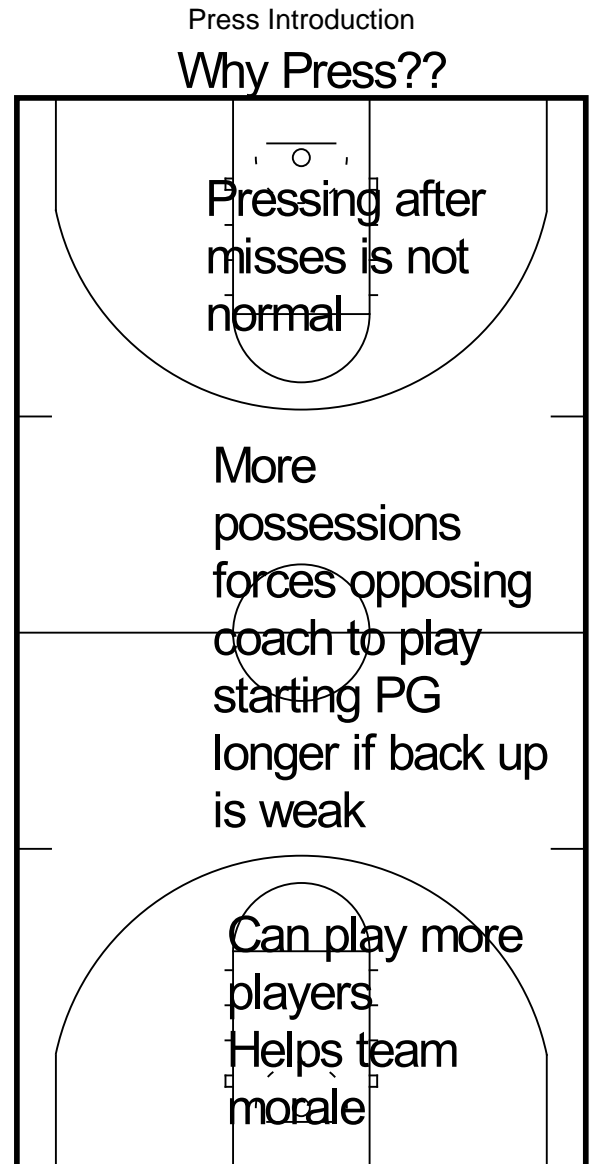
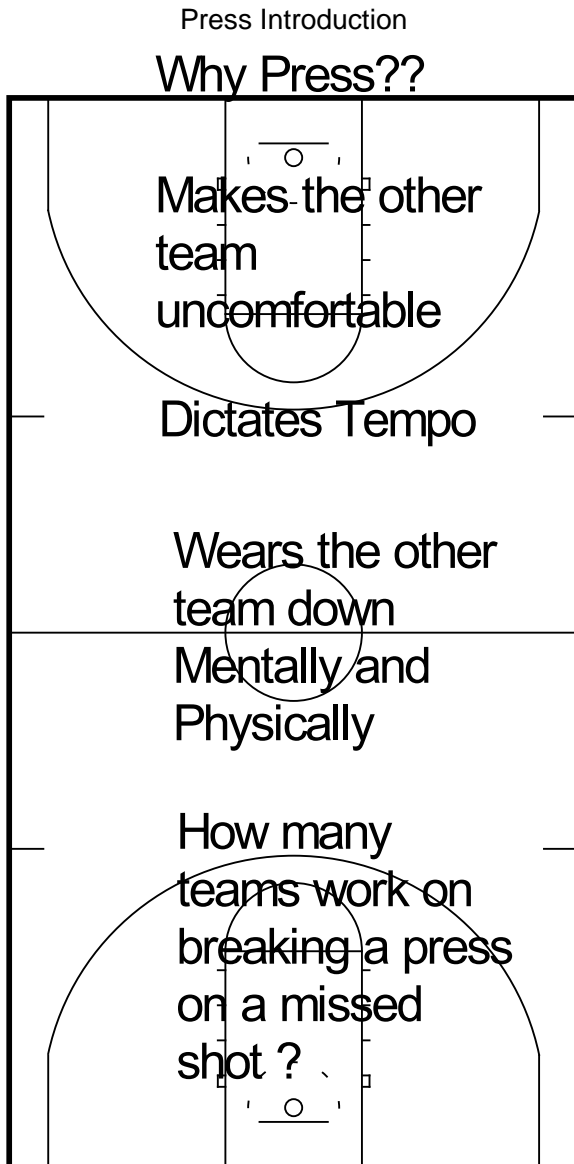
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2-2-1 Press: The Press that created Dribble Drive Offense

2-2-1 Press

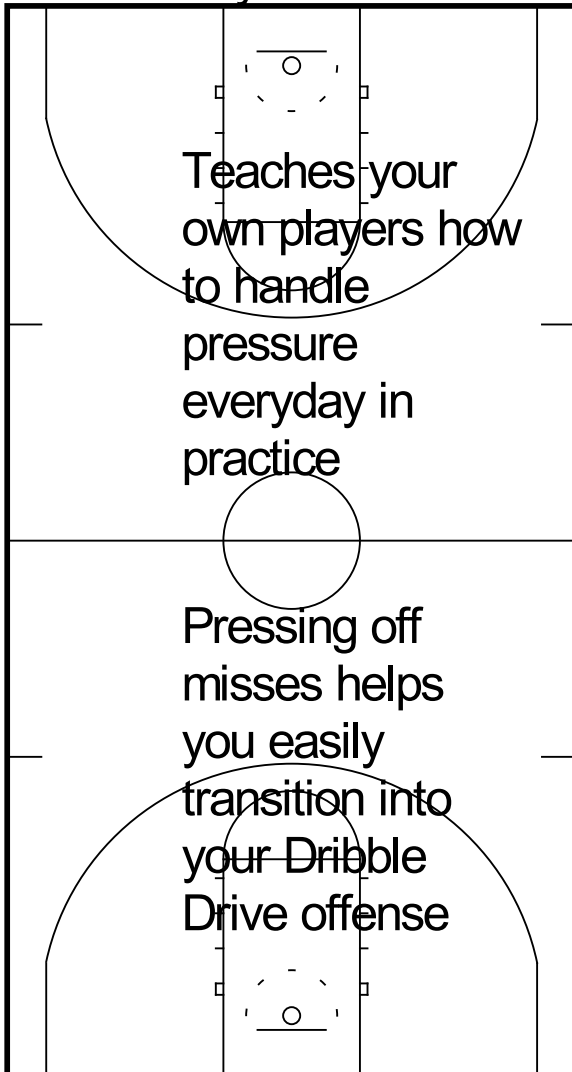


2-2-1 Press: The Press that created Dribble Drive Offense

2-2-1 Press

Press Introduction

Why Press??



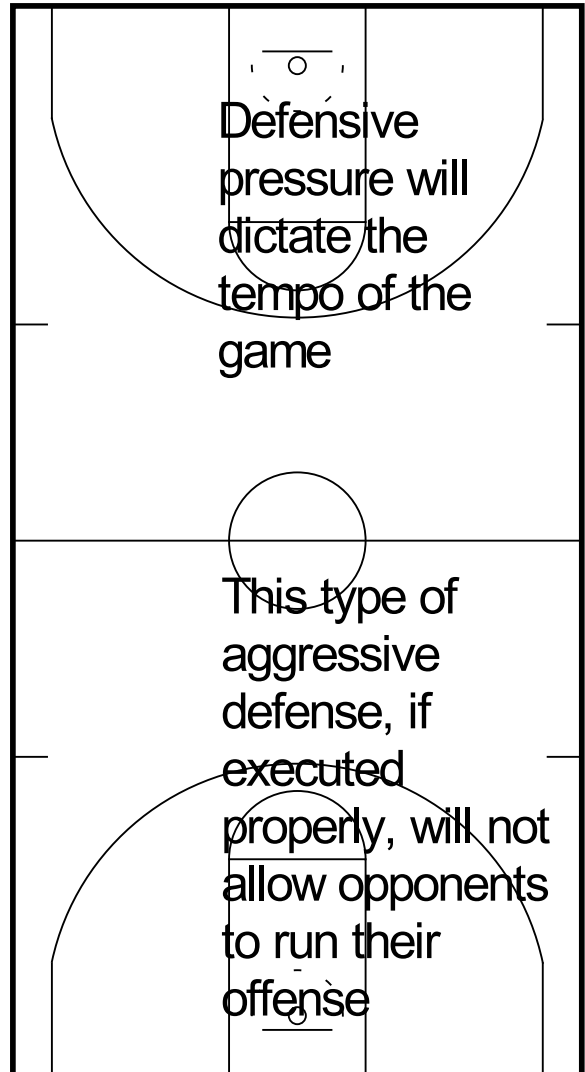
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2-2-1 Press

Pressure Philosophy



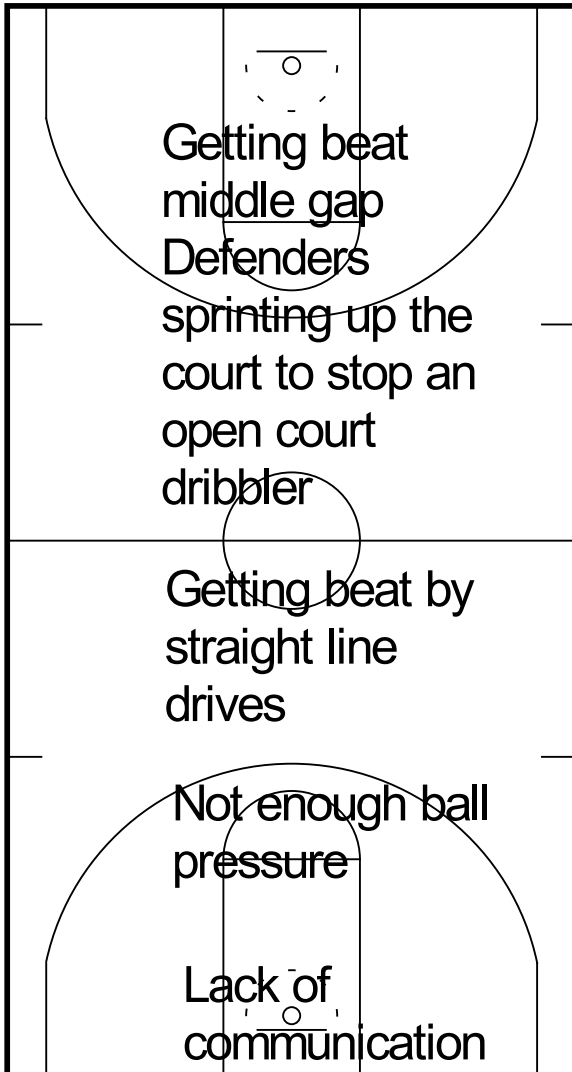
Pressure Philosophy



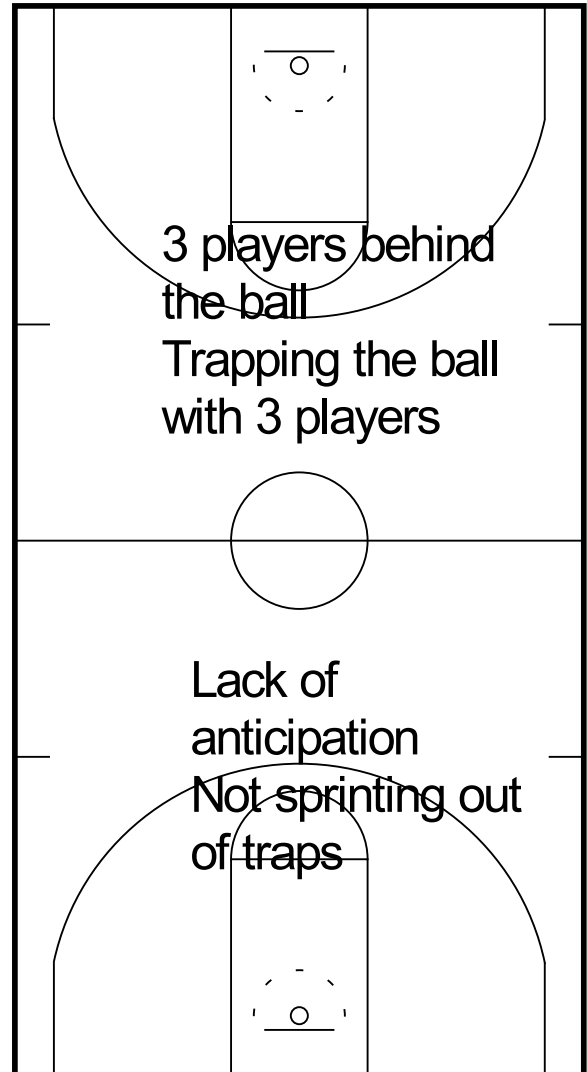
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2-2-1 Press

Things that will hurt your Press



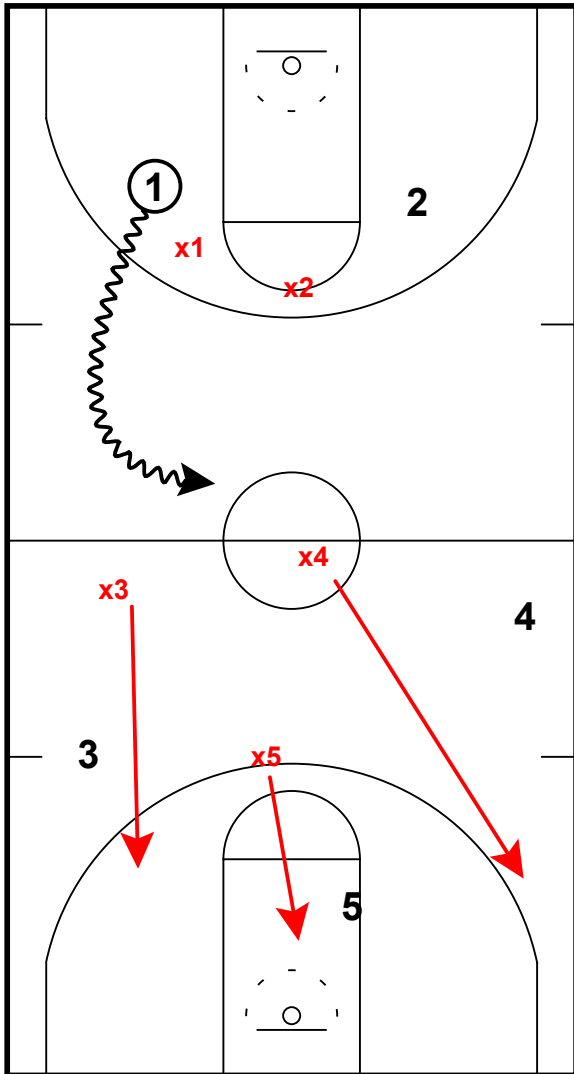
Things that will hurt your Press



2-2-1 Press: The Press that created Dribble Drive Offense

2-2-1 Press

Terrible 3's

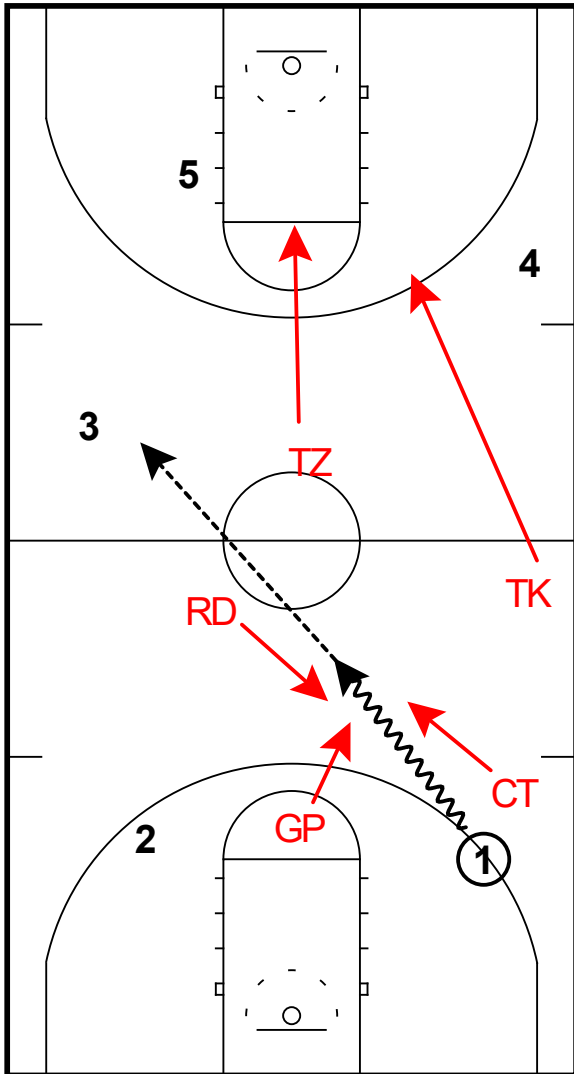


- Never have 3 on the ball
- Never have 3 behind the ball
- Taker does not come up to trap ball
- X3,X4 and X5 sprint back to form 3 man umbrella

2-2-1 Press: The Press that created Dribble Drive Offense

2-2-1 Press

3 Defenders Behind the Ball

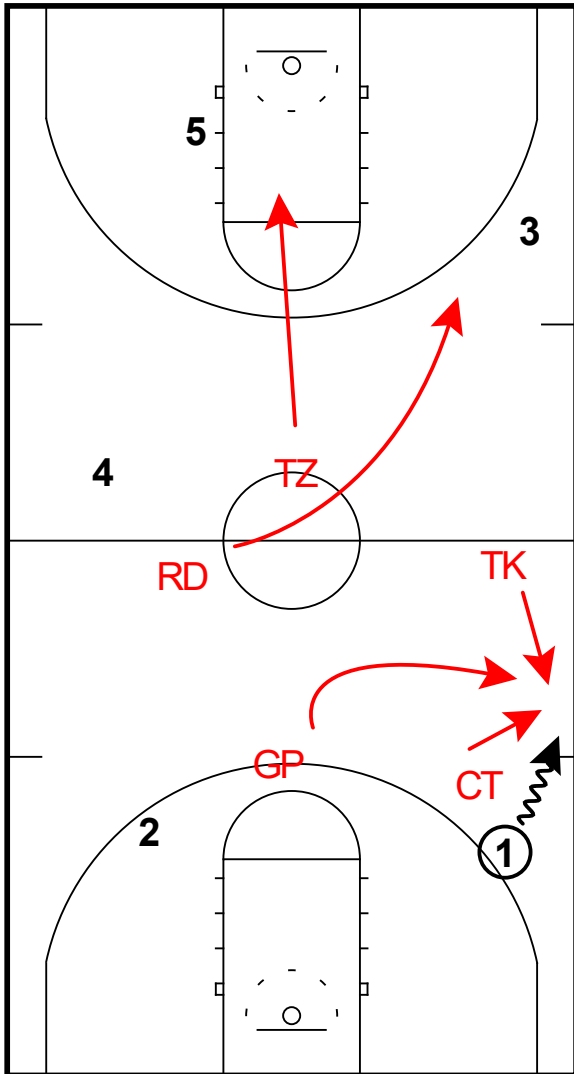


Bad beat middle
3 defenders behind the ball

2-2-1 Press: The Press that created Dribble Drive Offense

2-2-1 Press

3 Defenders on the Ball

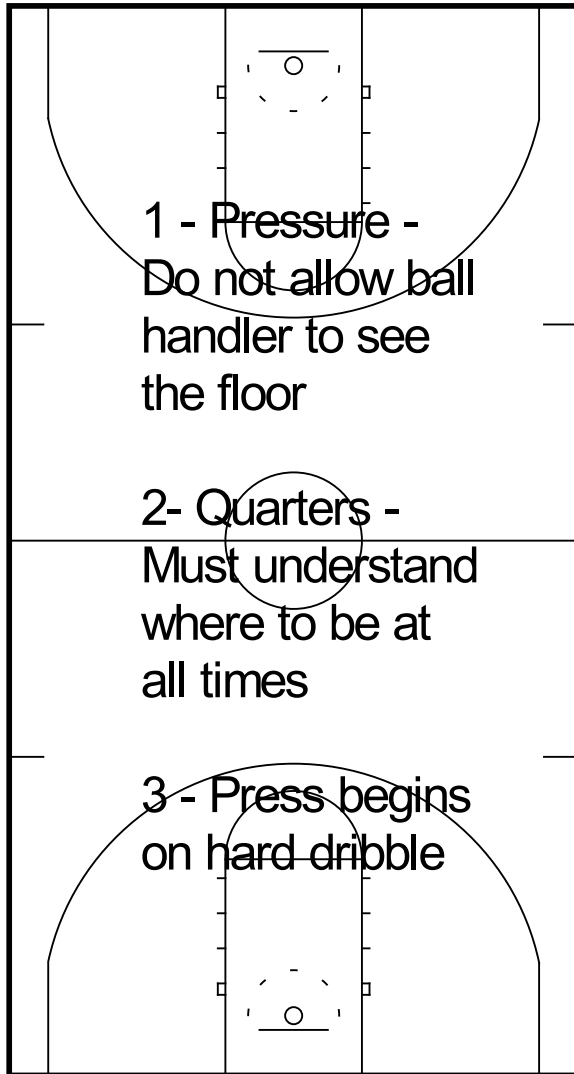


Avoid having 3 defenders on the ball on a controlled beat down the sideline

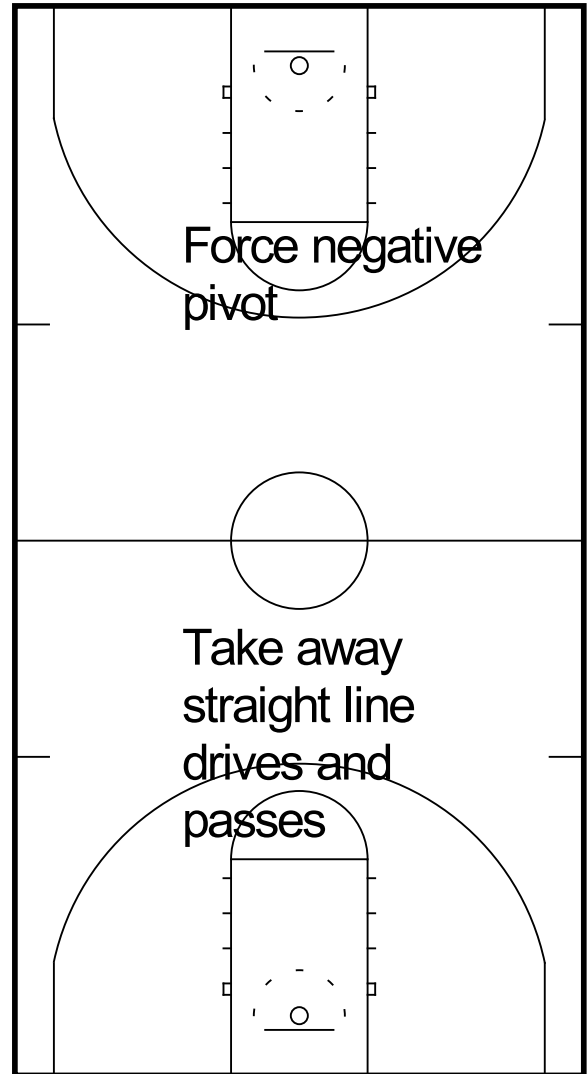
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2-2-1 Press

Big 3's



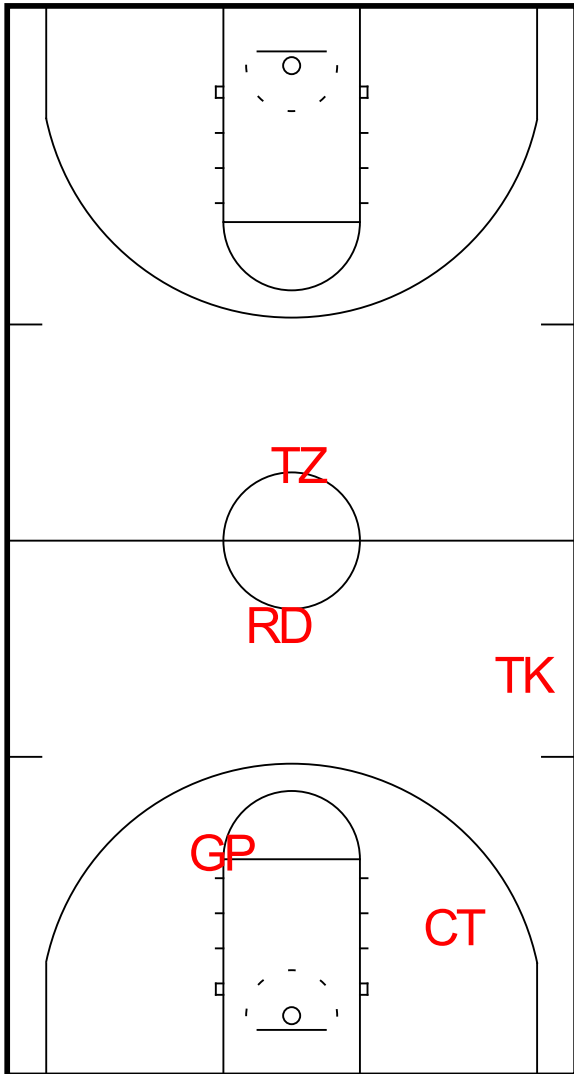
Big 3's



2-2-1 Press: The Press that created Dribble Drive Offense

Position Break Down

Defensive Alignment

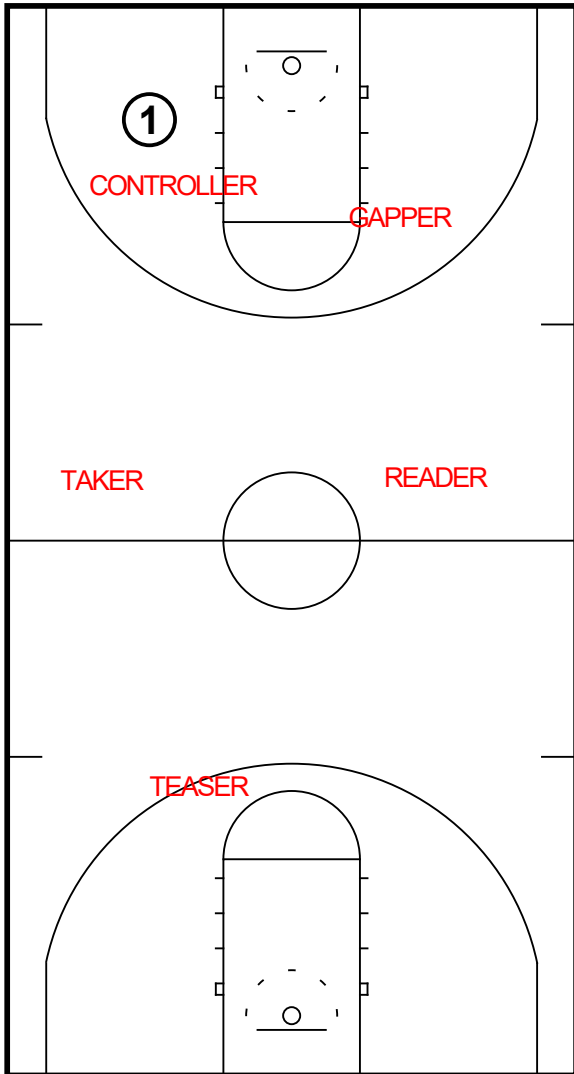


- Controller - strong side of press
- Gapper - weak side front of press
- Taker - half court on strong side
- Reader - half court/opposite of ball
- Teaser - Half court

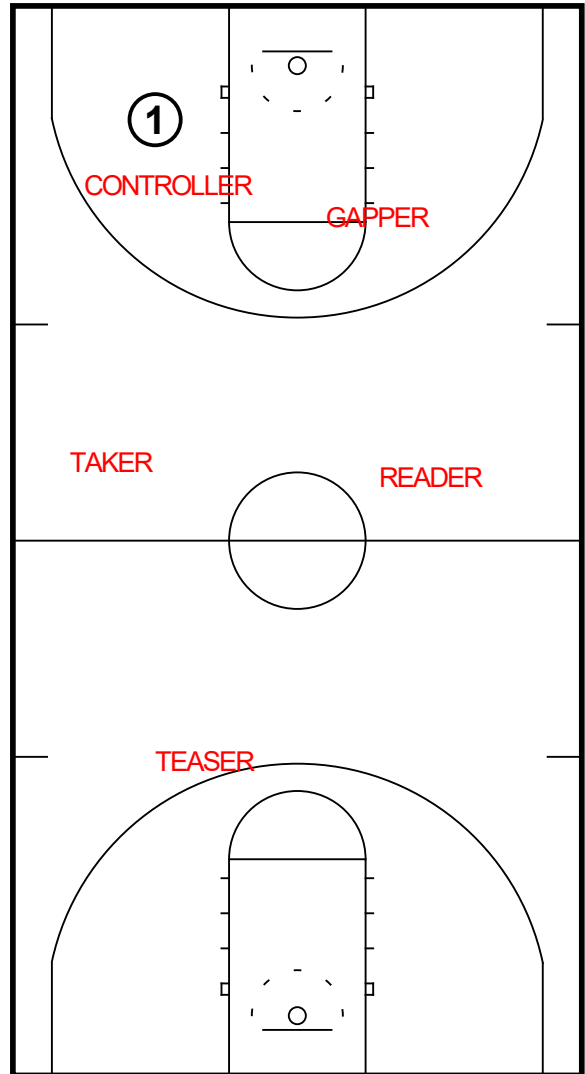
2-2-1 Press: The Press that created Dribble Drive Offense

Position Break Down

Defensive Positions



Defensive Positions



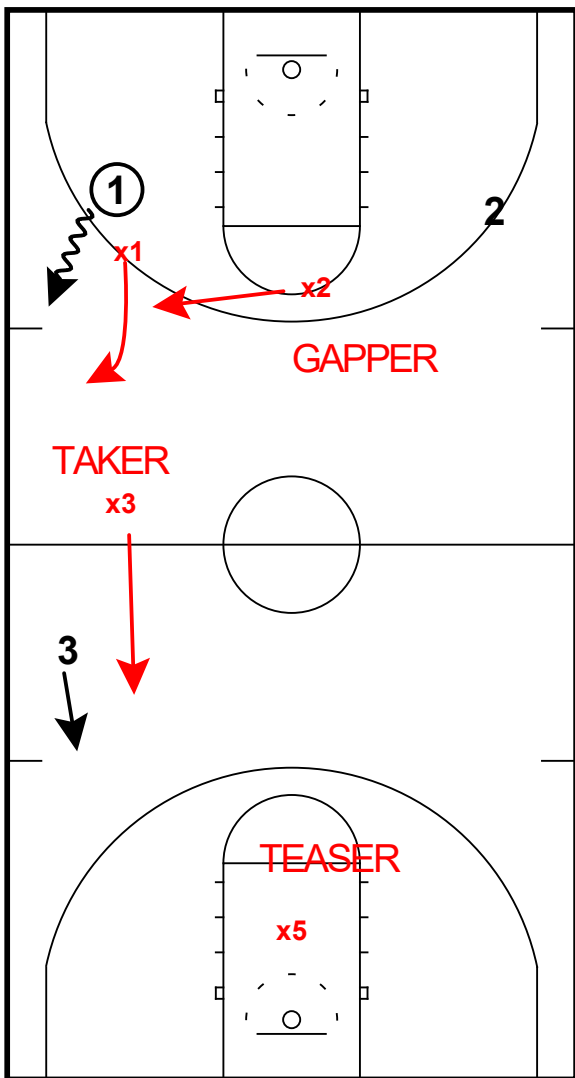
Controller - player that guards the ball
 Can't allow ball handler to see the floor
 Take away straight line drives and passes
 Should turn the ball handler at least once
 Should be your toughest player and best defender

Gapper - 1 pass away from ball
 Cannot allow ball handler to split controller and gapper
 Gapper always becomes the trapper
 Gapper traps ball handler on middle drive
 Gapper and controller jump switch
 Gapper is typically your 2nd worst defender

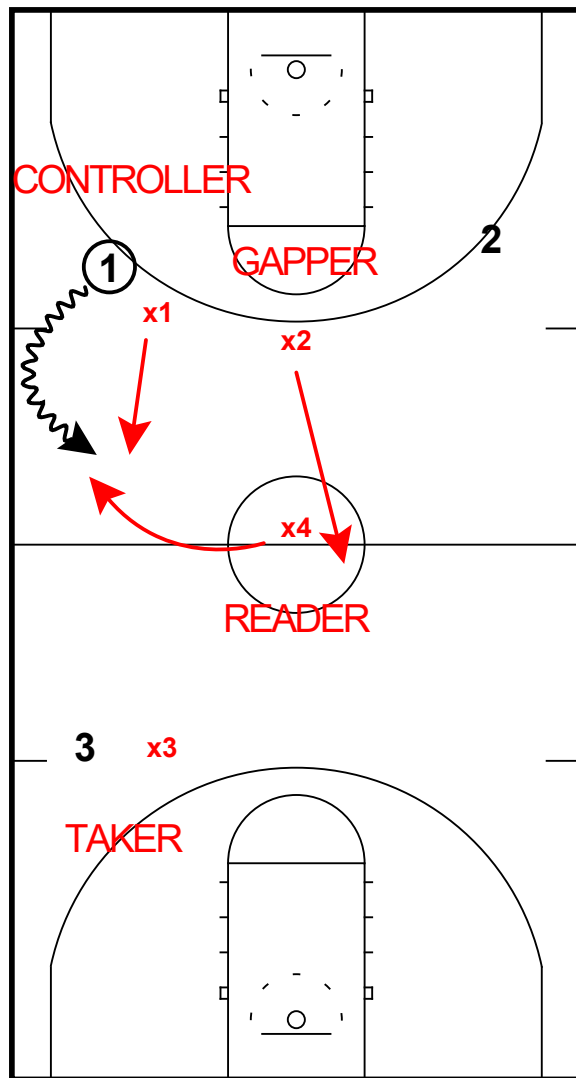
2-2-1 Press: The Press that created Dribble Drive Offense

Position Break Down

Defensive Positions



Defensive Positions



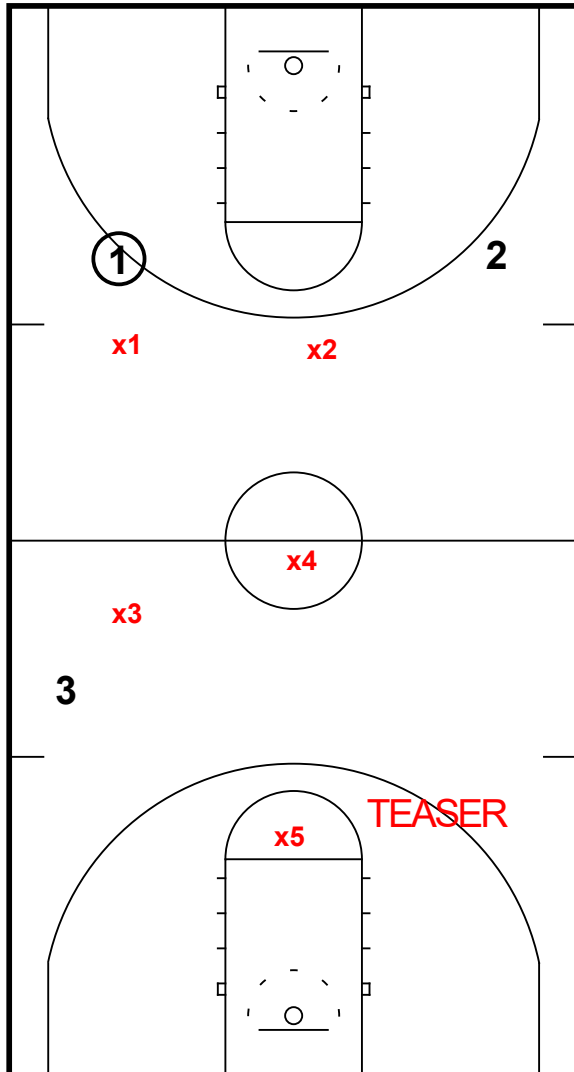
Taker - usually the worst defender
 It is also recommended that you put your player that is in foul trouble at taker position
 Cannot allow ball to be caught in front of them before the dribble
 Taker needs to avoid sprinting up to trap ball handler on sideline
 Must stay attached to 3 and not allow pass ahead

Reader - Should be your best athlete
 Needs to be active - look to get steals and deflections
 Must protect middle of court
 On the hard dribble must be able to read and react to each situation
 See It/Fix It!
 Reader must sprint up to stop the ball if controller is beaten down the sideline
 Gapper will then sprint to half court to take Reader's responsibilities

2-2-1 Press: The Press that created Dribble Drive Offense

Position Break Down

Defensive Positions



Defensive Positions



Teaser - Deep player in the 2-2-1
Usually a post player
Teaser tries to bait in bouncer to make a full court pass
Teaser always takes away the long pass opposite

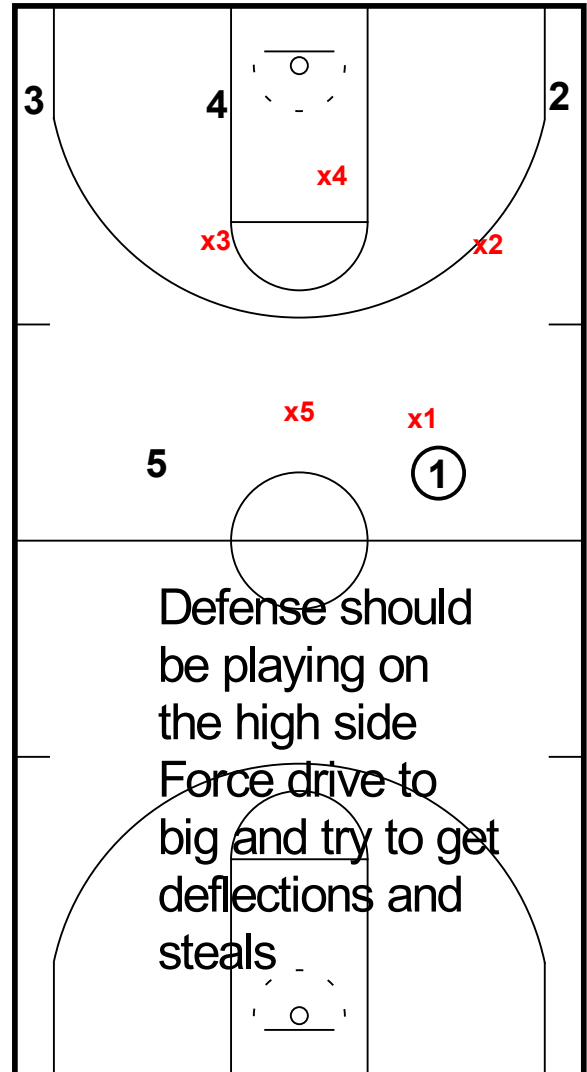
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Position Break Down

Half Court Alignment



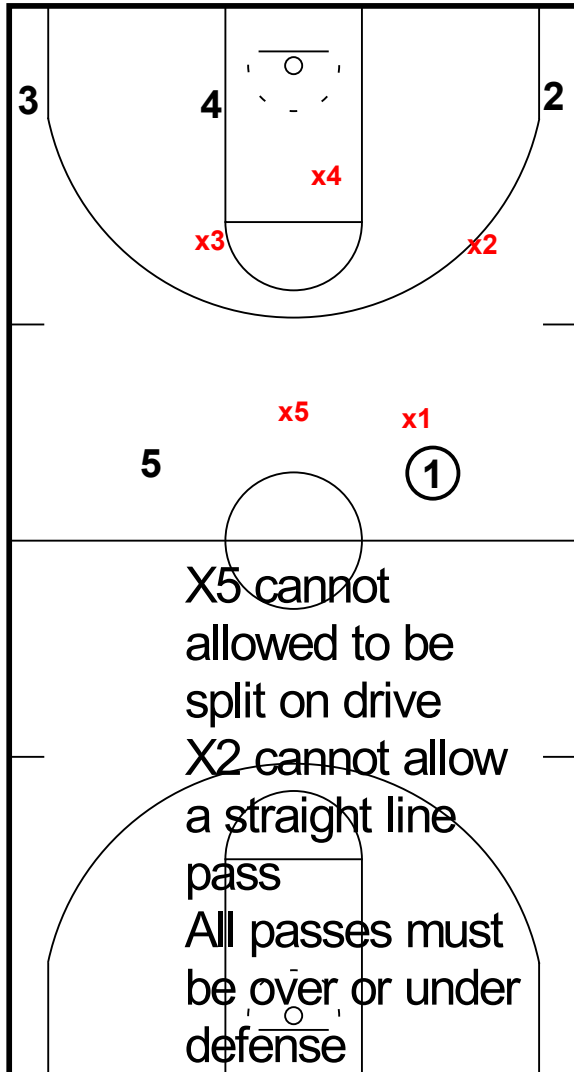
Half Court Alignment



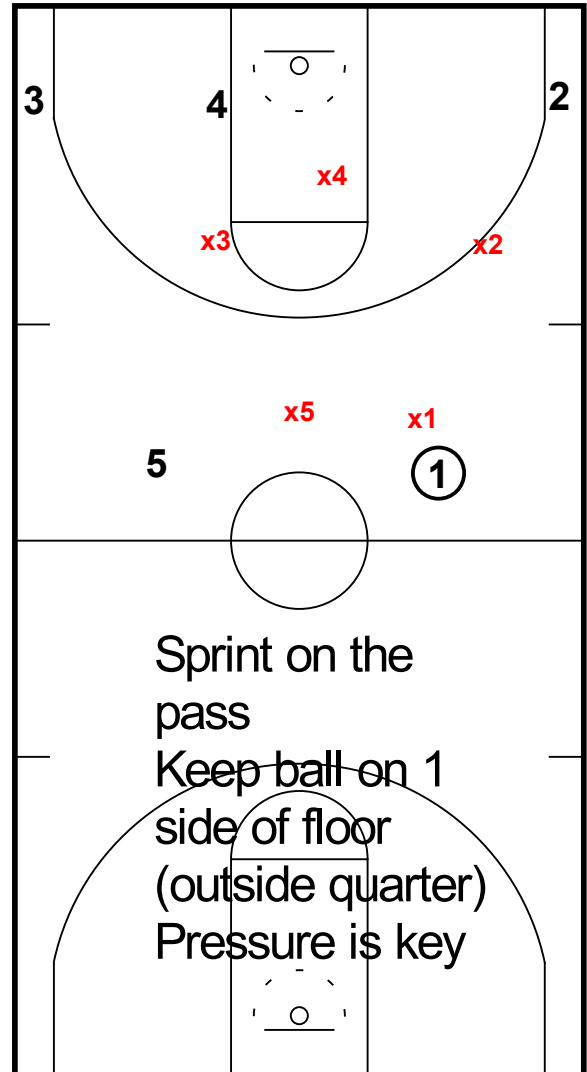
2-2-1 Press: The Press that created Dribble Drive Offense

Position Break Down

Half Court Alignment



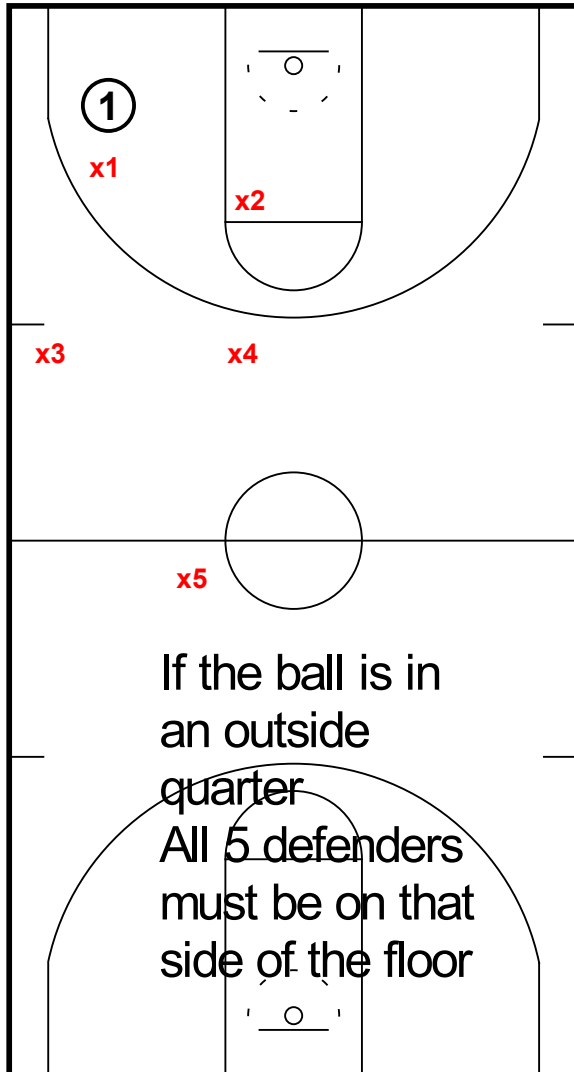
Half Court Alignment



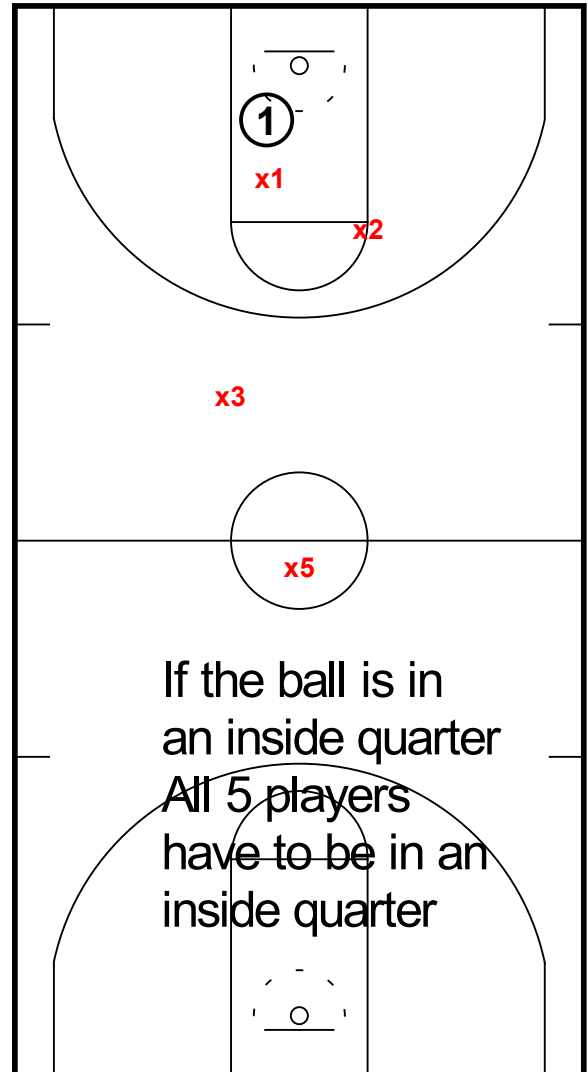
2-2-1 Press: The Press that created Dribble Drive Offense

Court Break Down

Quarters



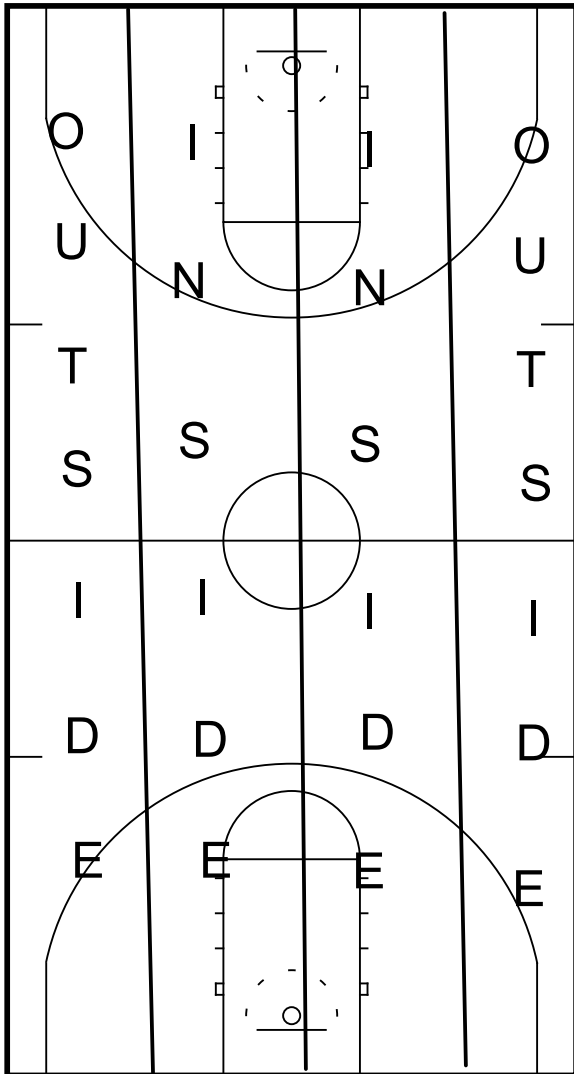
Quarters



2-2-1 Press: The Press that created Dribble Drive Offense

Court Break Down

Quarters in the Full Court



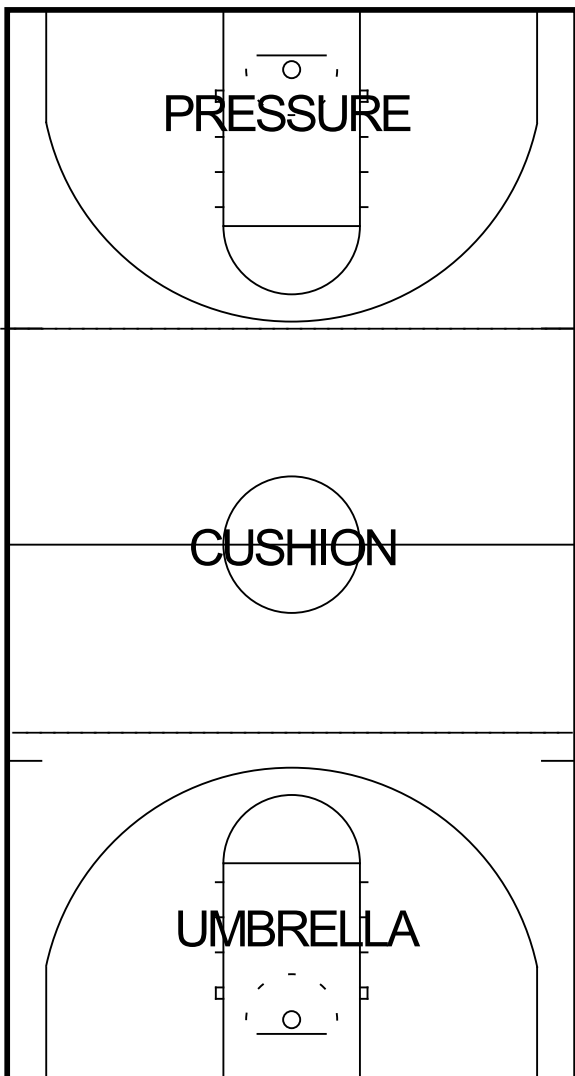
When the ball is in an outside quarter
All 5 defenders should be on that half of the court

When the ball is in an inside quarter
All 5 defenders need to be in the inside quarter

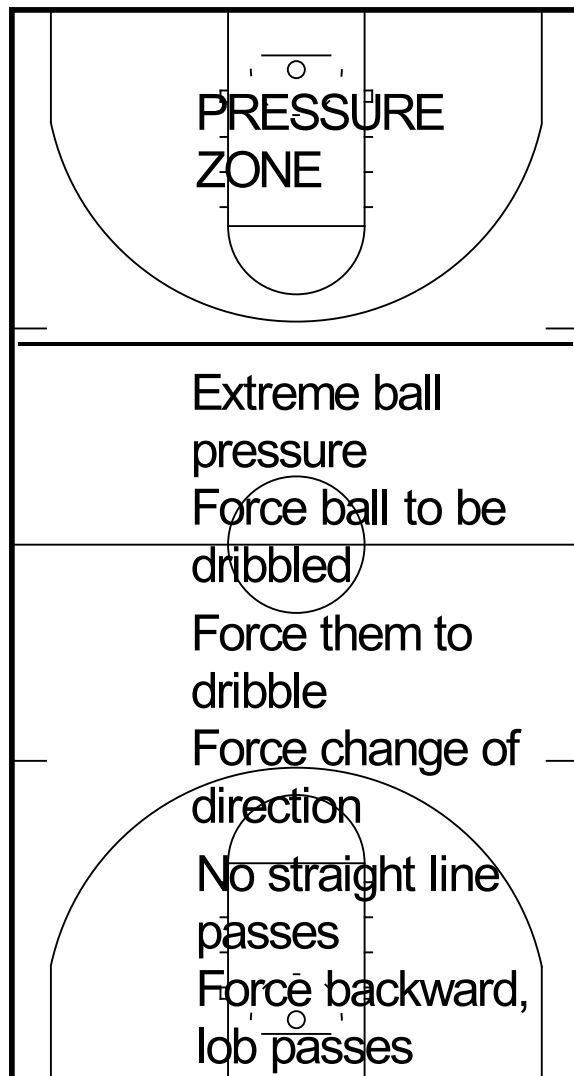
2-2-1 Press: The Press that created Dribble Drive Offense

Court Break Down

Defensive Zones



Defensive Zones



Pressure Zone - all out pressure, create hard dribble
Take away vision

Cushion Zone - try to avoid pass into this zone
If ball is caught in this area, play cat/mouse game
Let vertical trap come from behind

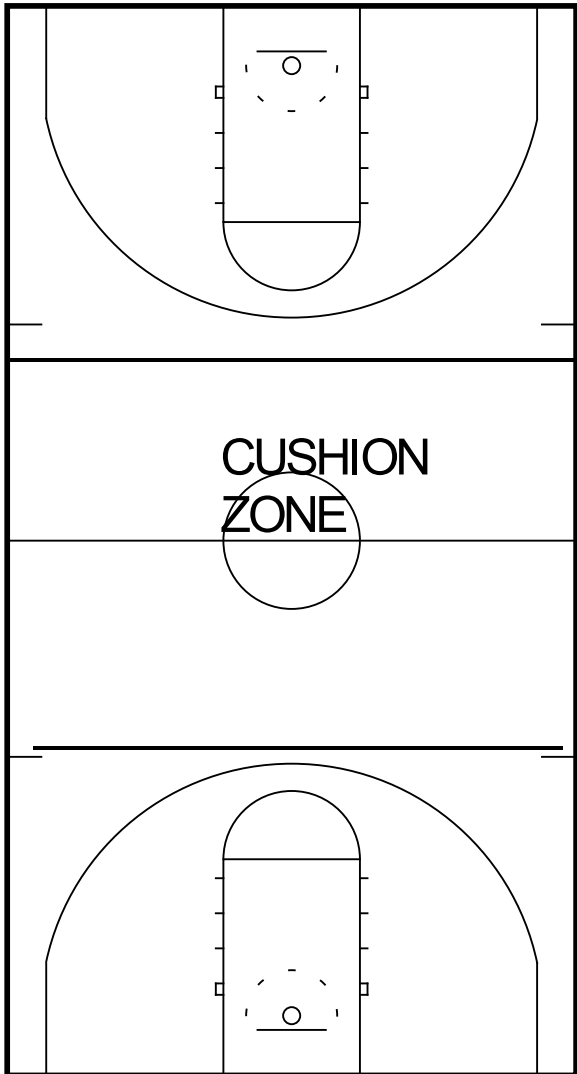
Umbrella Zone - Avoid sprinting directly back to paint
Must take away transition 3's
Must have at least a 2 man umbrella
The goal should be to have a 3 man umbrella

Pressure zone is back court baseline to the back court hash mark

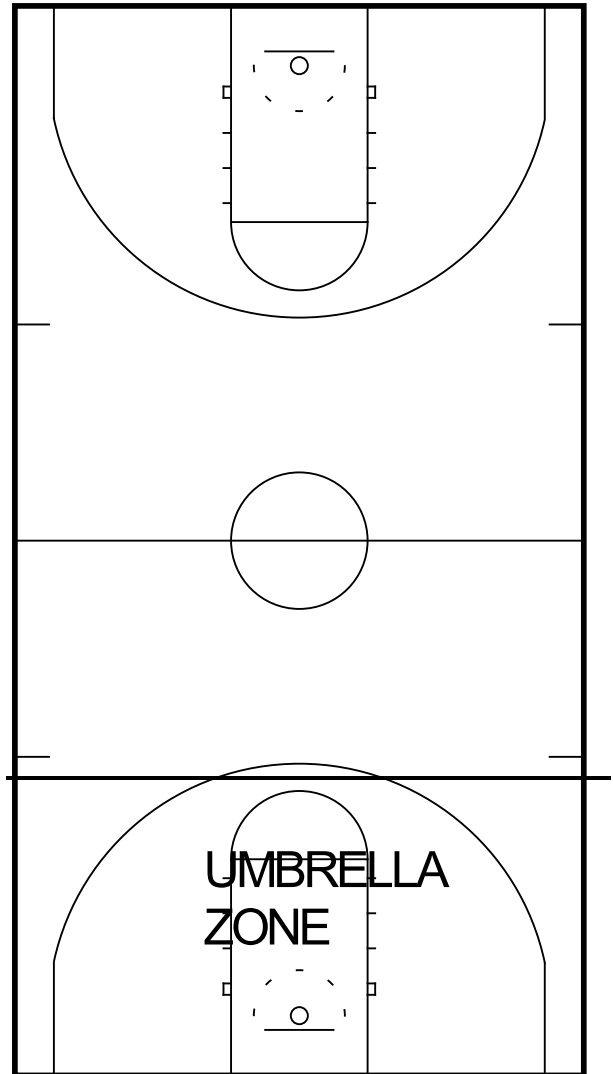
2-2-1 Press: The Press that created Dribble Drive Offense

Court Break Down

Defensive Zones



Defensive Zones



Apply solid ball pressure without getting beat on a straight line drive
You cannot allow ball handler to have vision
Force them to put ball on the floor

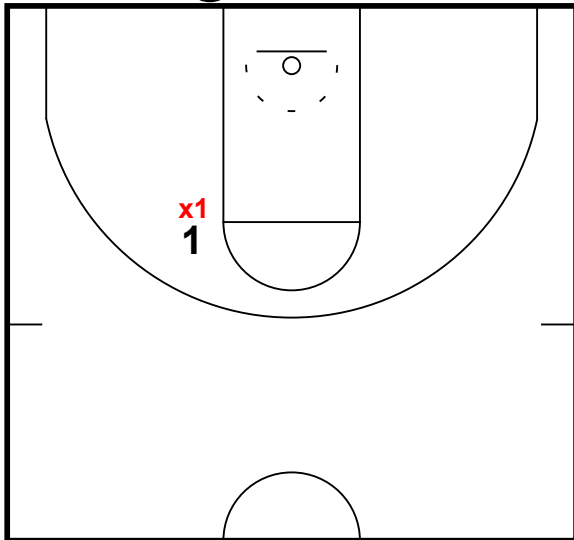
Controller cannot allow straight line drive
Force ball handler towards sideline or baseline
Dead front the post when the ball is below the wing
Do not allow teams to run their offense

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Makes

Inbound Defense

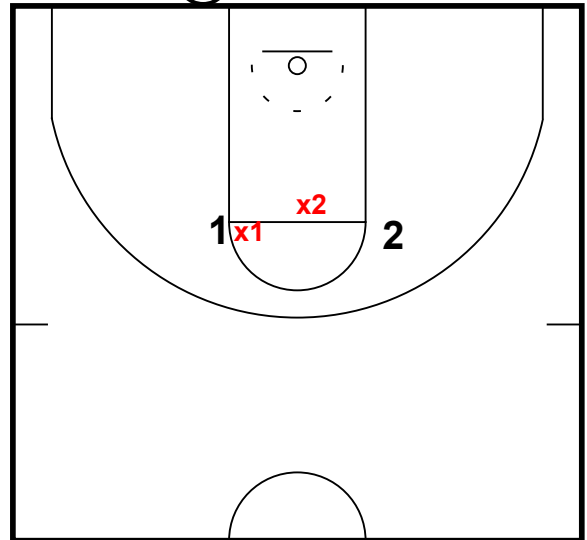
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1 guard front
Full front (face guard)

Inbound Defense

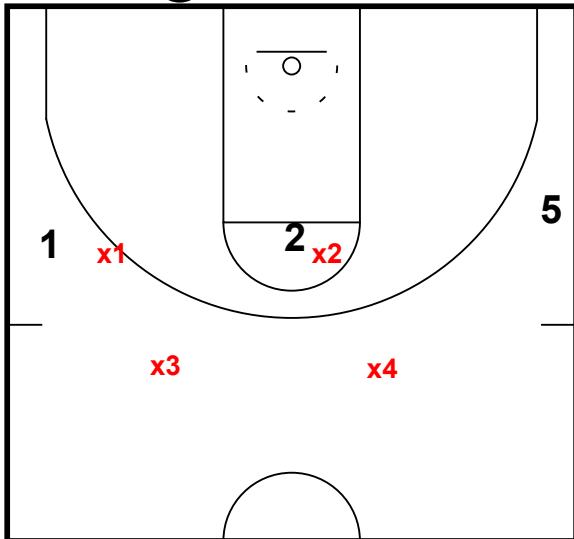
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2 guard front
Force corner on ball side
X2 is ready to take inbounder on pass back

Inbound Defense

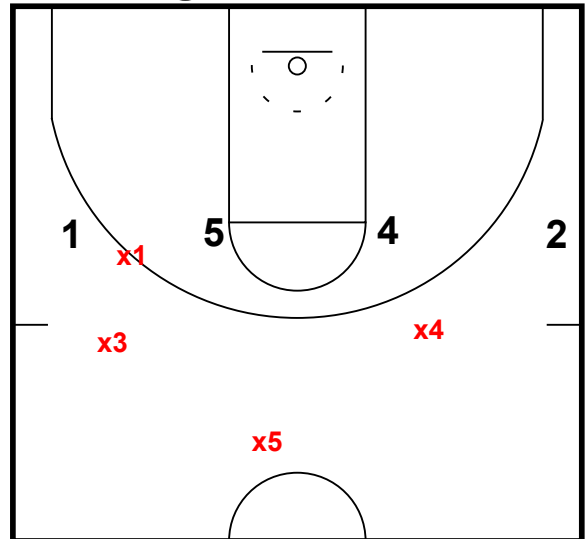
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3 guard front
Keep the ball out of the middle of floor
Give up furthest pass

Inbound Defense

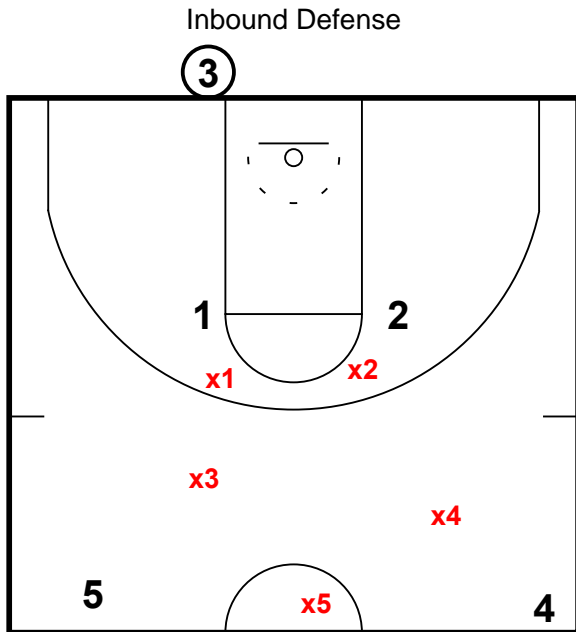
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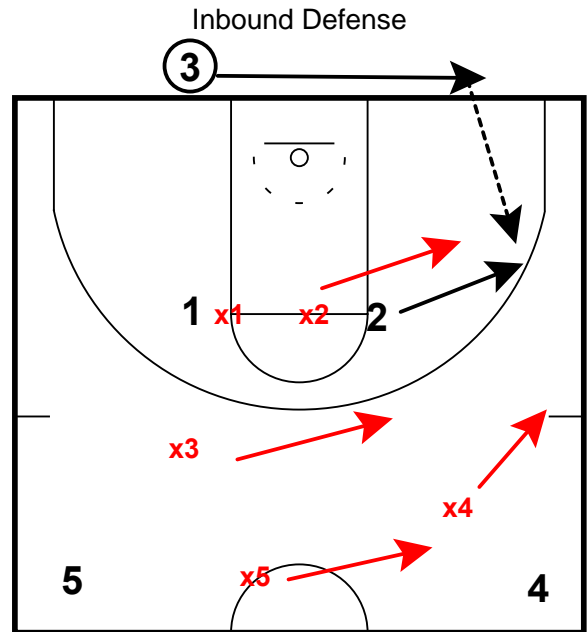
4 guard front
Same defense as 3 guard front

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Makes



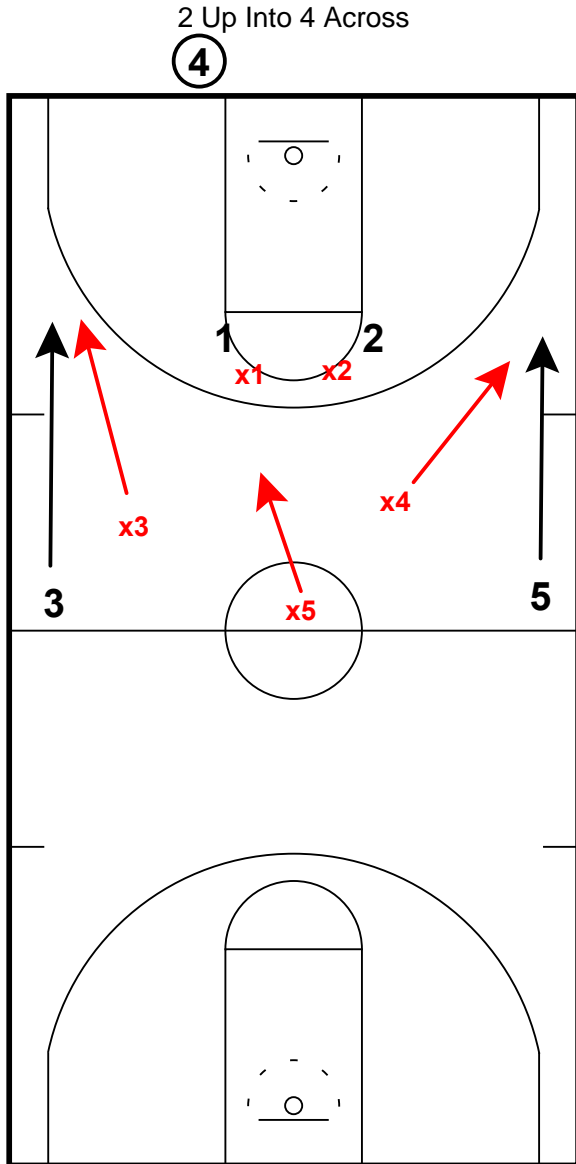
Bring X5 up if all 5 offensive players are in the back court



When the inbounder runs the baseline
X2 goes from weak to strong
X1 goes to gapper
Pass is made to outside quarter
Taker and teaser get to outside quarter

2-2-1 Press: The Press that created Dribble Drive Offense

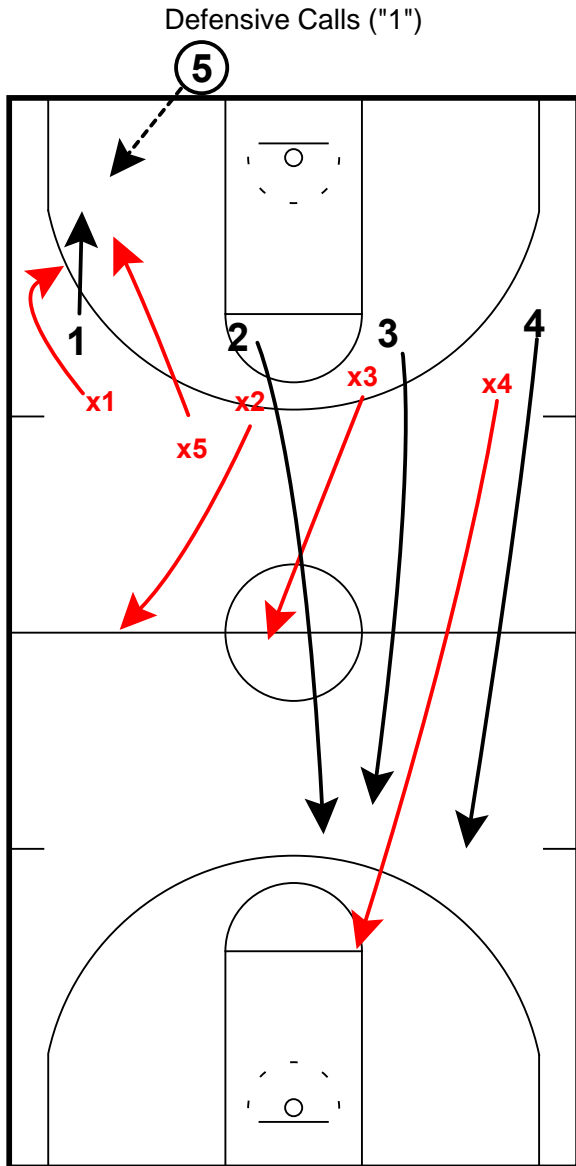
Press After Makes



- Taker and Reader move up and deny the cutters
- Teaser also moves up
- If 3 receives pass in the corner then the reader can rotate behind the taker
- The gapper will drop back
- Take away straight line passes

2-2-1 Press: The Press that created Dribble Drive Offense

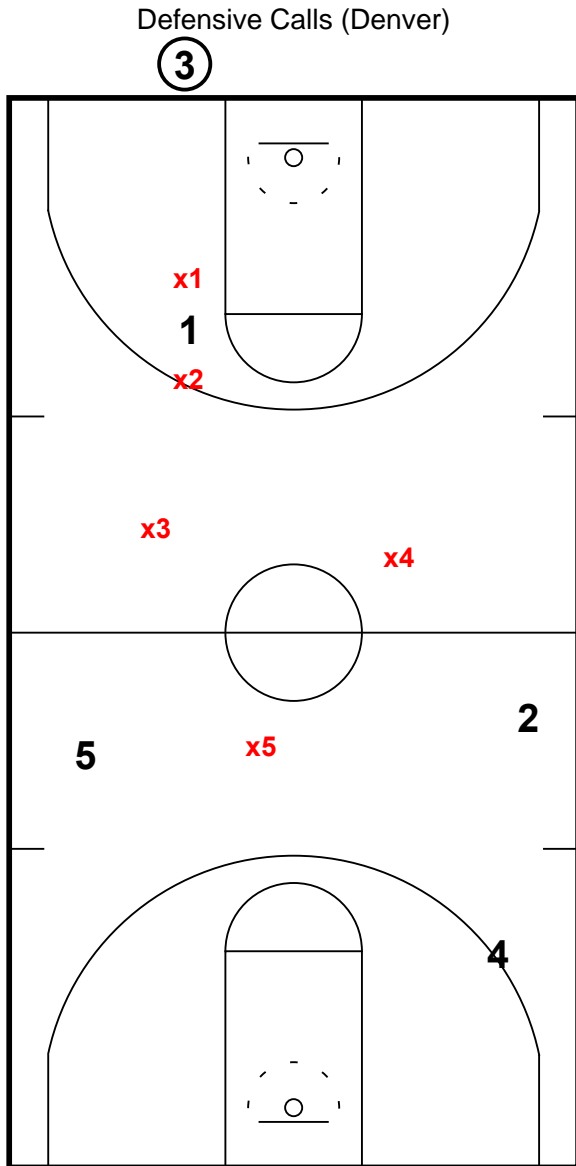
Press After Makes



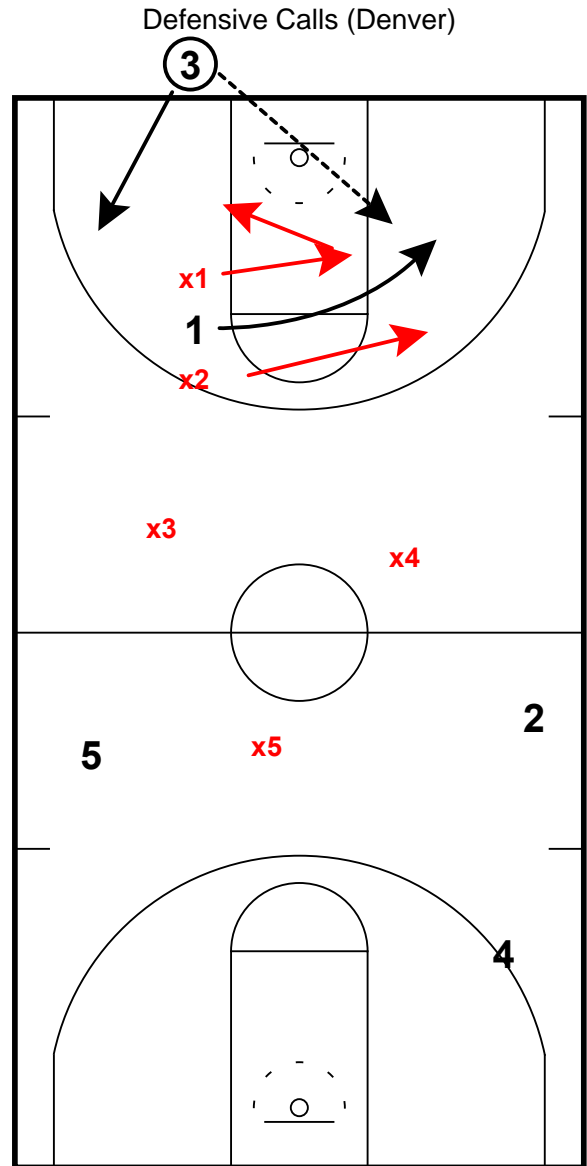
- 4 guard alignment
- Pick up man to man
- Offense clears after pass is made to 1
- Defense rotates to their quarters
- X1 and X5 trap the ball
- X4 is teaser
- X3 is reader
- X2 rotates to taker

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Makes



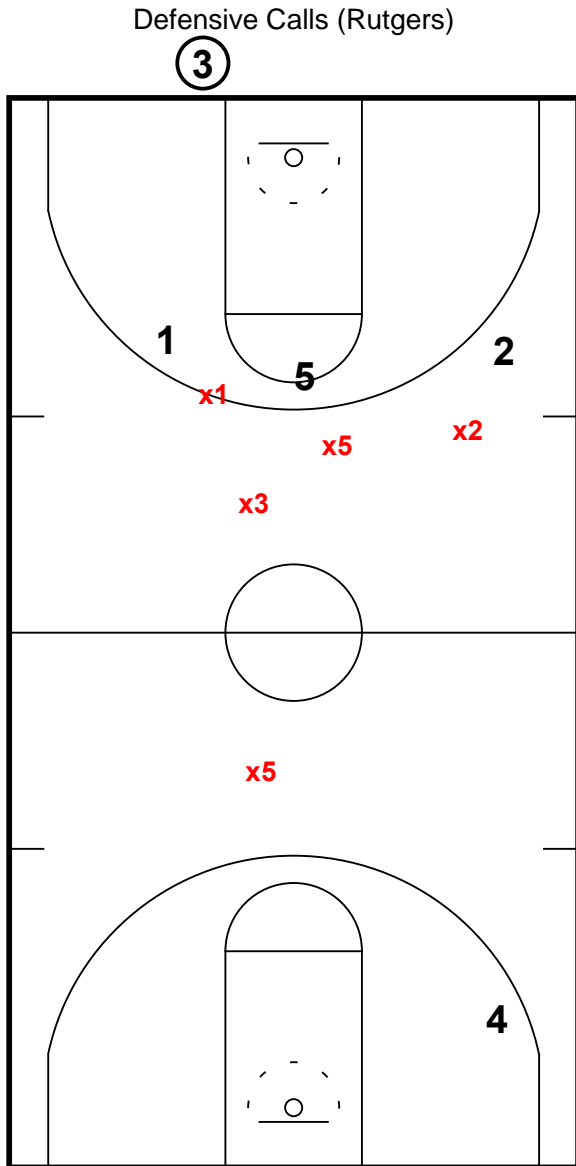
1 guard front
 Controller is face guarding
 Gapper is playing behind



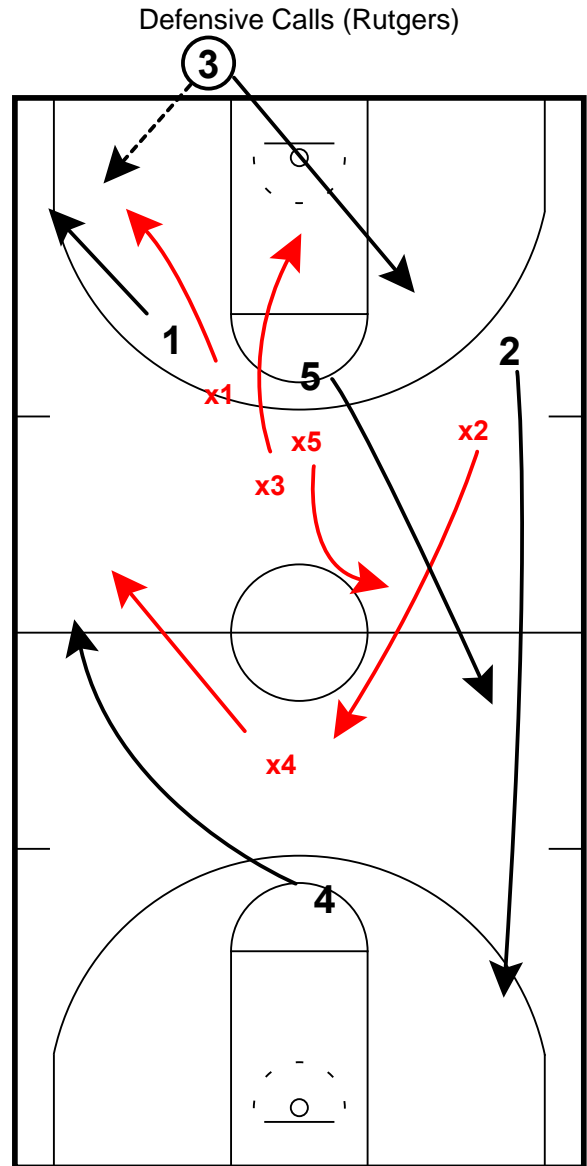
Inbound pass is made to 1 safely
 X2 is controller
 X1 is gapper
 Defense is now in 2-2-1 alignment

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Makes



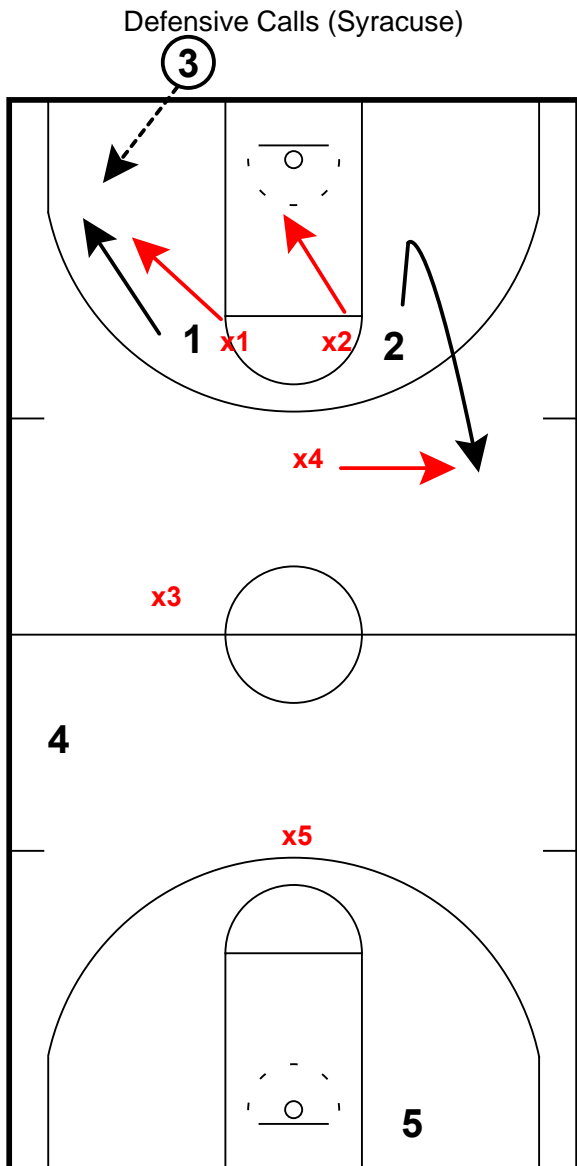
3 guard front
 Defense plays man to man (slightly behind)
 Allow offense to catch ball in front of you



X4 sprints up to be taker on inbounds
 X2 goes deep and becomes teaser
 X5 is reader
 X3 is gapper

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Makes

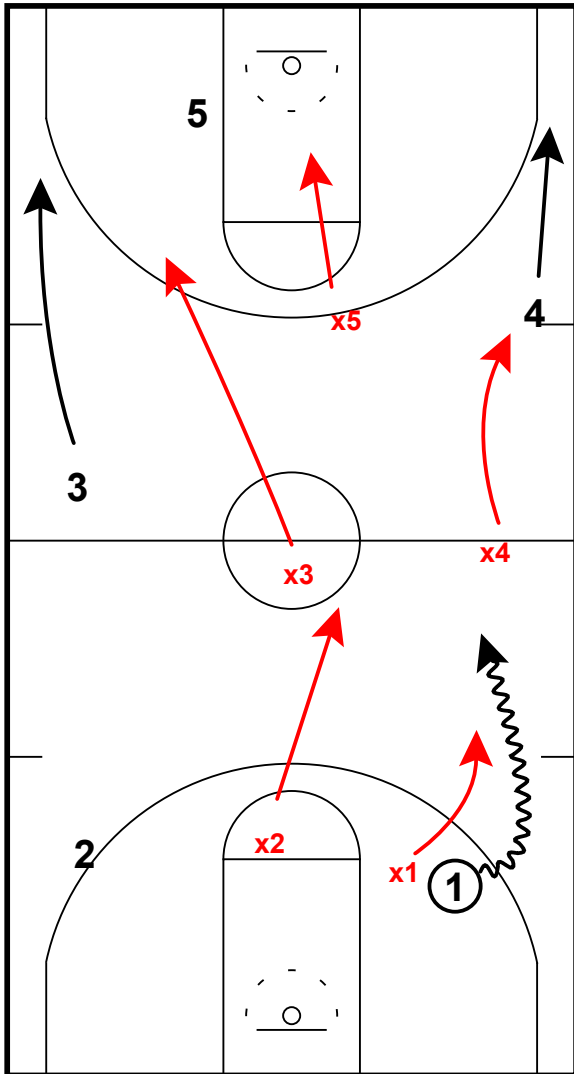


- 2 guard front
- Controller and gapper are defending side by side (denial)
- 3 passes into 1
- X1 is controller
- X4 (Reader) picks up 2 going deep
- X2 is gapper

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Bad Beat Down Sideline

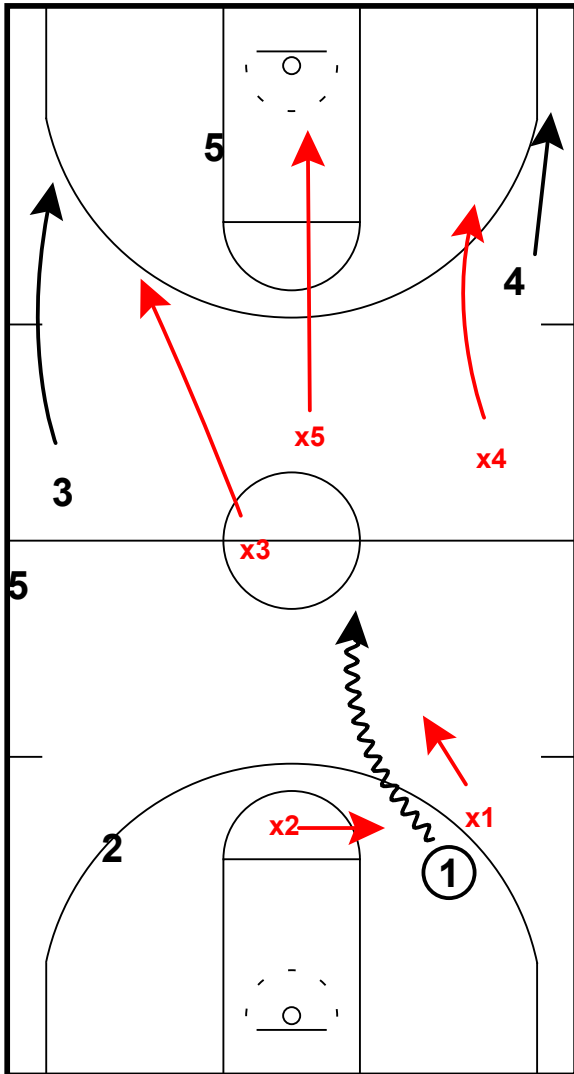


Reader, Taker and Teaser sprint back to become a 3 man umbrella
Controller and Gapper sprint back to become punch out players

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Bad Beat Up the Middle

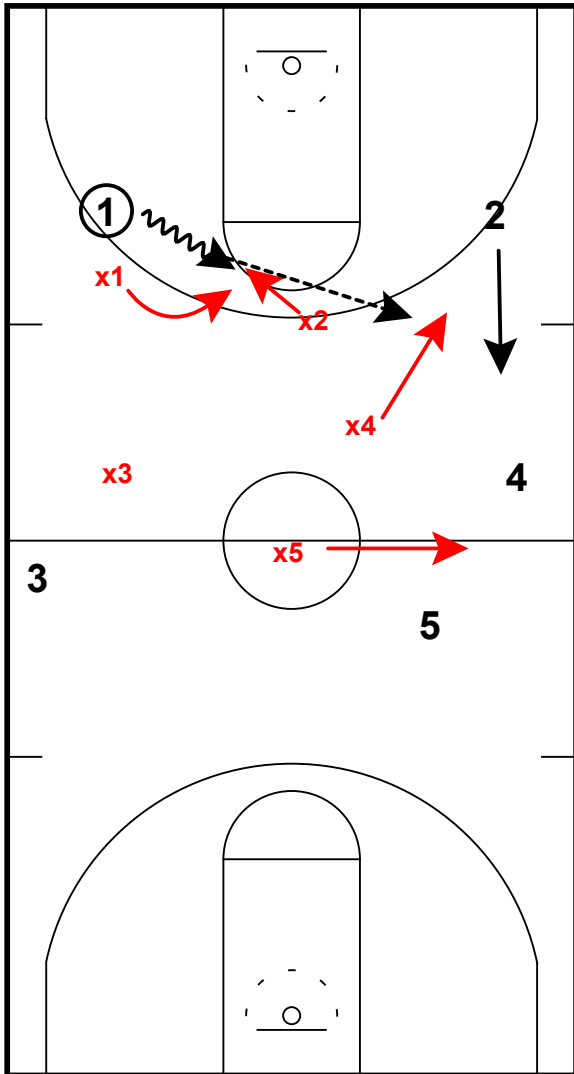


Controller and gapper get split on dribble
Reader, taker and teaser become 3 man umbrella
Controller and gapper sprint to get back in the play

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Controlled Beat Down the Middle



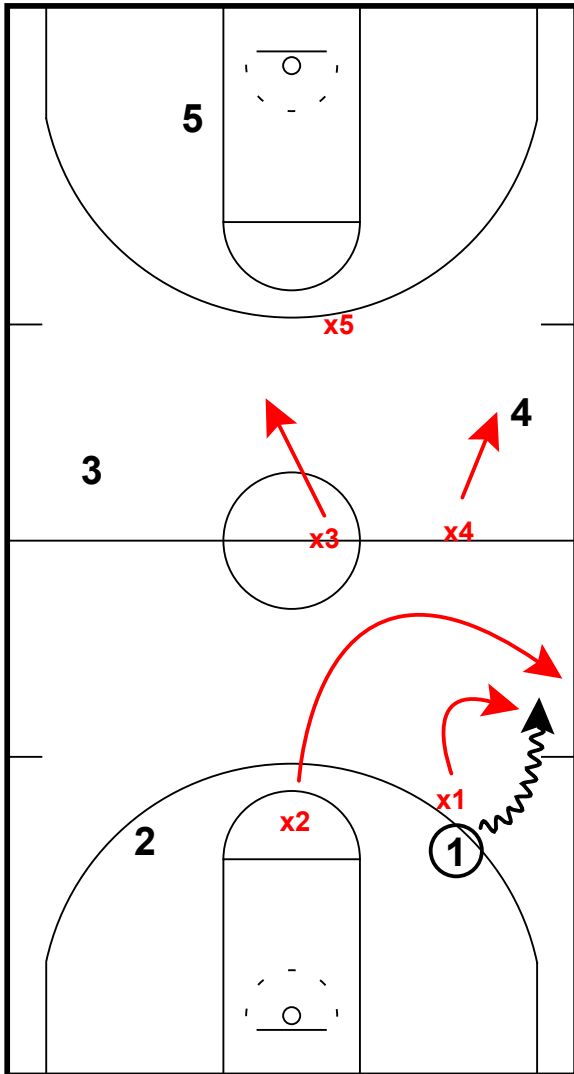
X1 and X2 trap middle drive

X4 (Reader) anticipates 2 cutting up the floor and intercepts pass

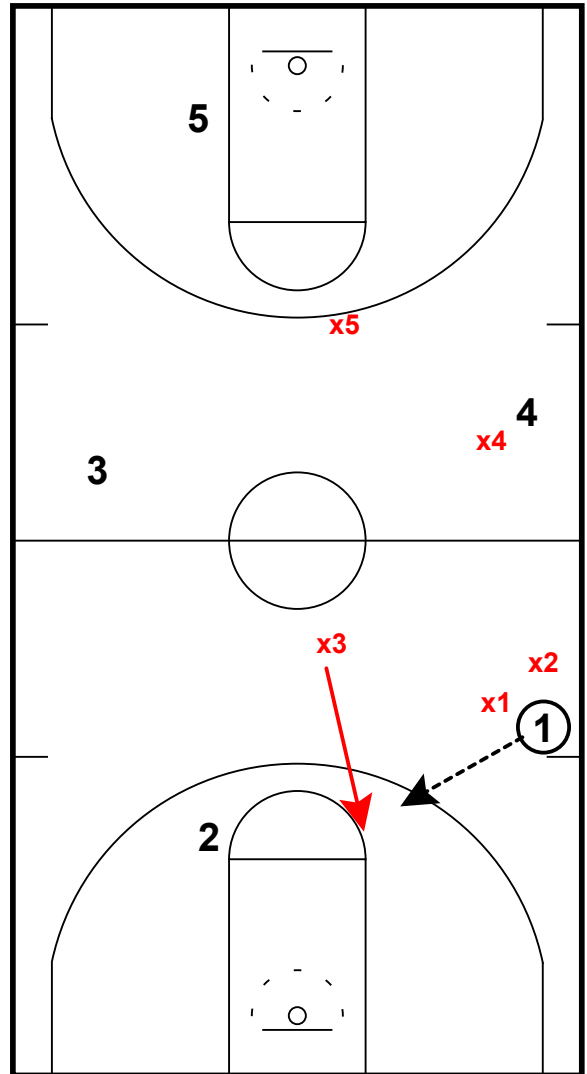
2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Controlled Beat Down the Sideline



Controlled Beat Down the Sideline



Controlled beat is when the defense gets the trap

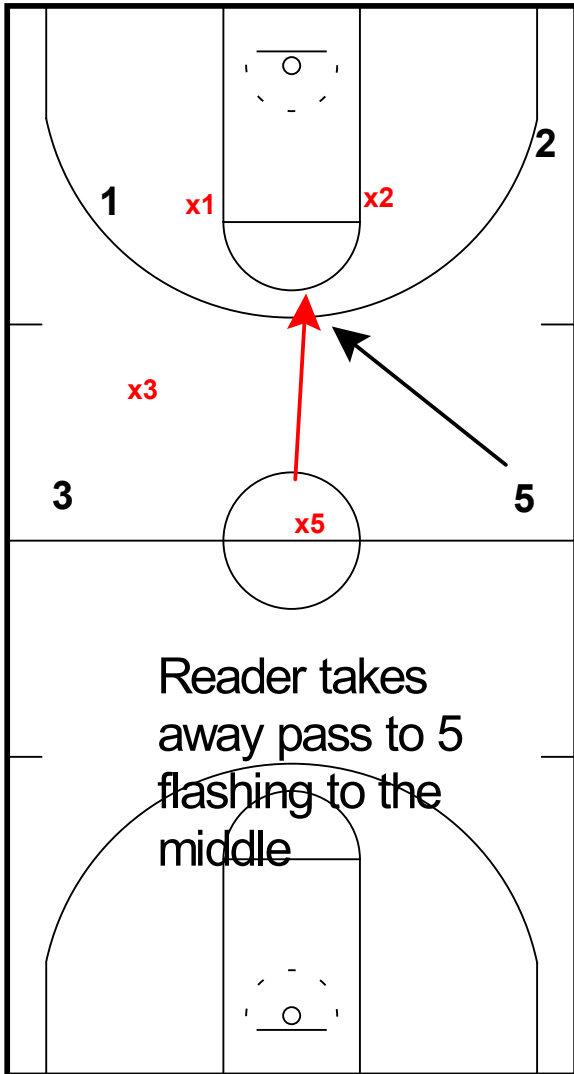
Reader (X3) reads the trap and comes back for the steal

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Defending Flash to the Middle

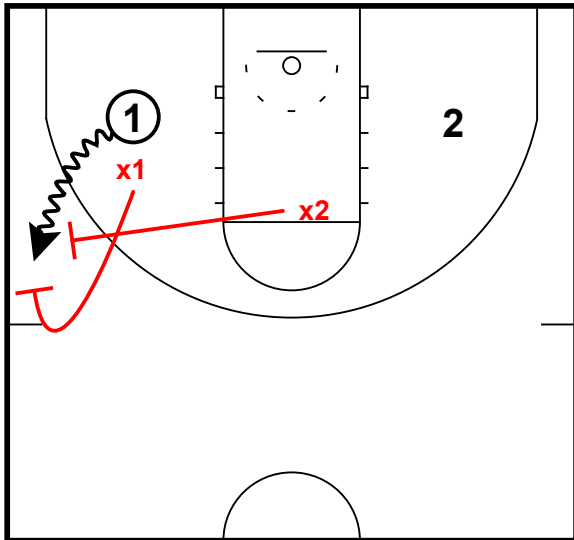
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2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Sideline Trap

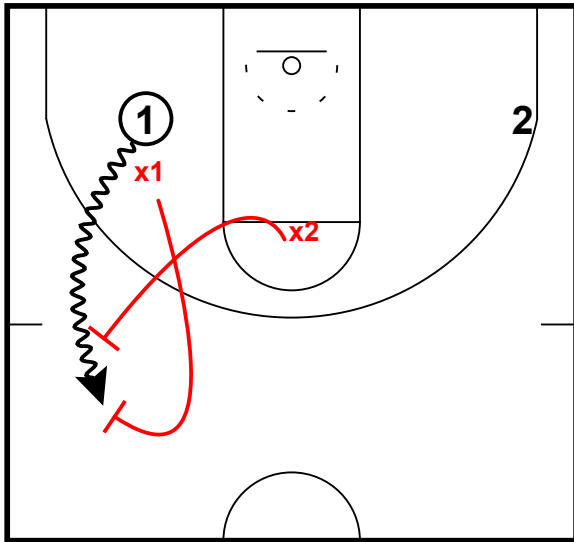


Gapper turns into a trapper on hard dribble
On side line trap, gapper attacks back pocket of ball handler
Trap can be before or after half court
Gapper and controller must get a trap

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

Trap from Behind

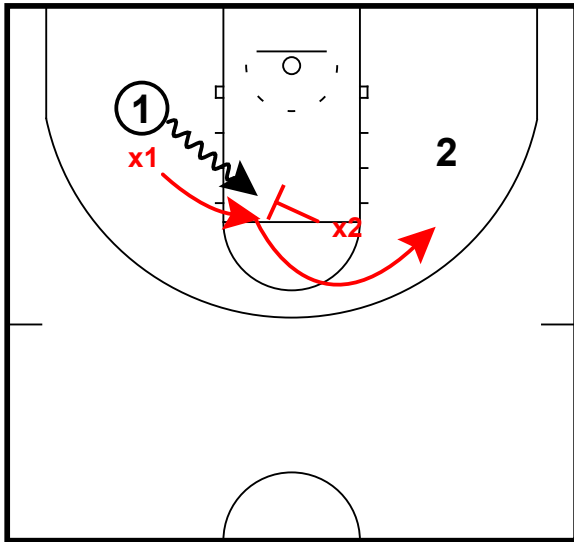


When trapping do not foul and avoid getting split
The more the ball handler has their back to the basket, the more we can cheat
Only run from behind to trap when the ball is moving up the floor

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

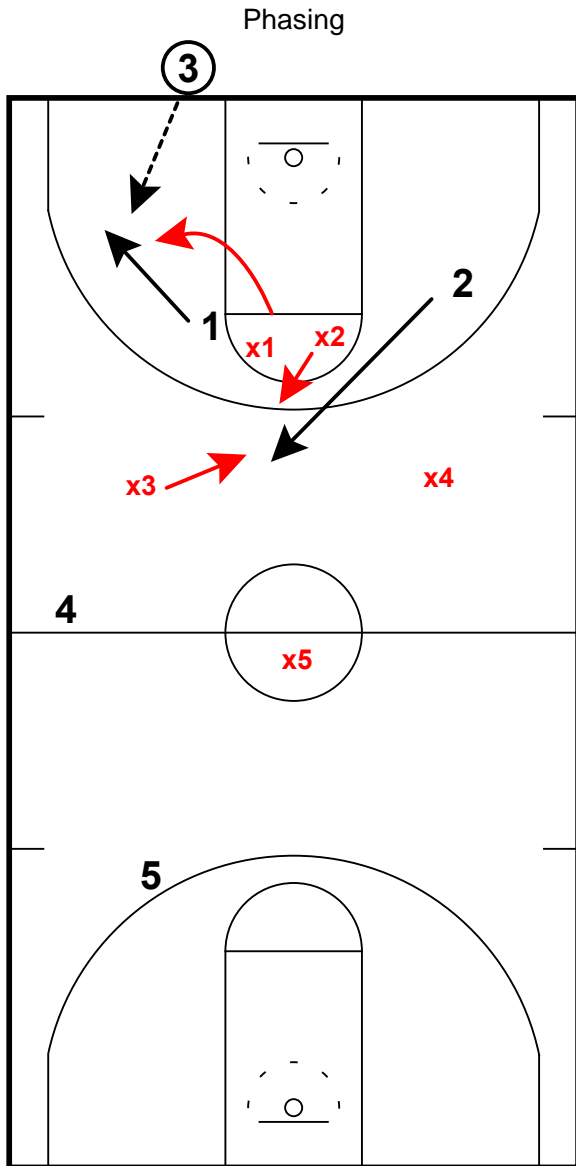
Middle Trap



Gapper sprints over to take away middle drive
Gapper must avoid getting split
On the pass, X1 switches with X2
X2 fish hooks and picks up 2

2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

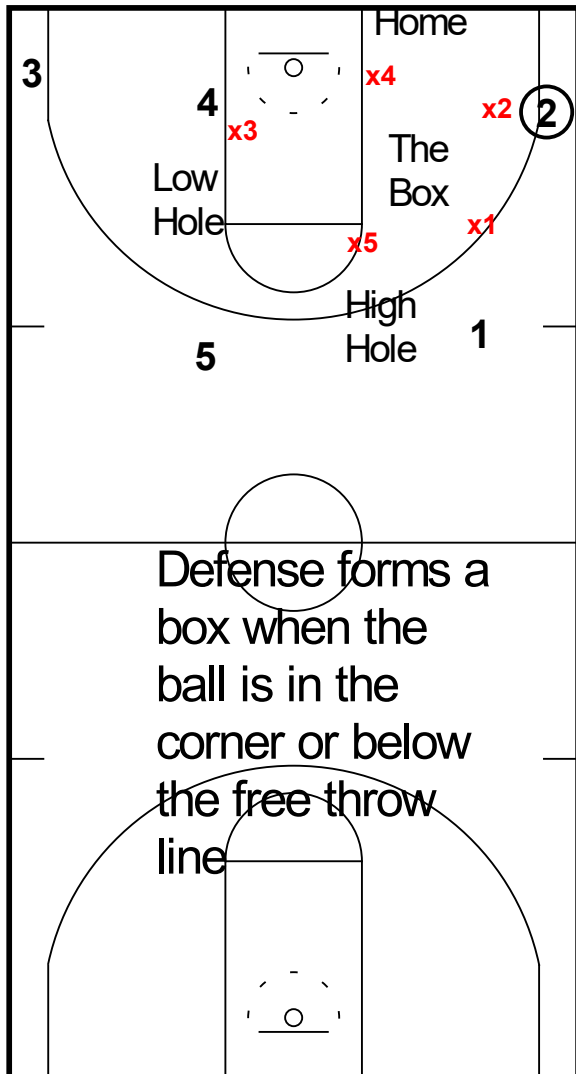


Taker must be ready for any cuts
X2 bumps to X3 (Taker)
X2 stays to be a gapper

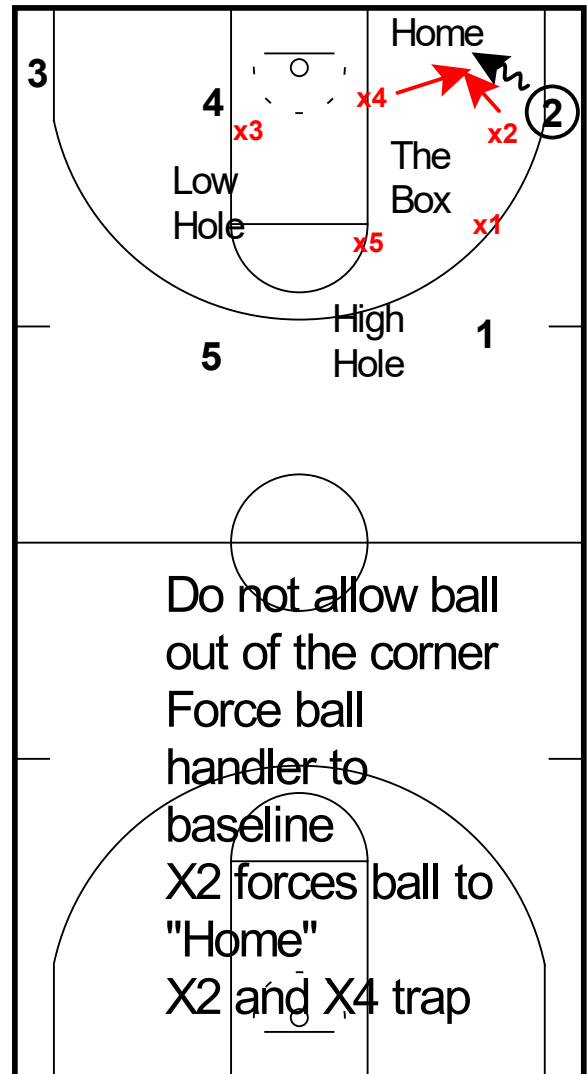
2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

The Box (2-2-1 Half Court)



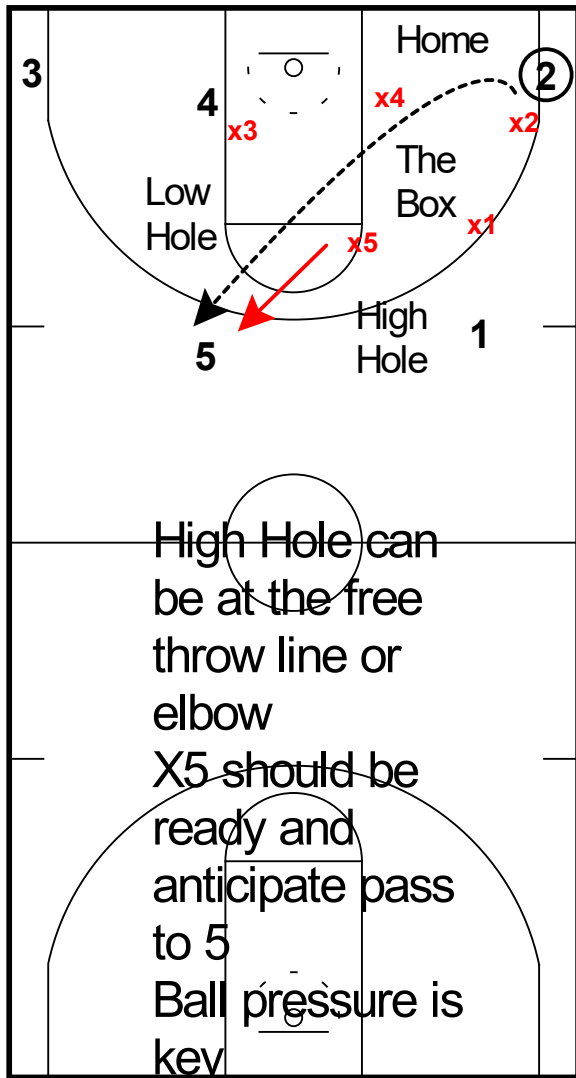
The Box (2-2-1 Half Court)



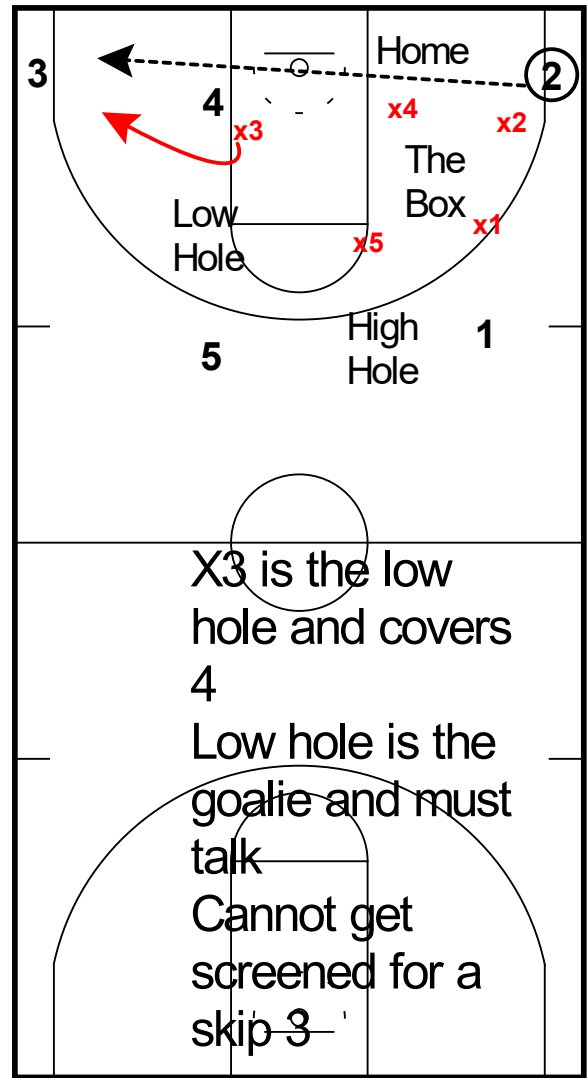
2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

The Box (2-2-1 Half Court)



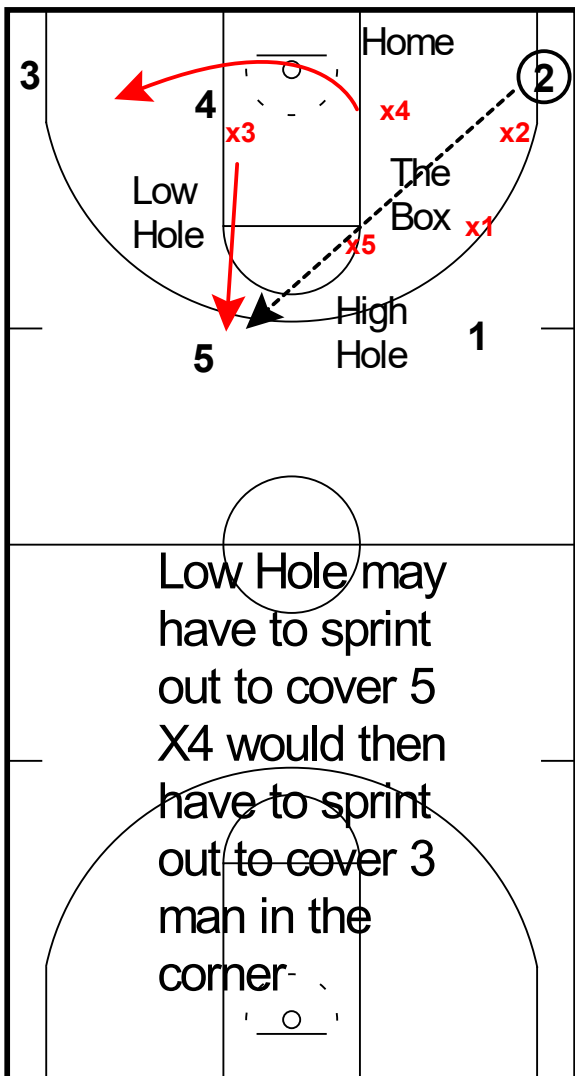
The Box (2-2-1 Half Court)



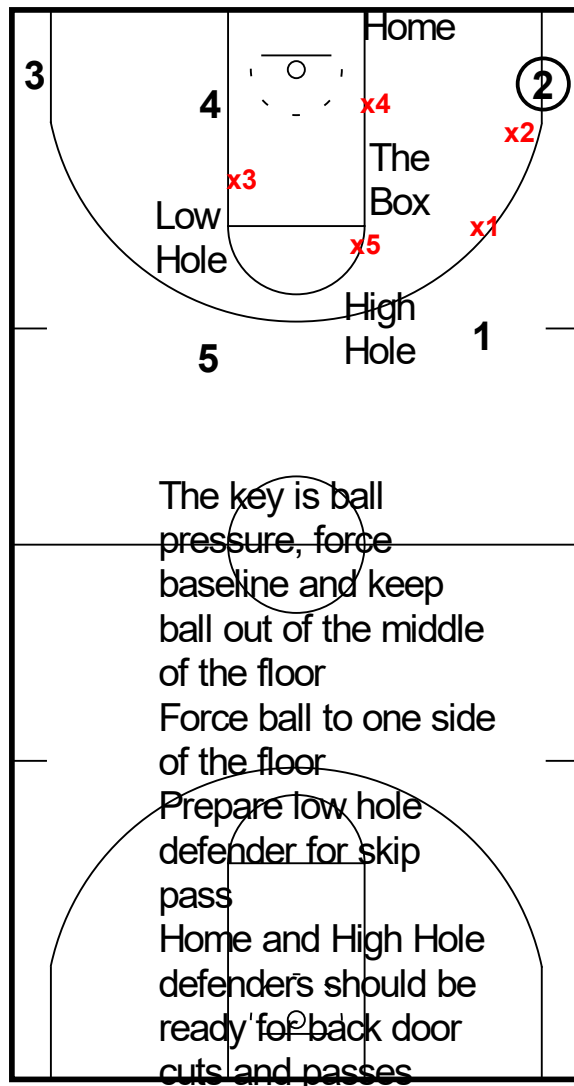
2-2-1 Press: The Press that created Dribble Drive Offense

Press Rotations

The Box (2-2-1 Half Court)



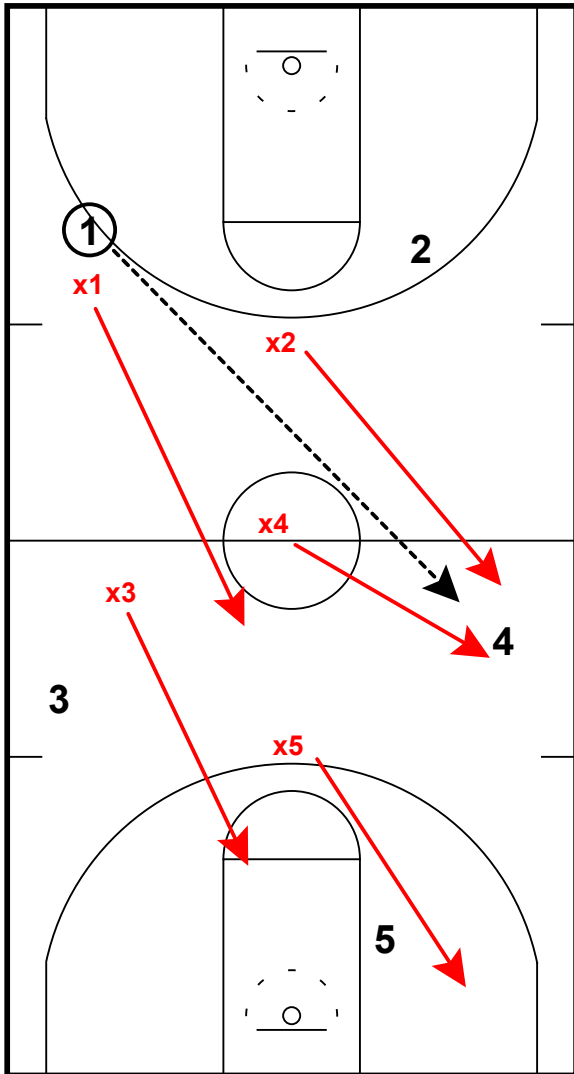
The Box (2-2-1 Half Court)



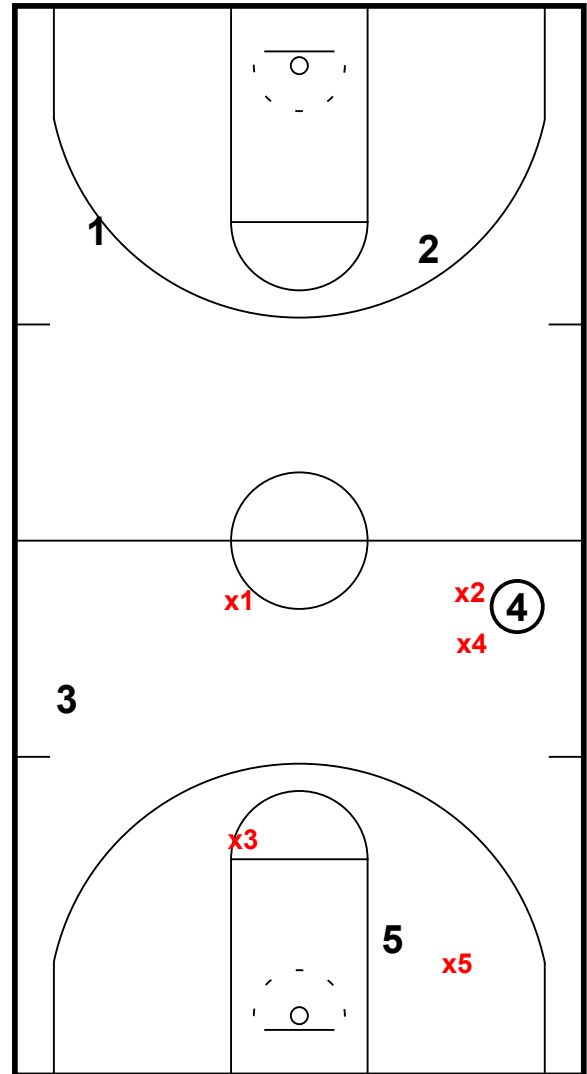
2-2-1 Press: The Press that created Dribble Drive Offense

Defending Vertical Passes

Vertical Trap



Vertical Trap



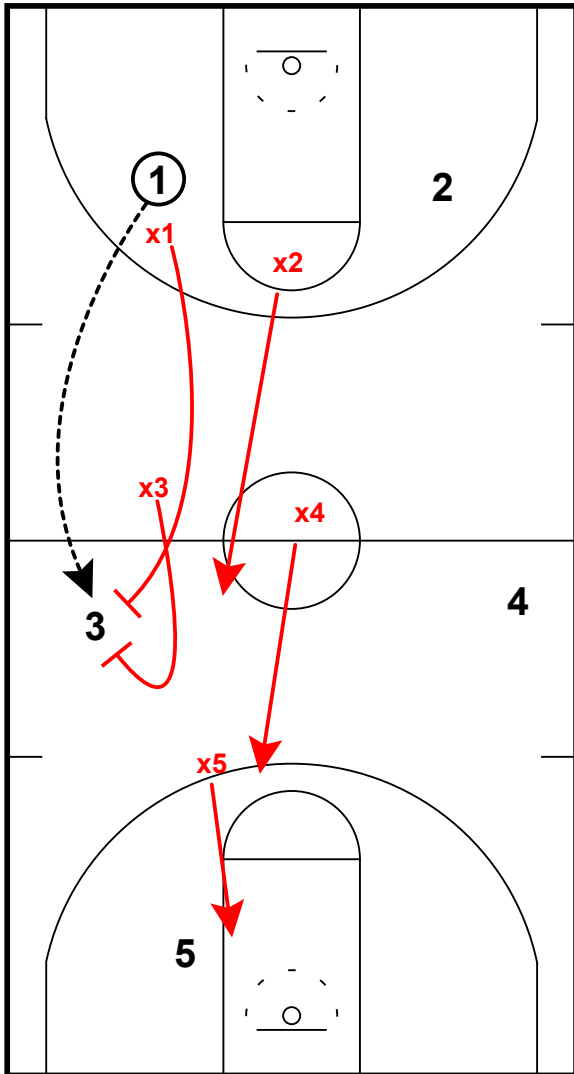
X2 who is in line with the ball sprints ahead to the vertical trap
 X1 gets to the level of the ball and gets to his quarter
 X2 and X4 form a vertical trap

X4 can't come up to pressure so much that he gets beat in the cushion zone or you will have the second of the "terrible 3's"
 Behind the ball
 Play cat/mouse by jabbing and retreating until X2 gets there.
 Give a cushion
 X3 guards 2 players on the weak side when trap is on

2-2-1 Press: The Press that created Dribble Drive Offense

Defending Vertical Passes

Vertical Trap (Same Zone)

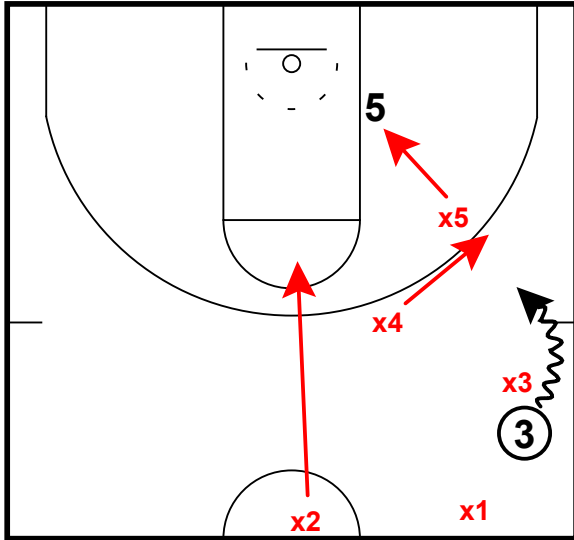


Vertical trap anytime the ball is passed in the same zone
X3 plays cat and mouse until X1 arrives to trap

2-2-1 Press: The Press that created Dribble Drive Offense

Defending Vertical Passes

Vertical Trap (Same Zone)

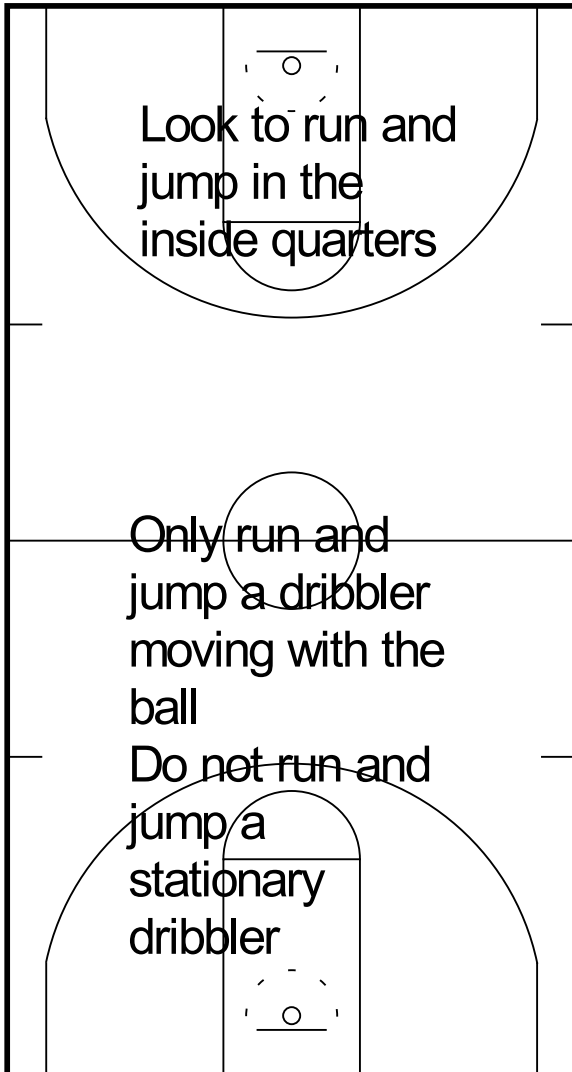


Anytime the opponent catches the ball in the cushion zone
Player on the ball plays cat and mouse until trapper to come
Ball side will vertical trap
Weak side will "see it and fix it"
The other 2 defenders form the umbrella

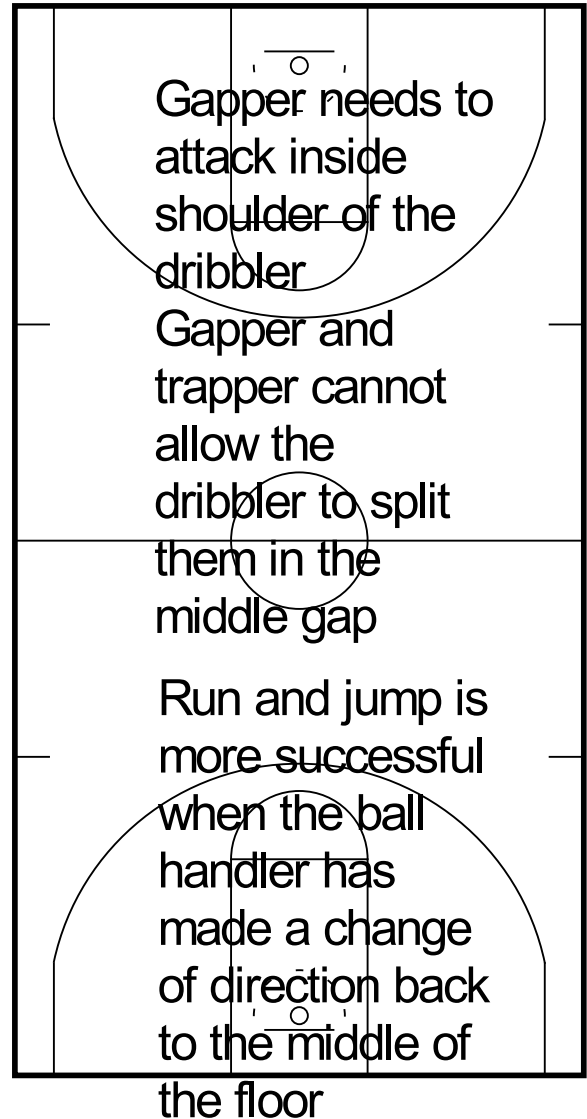
2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Rules for Run and Jump



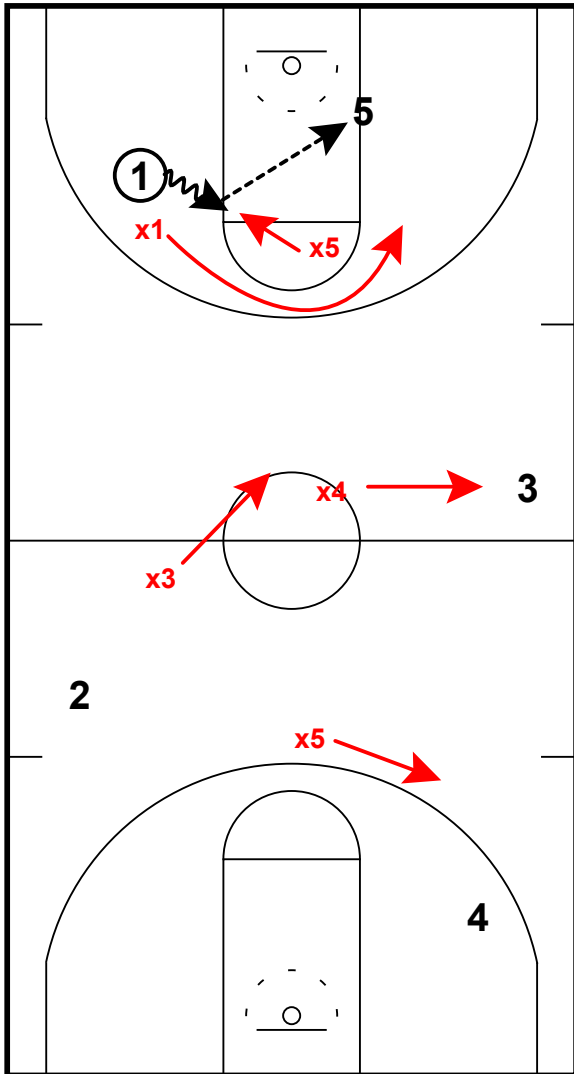
Rules for Run and Jump



2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Run and Jump Reads #1

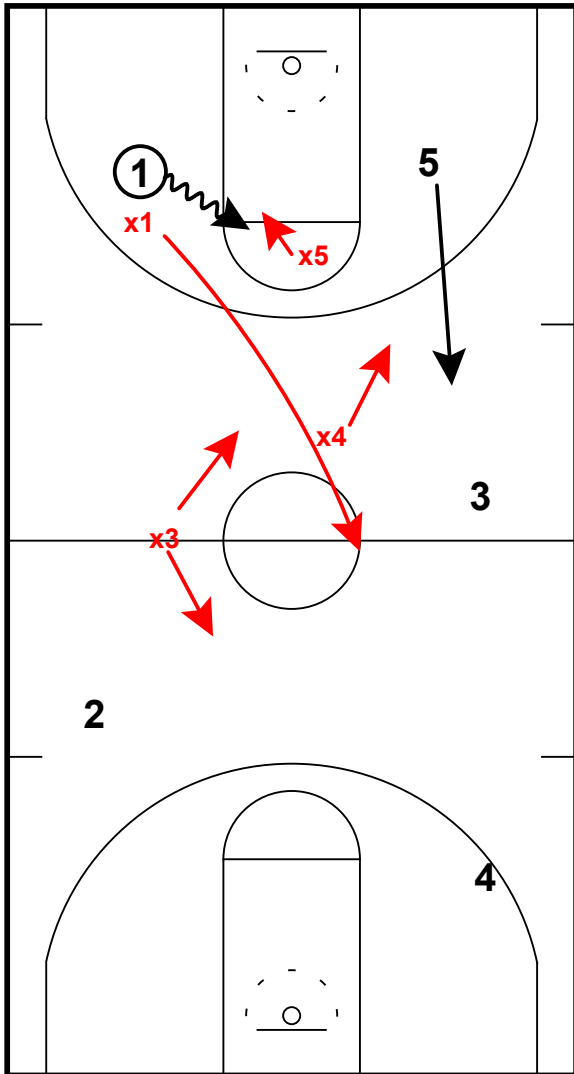


Backwards pass to 5 and no elevations by any other offensive player
Controller sees no elevation and switches to 5
Reader and taker rotate to new responsibilities

2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Run and Jump Reads #2

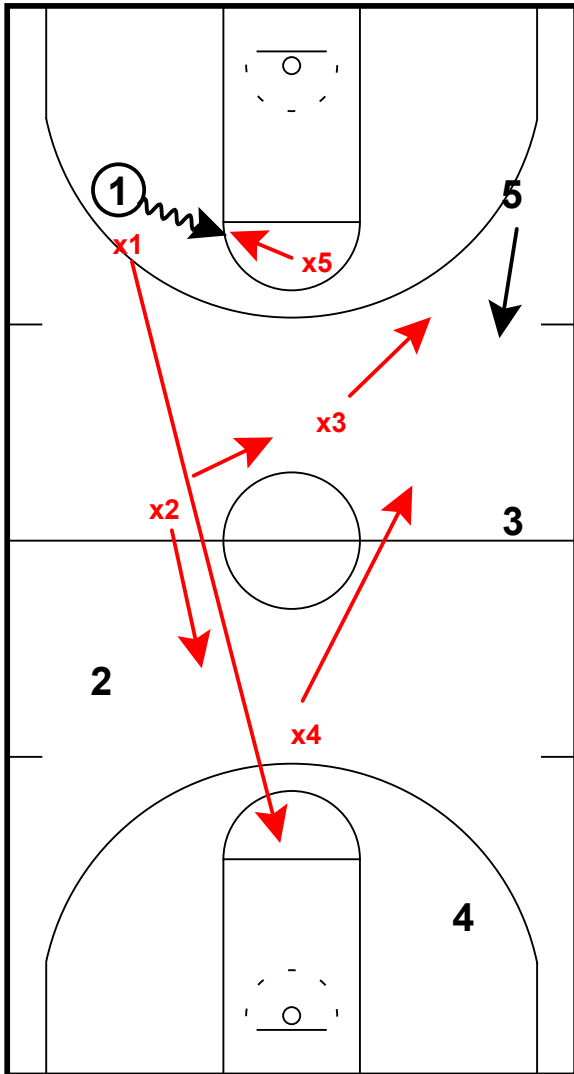


5 leaks up the floor
Reader sprints up to take away pass to 5
Controller sees Reader moving up and releases to pick up 3 and become the Reader

2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Run and Jump Reads #3

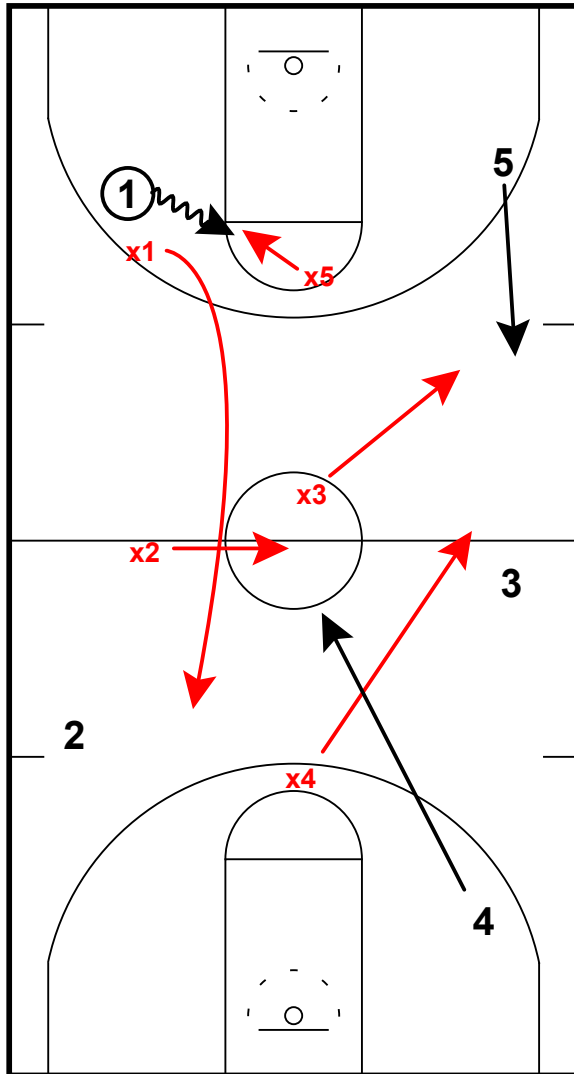


Reader takes away pass to 5
Teaser sprints up to take away pass to 3
Controller sees Teaser elevate and sprints back to pick up 4
Taker is ready to release to 4 if Controller is late

2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Run and Jump Reads #4

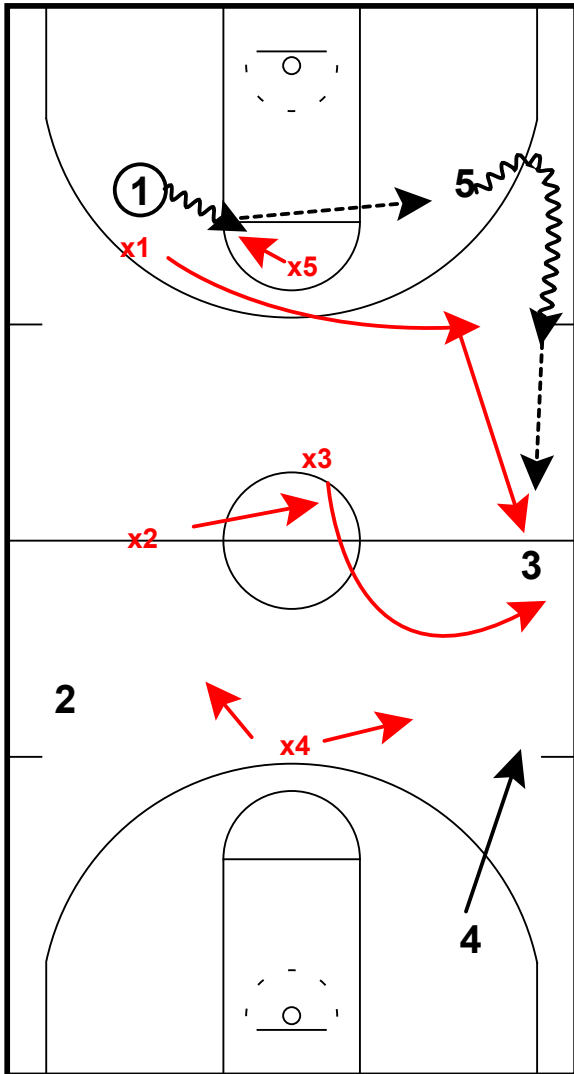


Reader moves up to take away pass to 5
 Teaser elevates to take pass away to 4
 Taker is prepared to release if Controller is late
 Taker takes away flash to 4
 Controller is now taker

2-2-1 Press: The Press that created Dribble Drive Offense

Run and Jump Break Down

Run and Jump Reads #5

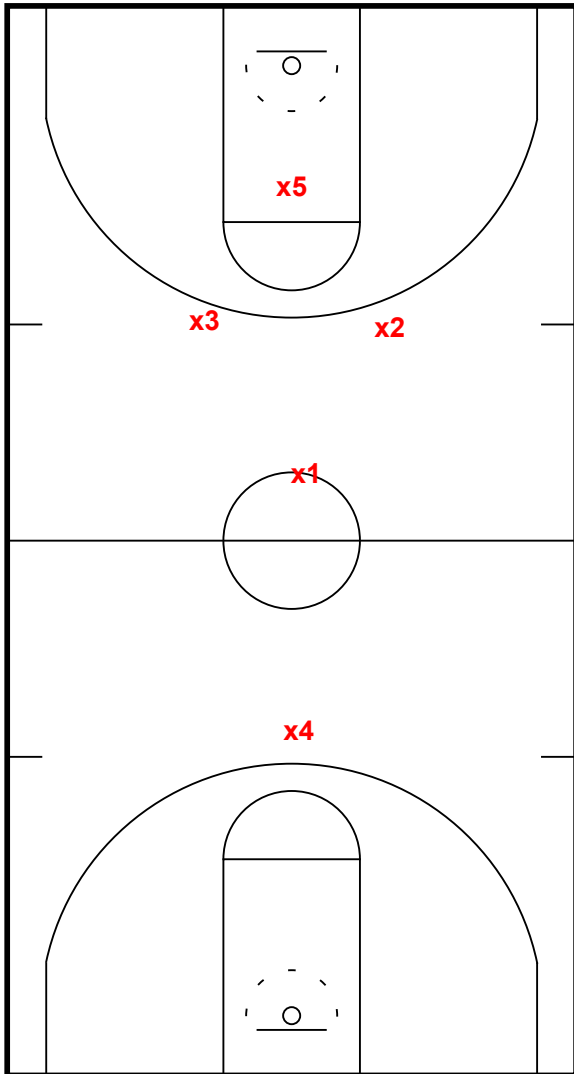


- Backwards pass to 5
- Controller switches to 5
- X3 rotates from reader to taker
- X2 rotates from taker to reader
- 5 throws vertical pass to 3
- Controller (X1) releases to vertical trap with X3 (Reader)

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Defensive Positions after Misses

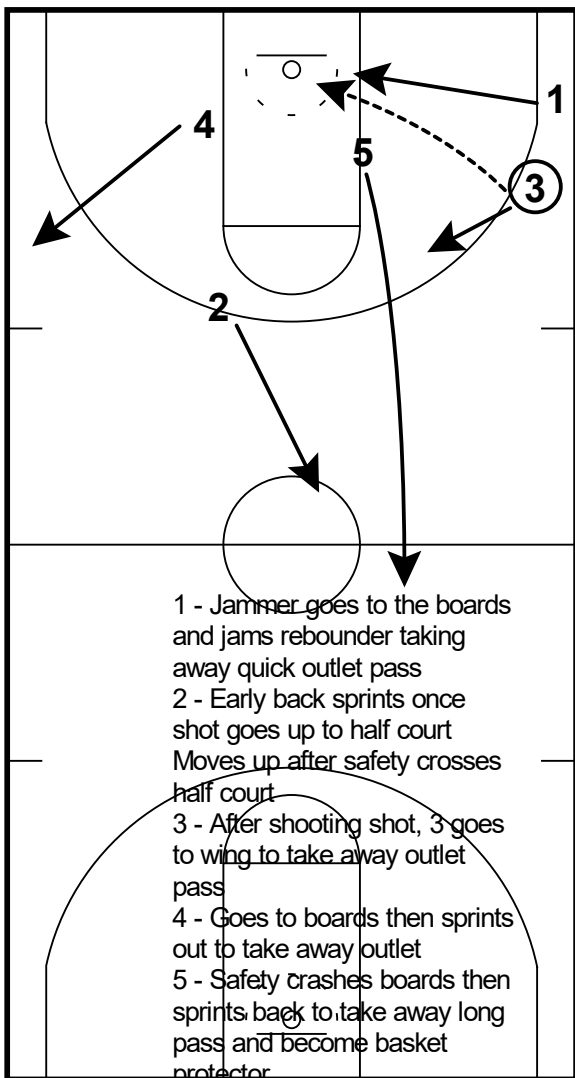


- X5 is the jammer
- X3 is left wing
- X2 is right wing
- X1 is early back
- X4 is safety

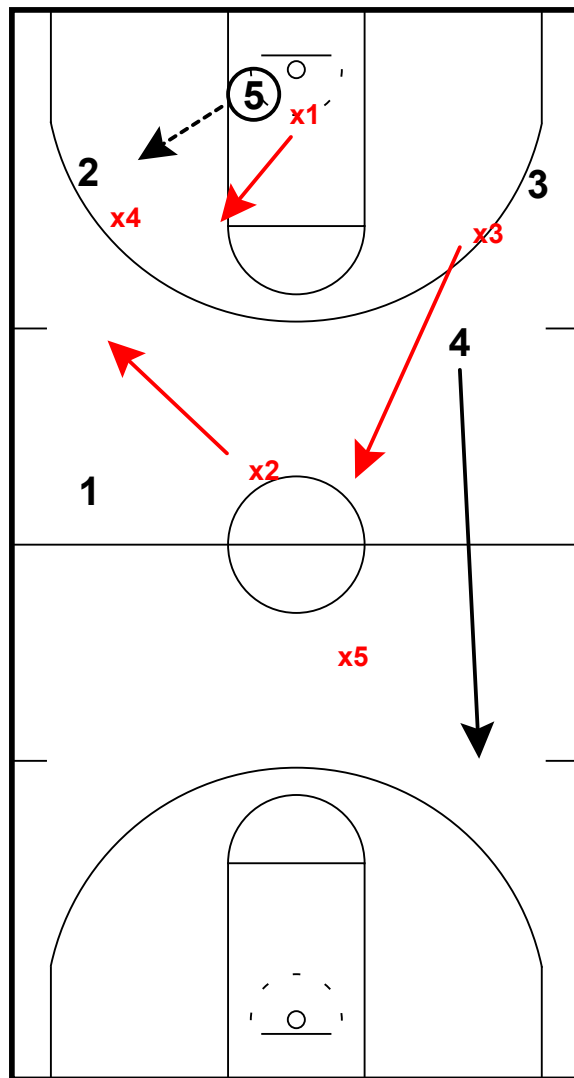
2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Press Defense After Misses



Press Defense After Misses

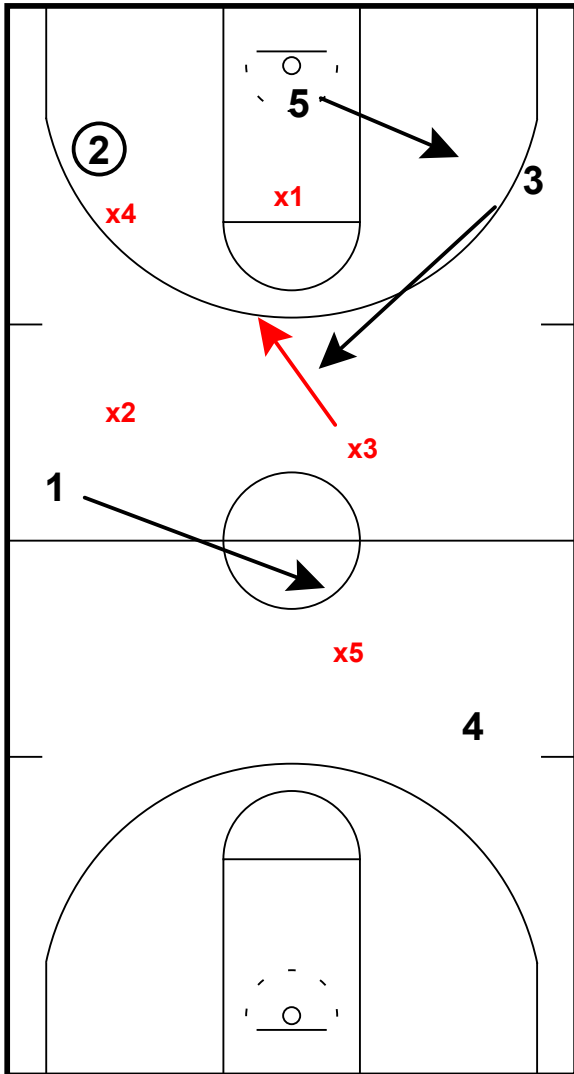


Outlet pass is made to 2
 X4 is now controller
 X1 becomes gapper
 X2 rotates to taker
 X3 gets to the middle of floor and becomes reader
 X5 is the teaser

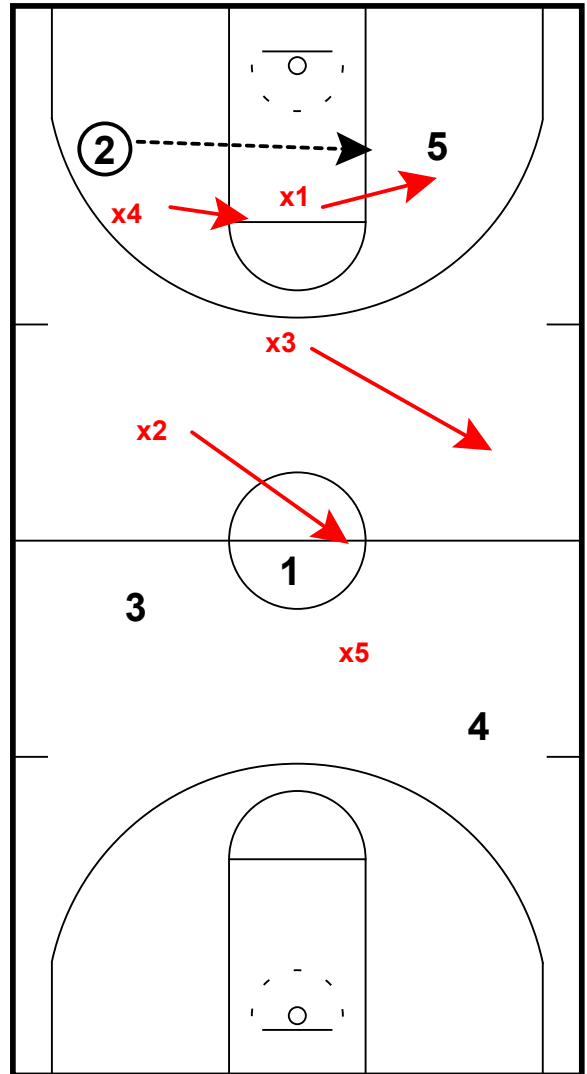
2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Press Defense After Misses



Press Defense After Misses



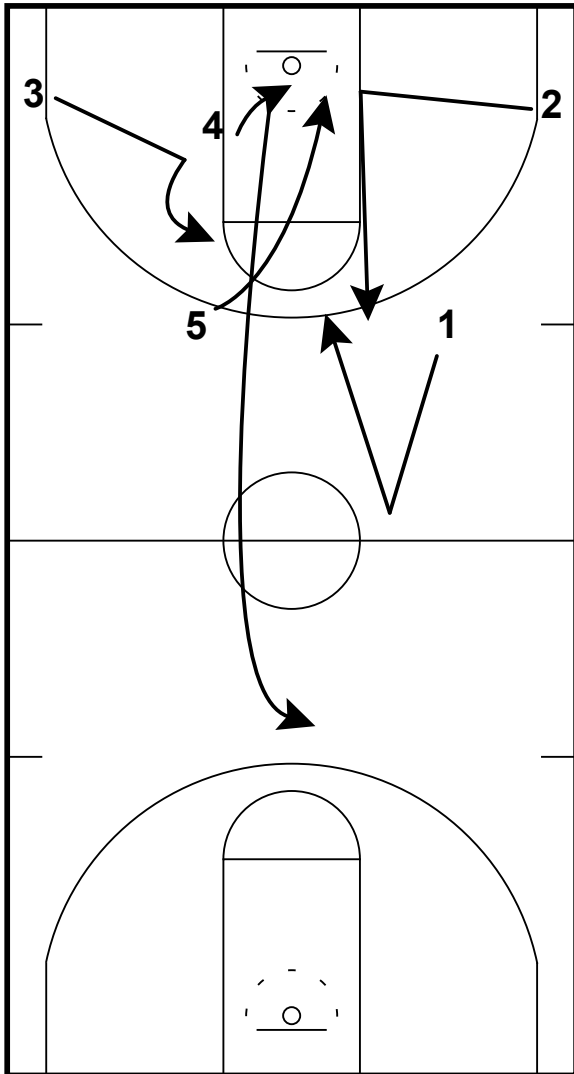
X1 is now gapper
The reader X3 takes picks up 3 on the cut

2 passes back to 5
X1 is now controller
X4 is gapper
X3 is taker
X2 rotates to reader

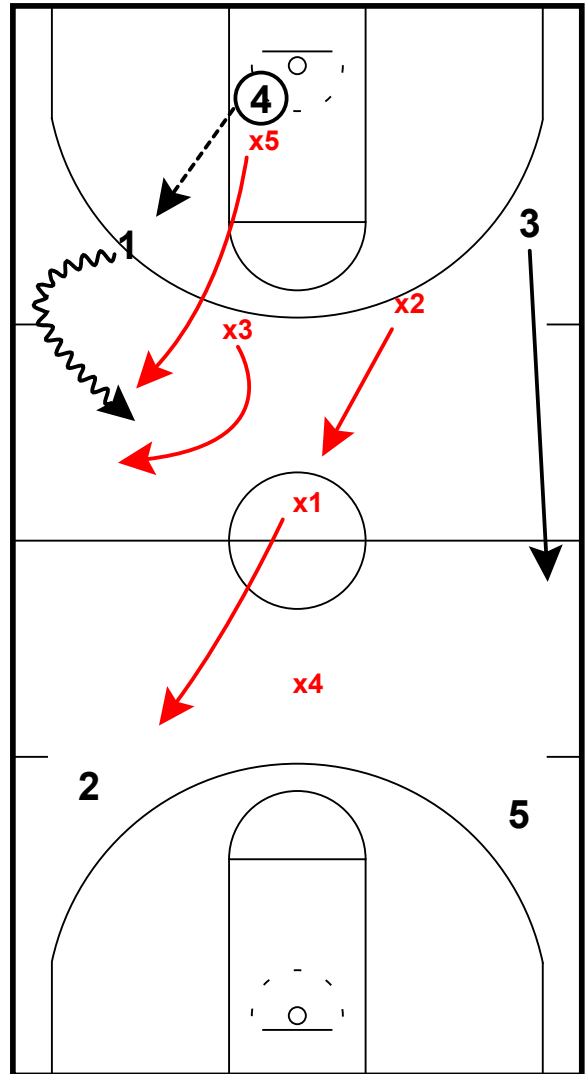
2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Missed Shot/Press Defense #1



Missed Shot/Press Defense #1



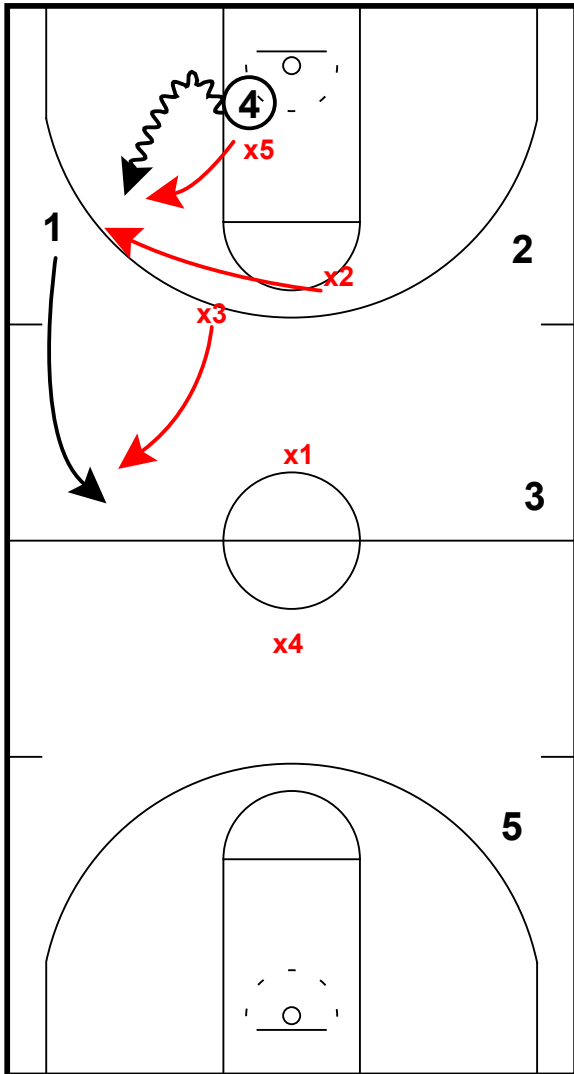
1 is early back and must stay back until 4 (safety) passes him
 Should be around half court area
 2 goes to the boards, then takes away outlet to right wing
 3 goes to the boards, then takes away outlet to left wing
 5 goes to the boards and becomes the jammer
 Jammer does not allow easy outlet pass
 4 goes to the boards then sprints back to safety position

4 outlets to 1
 1 dribbles down sideline
 X3 becomes the controller
 Jammer (X5) becomes Gapper-Trapper and traps 1 with X3
 X1 rotates from early back to taker
 X2 rotates to reader
 X4 is the teaser

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Missed Shot/Press Defense #2

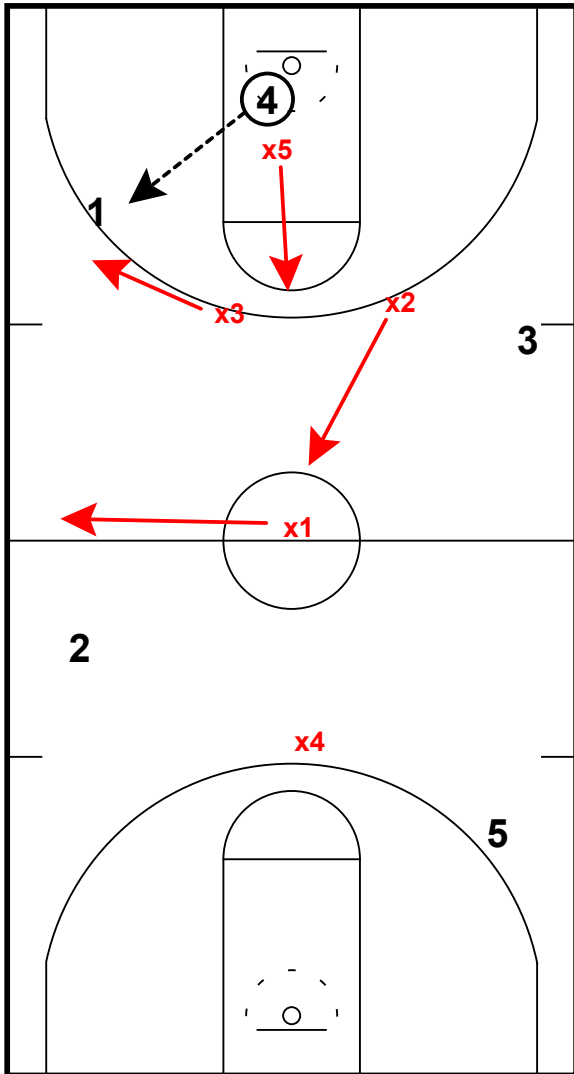


- X5 jams the rebounder (4)
- 4 dribbles down the sideline
- X5 becomes the controller
- X3 rotates to taker
- X2 becomes gapper-trapper
- X1 becomes reader

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Missed Shot/Press Defense #3

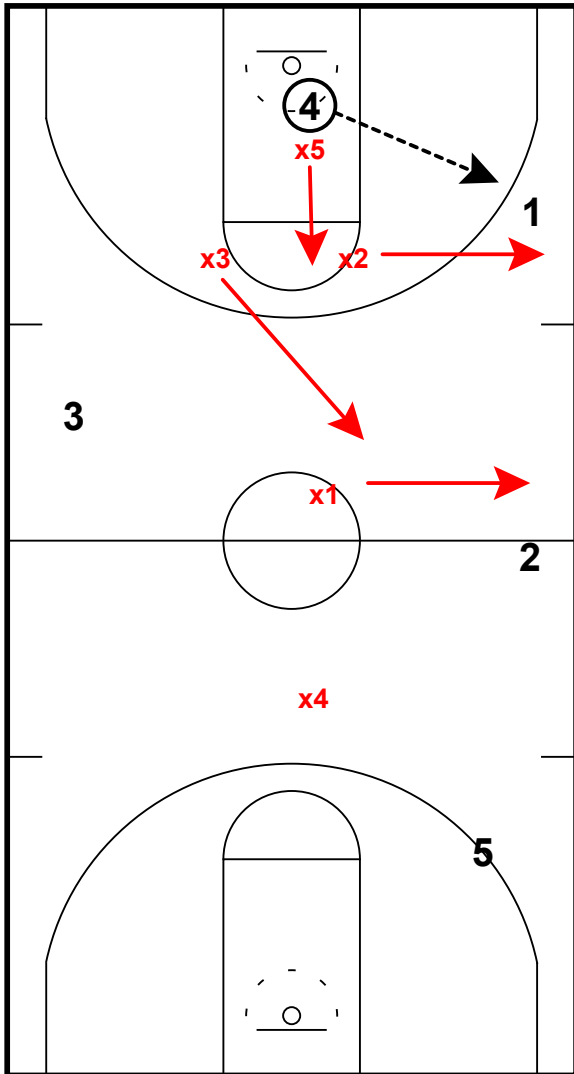


- X5 jams rebounder then becomes gapper after outlet pass is made to 1
- X3 is controller
- X1 rotates to taker
- X2 rotates to reader
- X4 is the teaser

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Missed Shot/Press Defense #4



Outlet is made after missed shot

X5 jams outlet man

4 outlets to 1

X2 rotates to controller

X5 is gapper

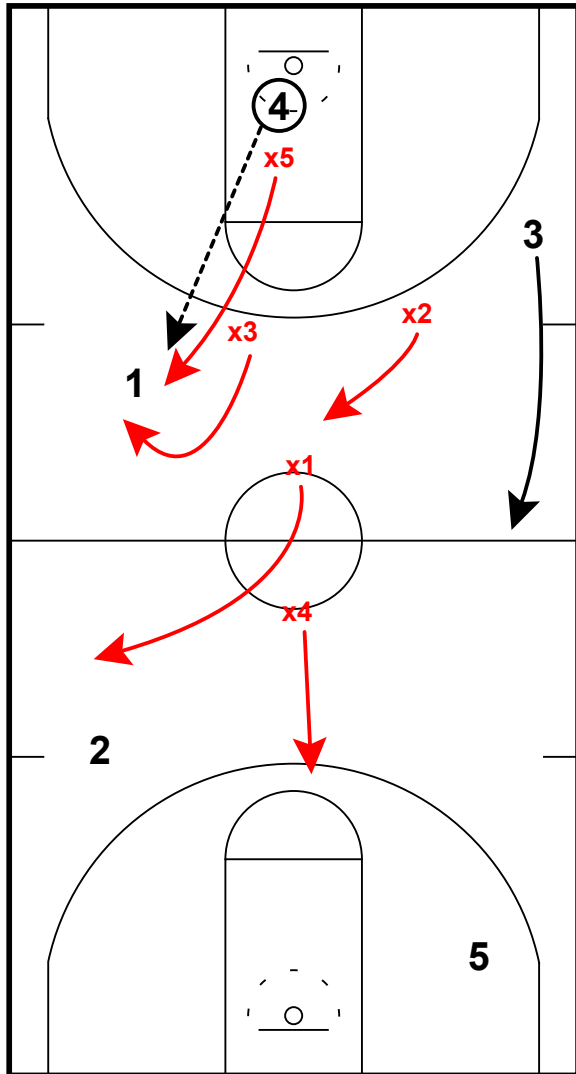
X1 is taker

X3 rotates to reader

2-2-1 Press: The Press that created Dribble Drive Offense

Press After Missed Shot

Missed Shot/Vertical Pass

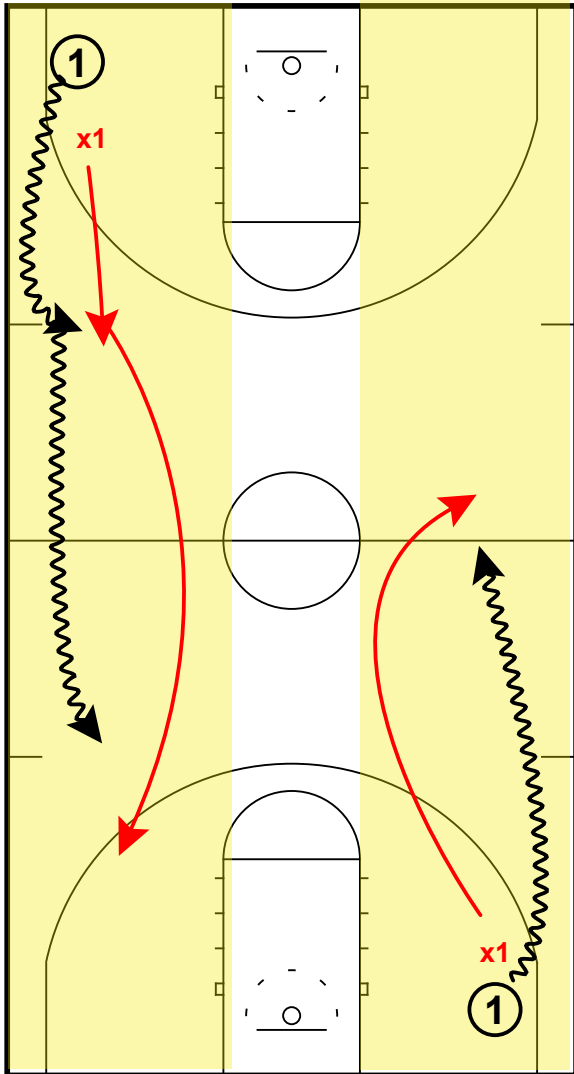


- X5 (Jammer) jams the rebounder (4)
- 4 hits 1 with a vertical pass above the wing area
- X3 becomes controller on 1
- Pass was made by X5's man so he goes to trap with X3
- X2 rotates to reader
- X1 rotates to taker
- X4 is the teaser
- Pass above the top of the key is considered a vertical pass

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

1 on 1 (Full Court)

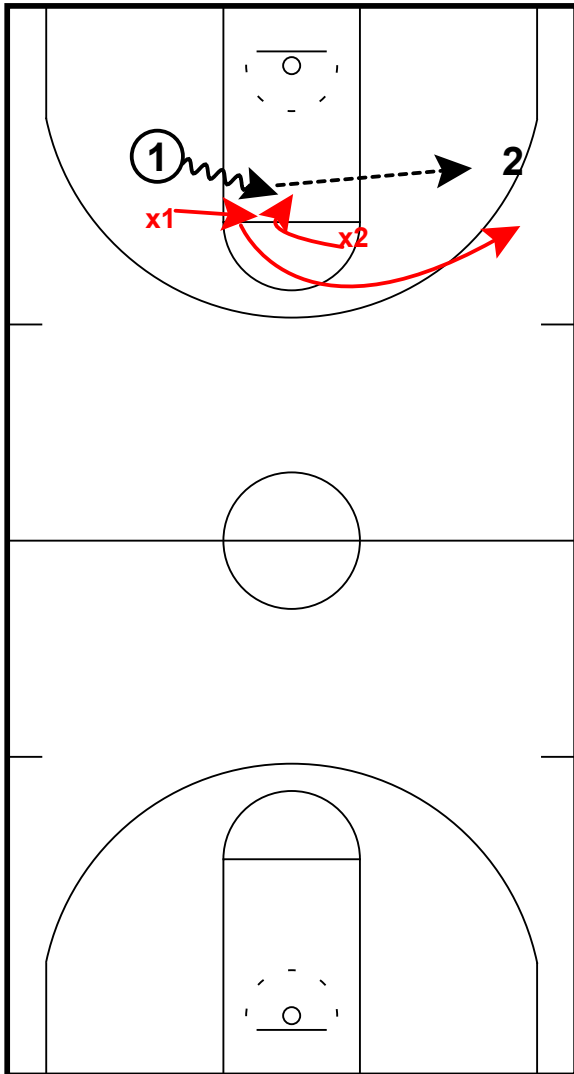


Play to a certain score or time
Defender is trying to turn the ball handler
Force them to spin or zig zag dribble

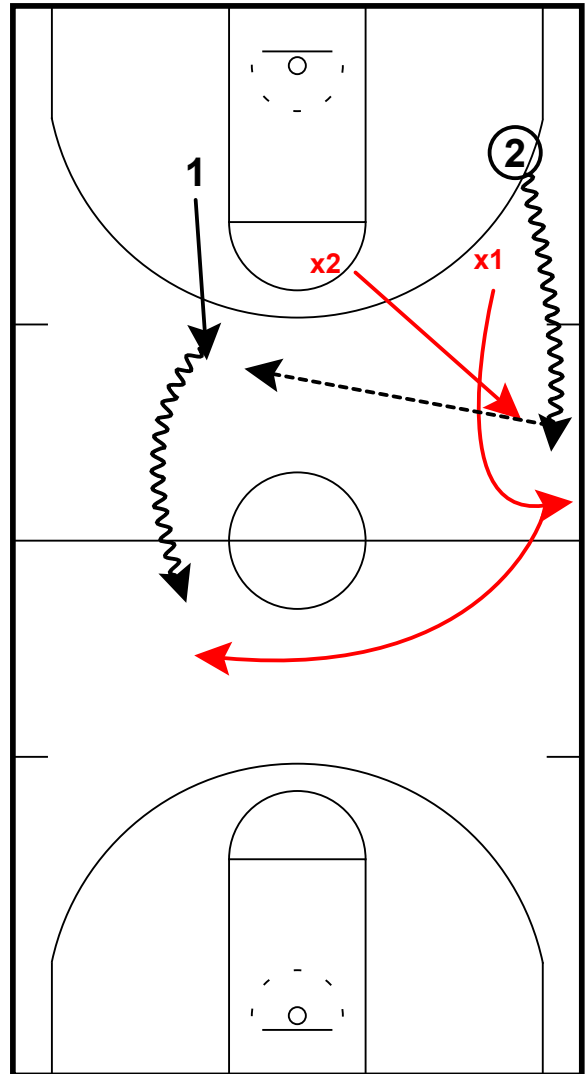
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

2 on 2 (Full Court)



2 on 2 (Full Court)



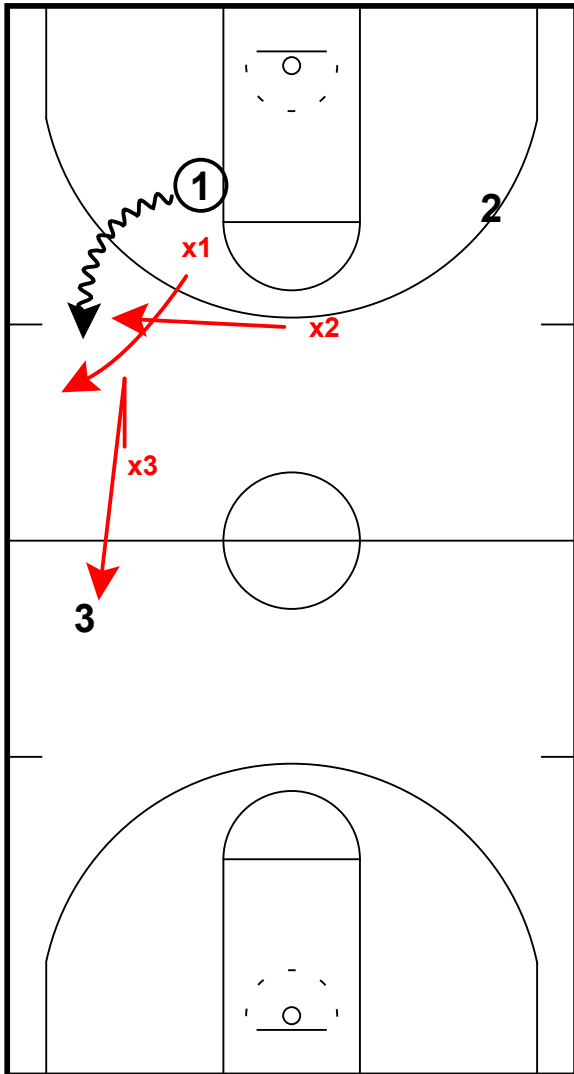
Offense can attack middle or sideline
 Offense cannot get ahead of the ball
 Gapper (X2) cannot allow the split

2 attacks sideline
 X1 contains 2 and waits for gapper (X2) to trap
 2 reverses ball back to 1
 X1 sprints out of trap to become controller
 Drill is continuous trapping and jump switching on middle drive
 Defense must get 3 stops or turnovers to get out of drill

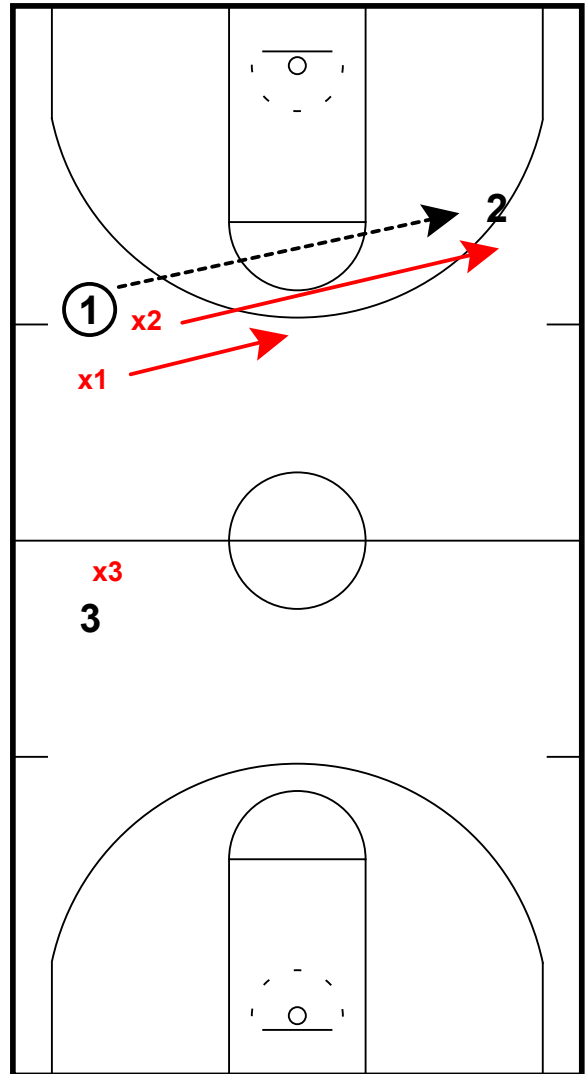
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

3 on 3 (Full Court)



3 on 3 (Full Court)



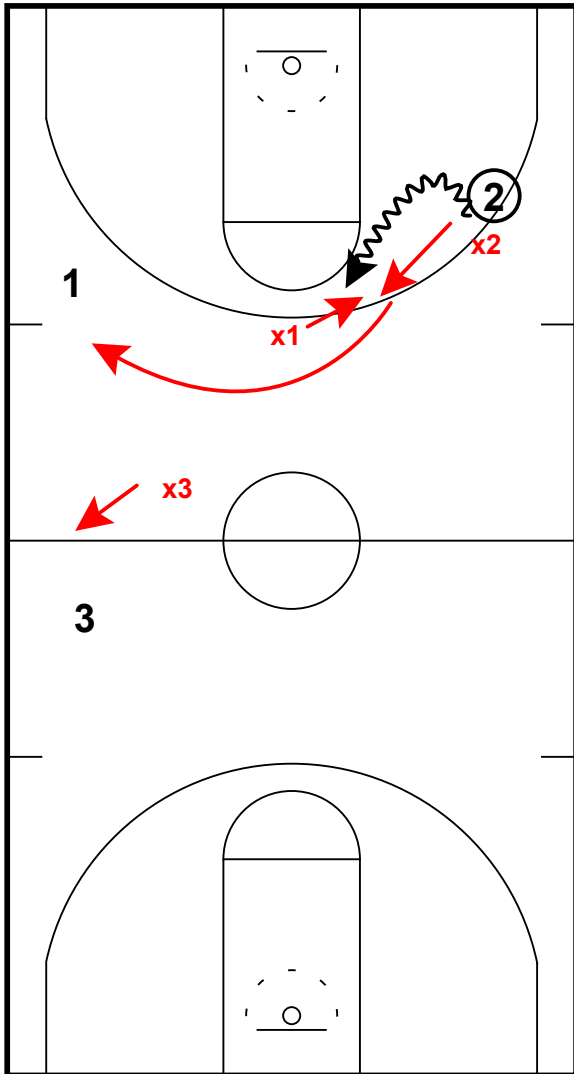
This drill focuses on a sideline bad beat
 The taker must stay attached and not allow direct pass to 3
 Gapper is sprinting to get back in the play to trap

1 passes back to 2
 X2 is now controller
 X1 jumps into the gap

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

3 on 3 (Full Court)

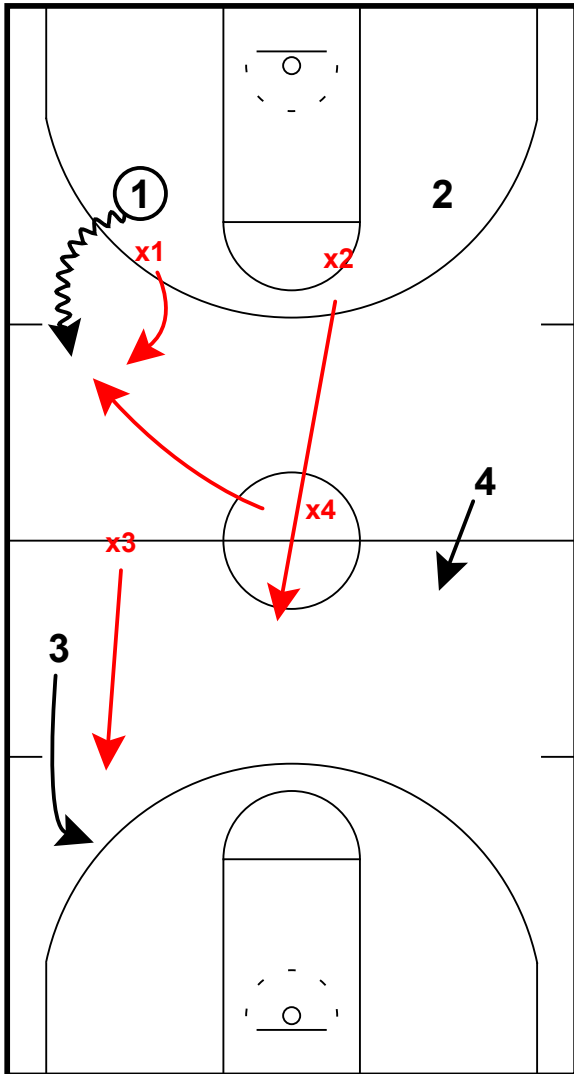


- 2 attacks middle
- X1 and X2 jump switch middle drive
- Taker (X3) takes away direct pass to 3

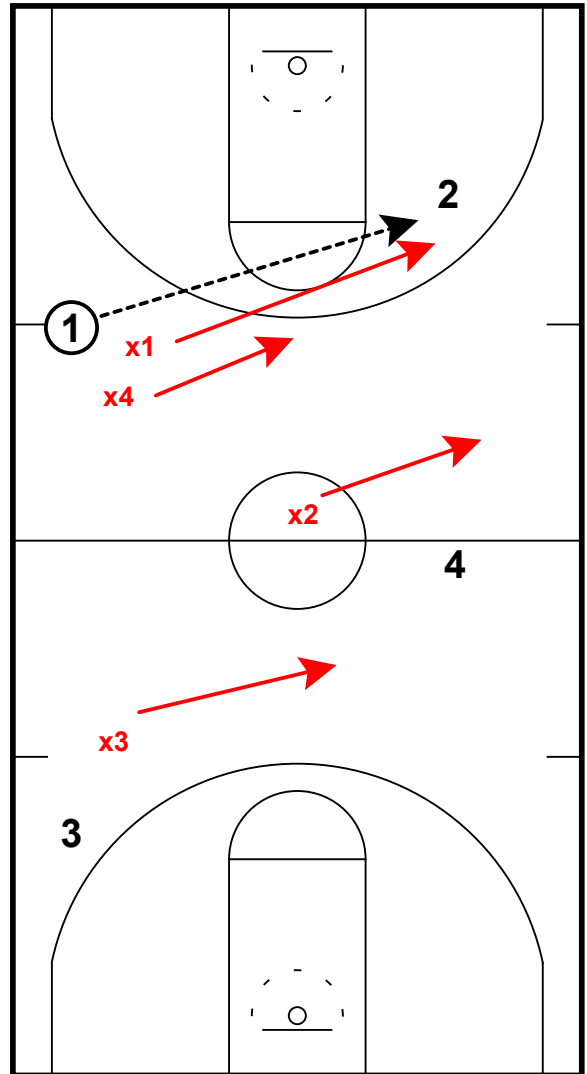
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

4 on 4 (Full Court)



4 on 4 (Full Court)



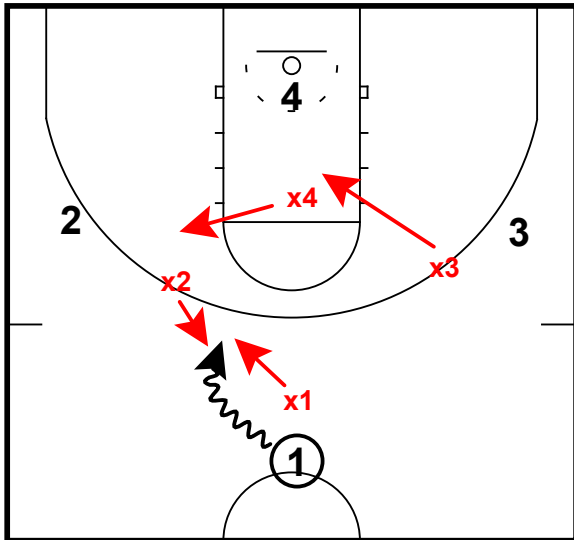
Bad beat down sideline
 Reader sprints over to stop the ball
 Gapper sprints to the middle of the court and becomes reader
 Taker stays attached to offense since they are 1 direct pass away

Ball is reversed
 X1 is now controller
 X4 is gapper
 X2 is taker
 X3 is reader

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

4 on 4 (Half Court)

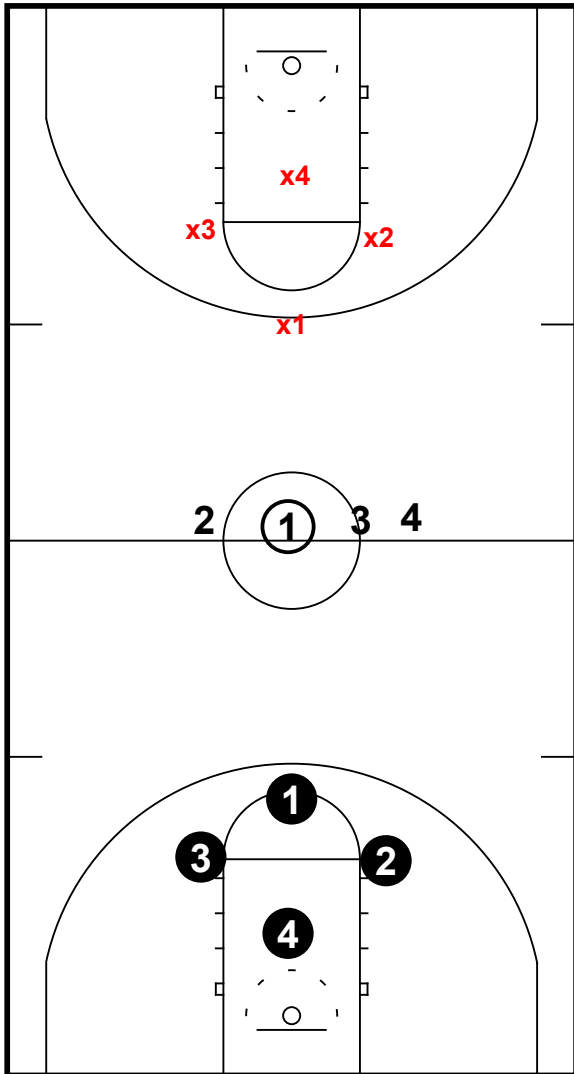


Half court drill
Focus on getting in gaps
Extreme ball pressure
Gapper must be prepared to trap on hard dribble

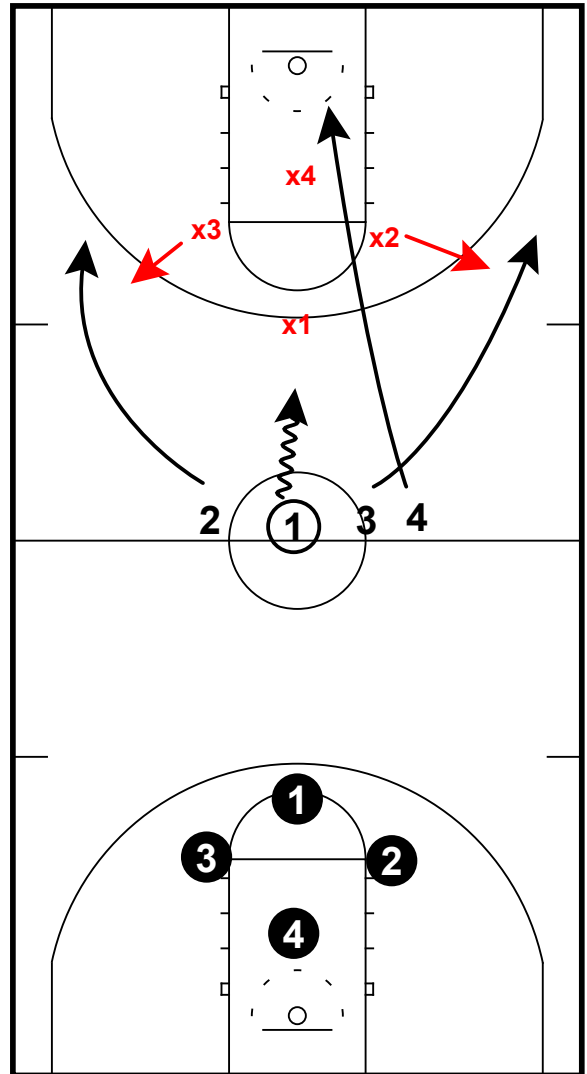
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

444



444

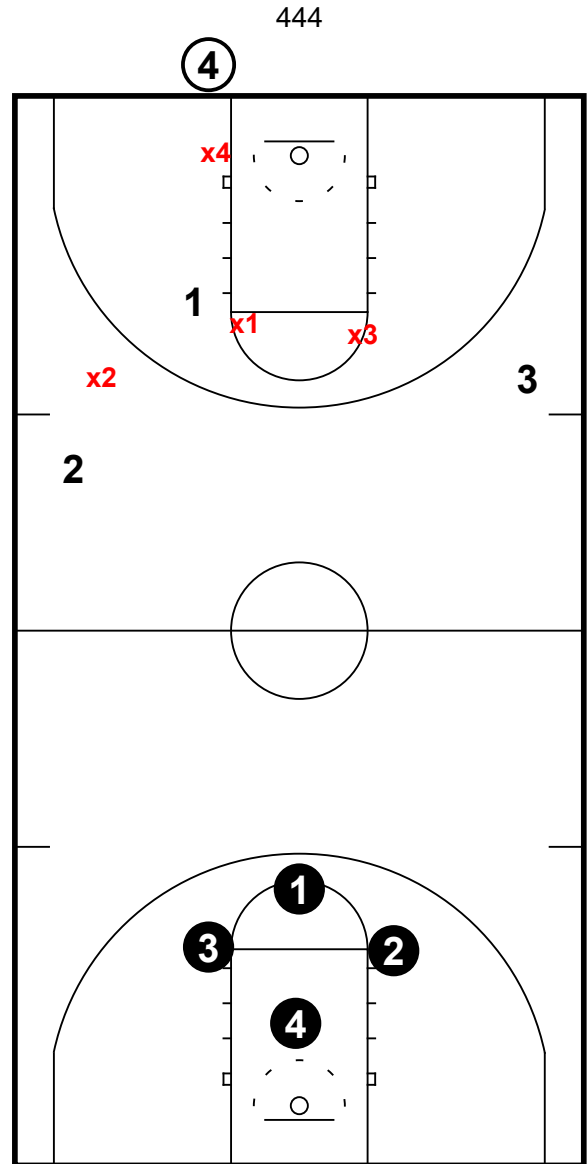
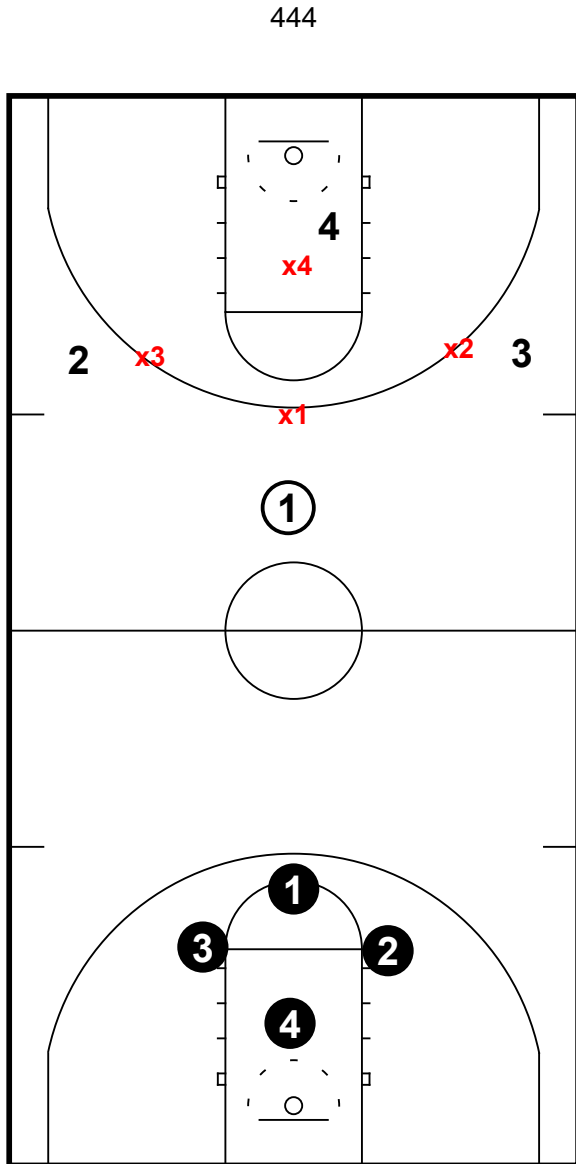


Split your team up into 3 groups of 4

Offense attacks red team

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills



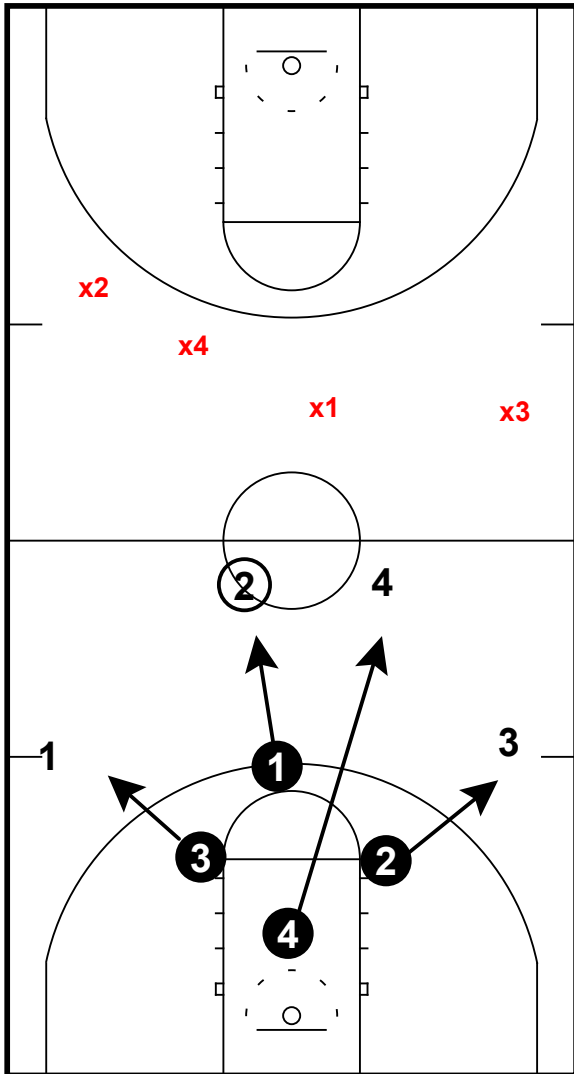
If the offensive team scores they get to keep ball and must inbound again
 If the defense gets a stop and gets the rebound they take the ball the other direction
 The new defense tries to get a trap and a steal before the offense crosses half court

The defense will press until half court looking to get a steal or score

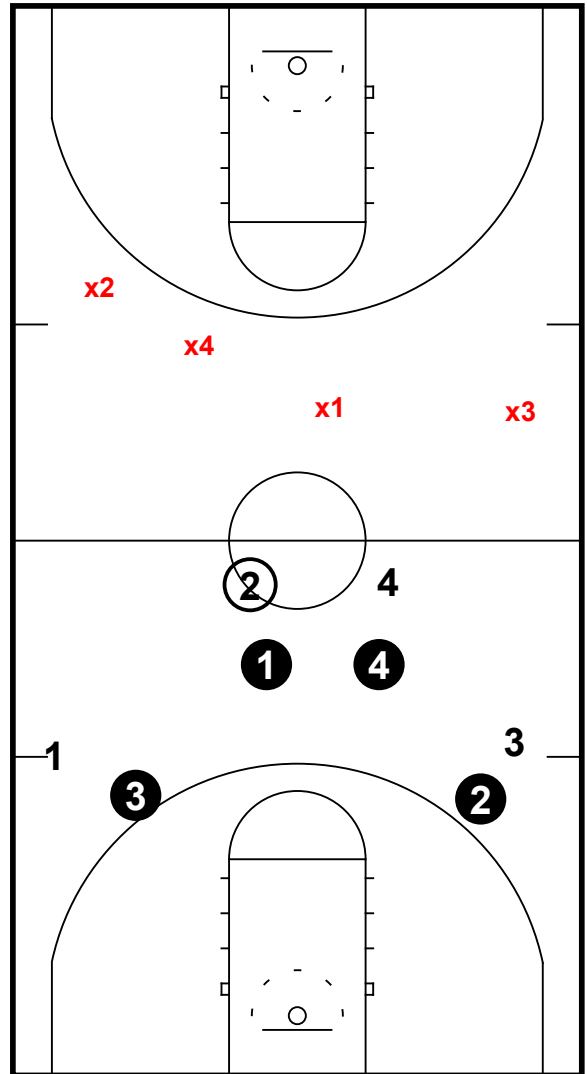
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

444



444

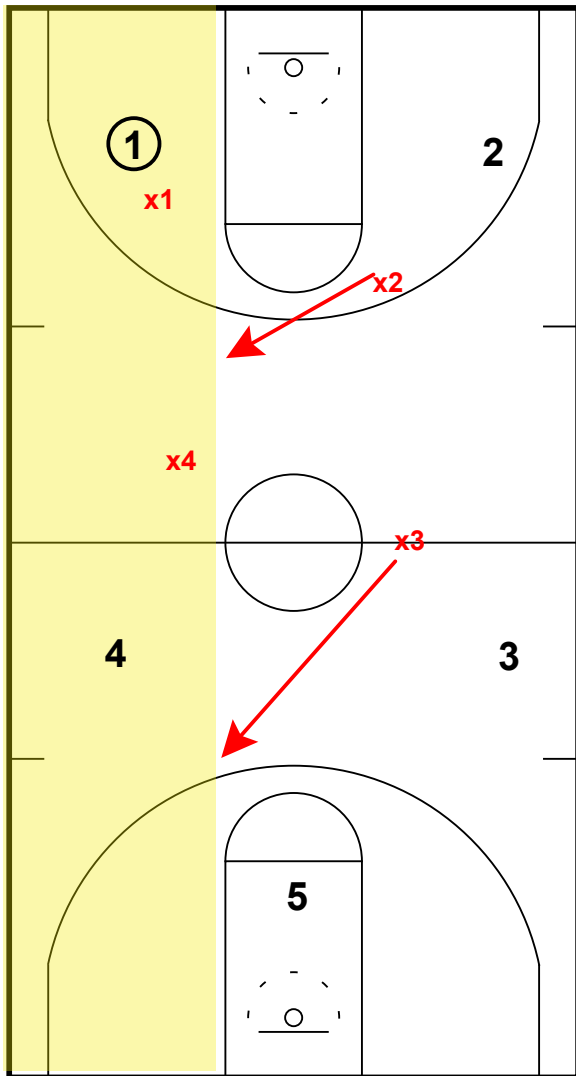


Once the offensive team reaches half court the defensive team on the other end picks them up Play for a specific time or score

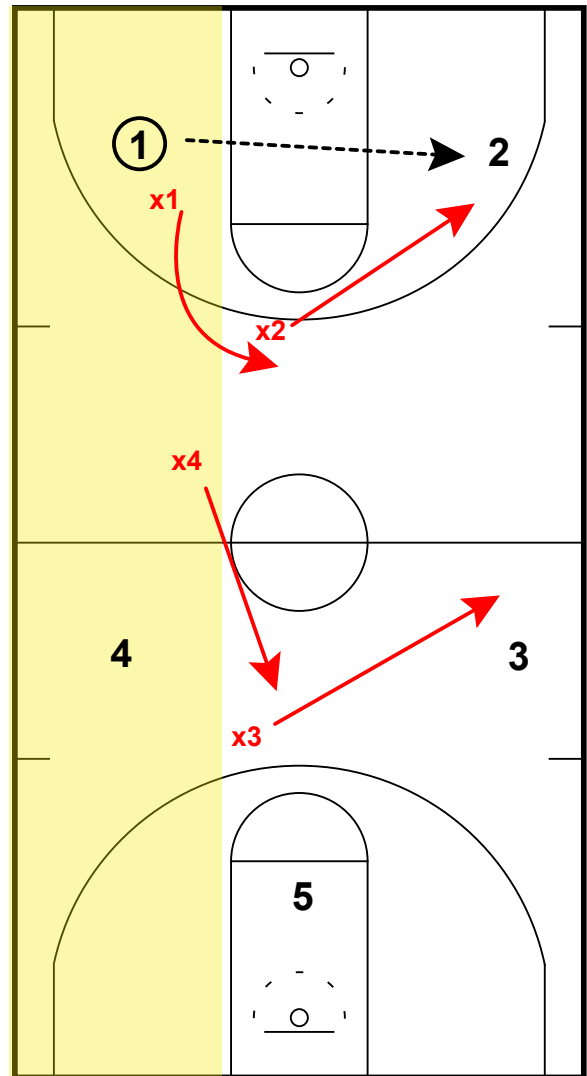
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

5 on 4 (Full Court)



5 on 4 (Full Court)



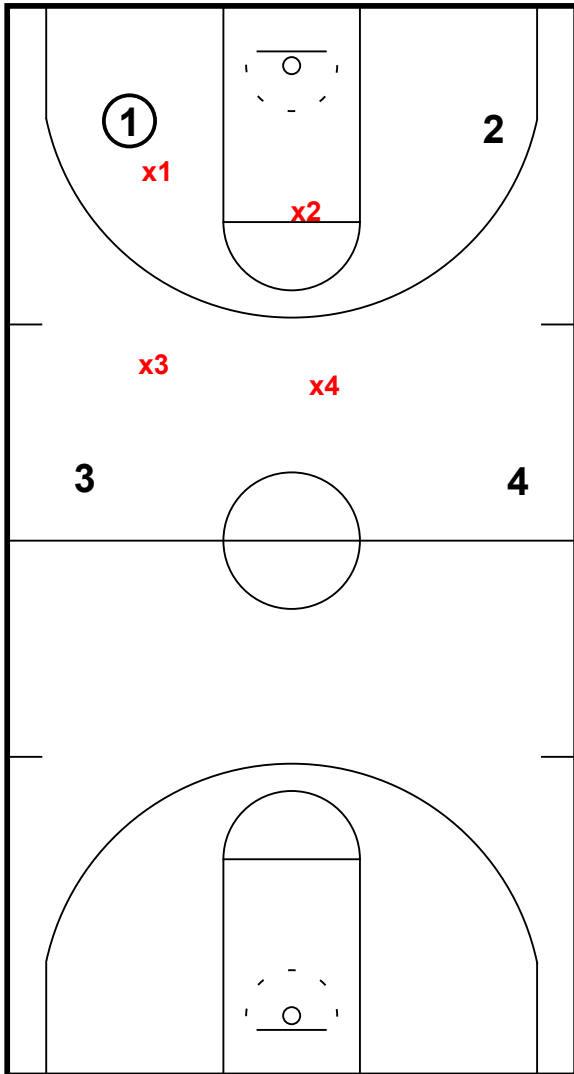
Offense does not have a dribble
5 man cannot leave the paint
Ball pressure - take away passer's vision
Defenders need to get to outside quarter

Move on the pivot
Sprint on the pass

2-2-1 Press: The Press that created Dribble Drive Offense

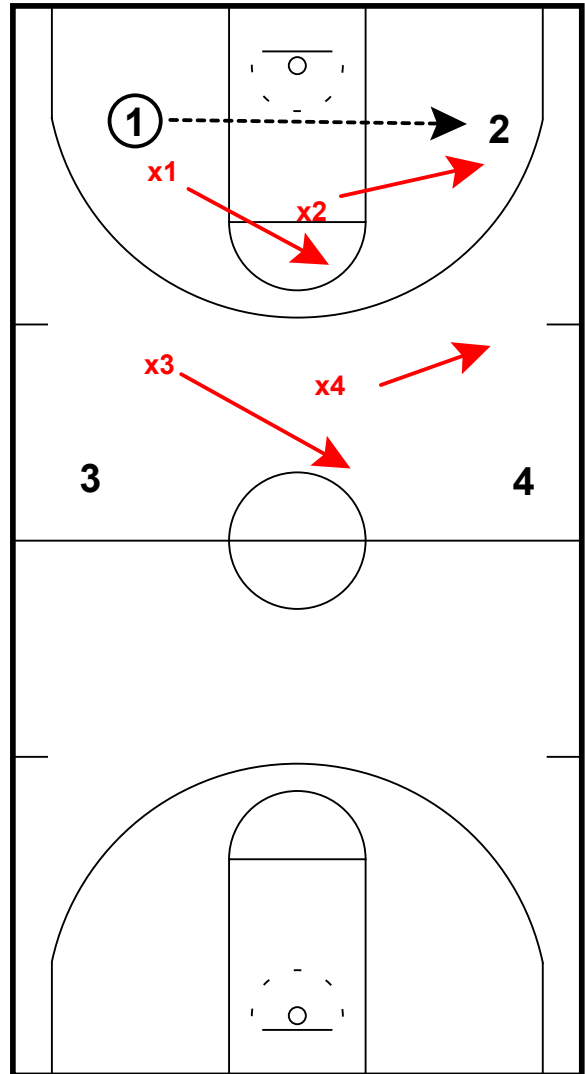
Break Down Drills

Full Court Shell



Ball is pressured
Defense should be in proper quarters
Avoid hugging your man

Full Court Shell

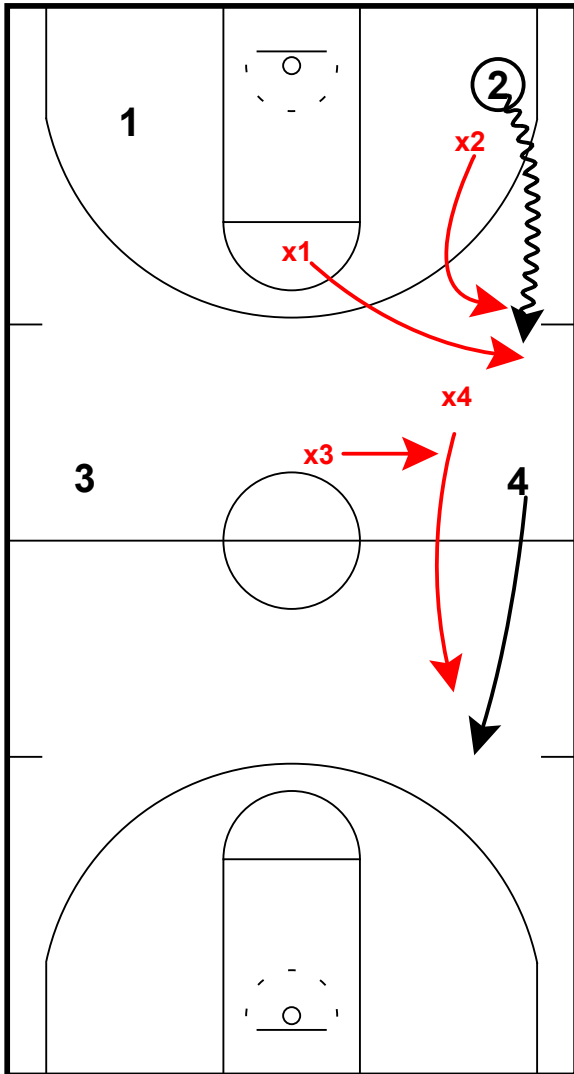


Sprint on the pass
Get to gaps

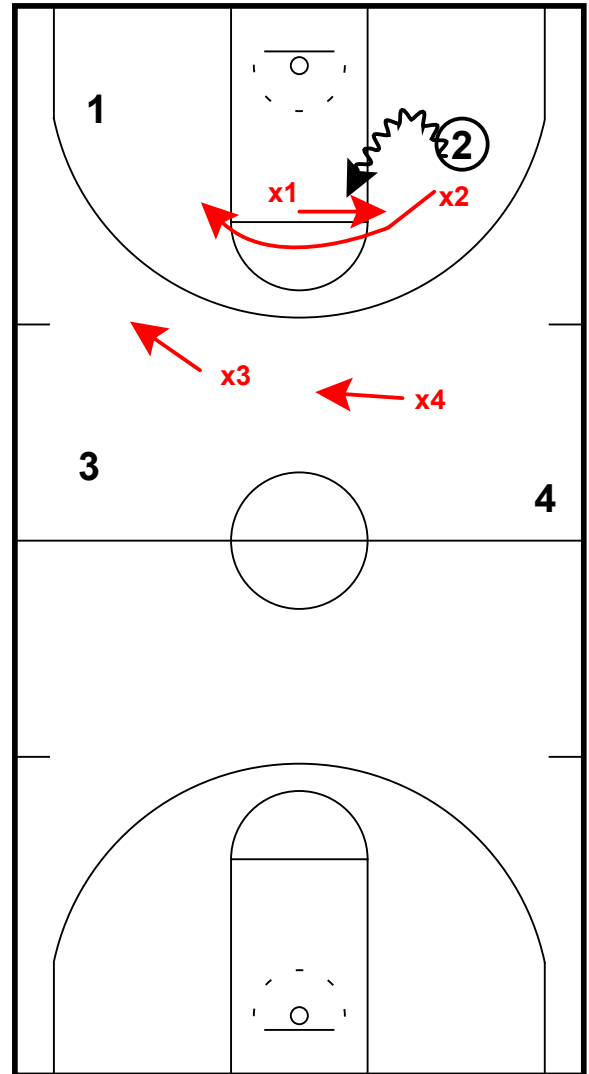
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

Full Court Shell



Full Court Shell



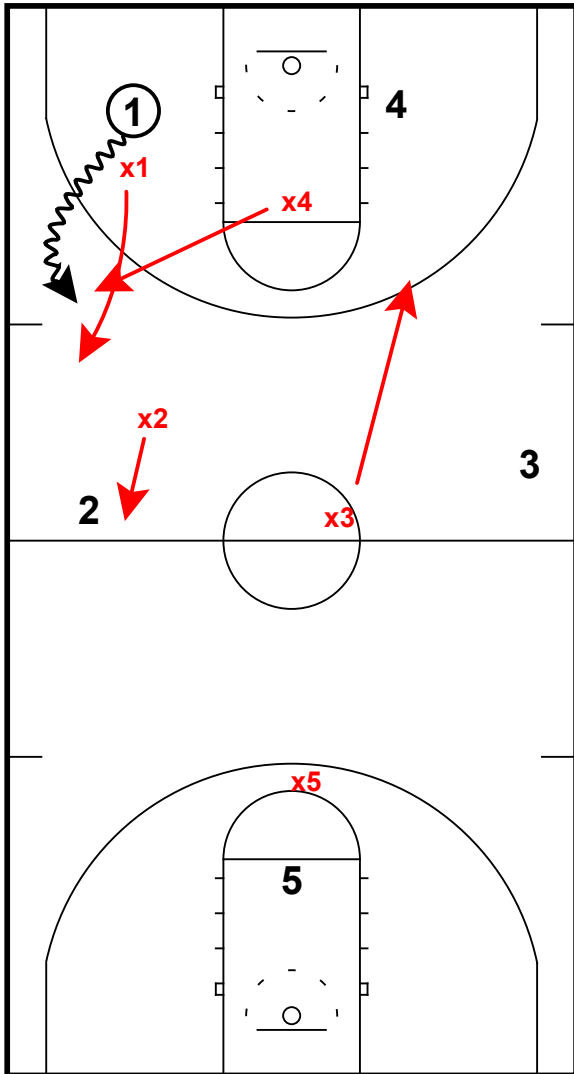
Guard to guard pass then it is live off the dribble
2 attacks up the sideline

2 attacks middle
Avoid getting split
If there is a bad beat, defense sprints back to get back into umbrella

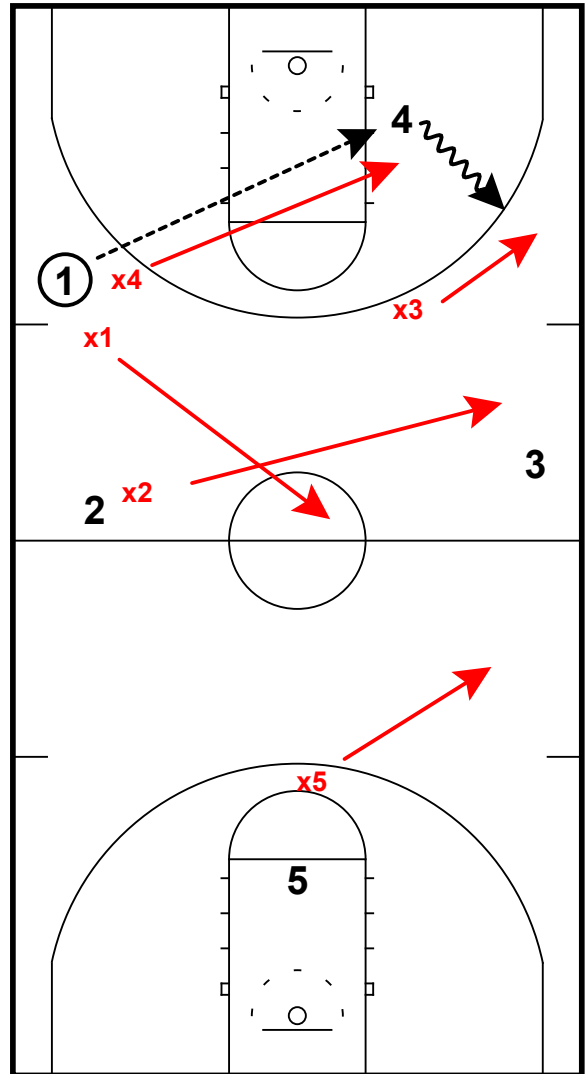
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

Transition Drill



Transition Drill



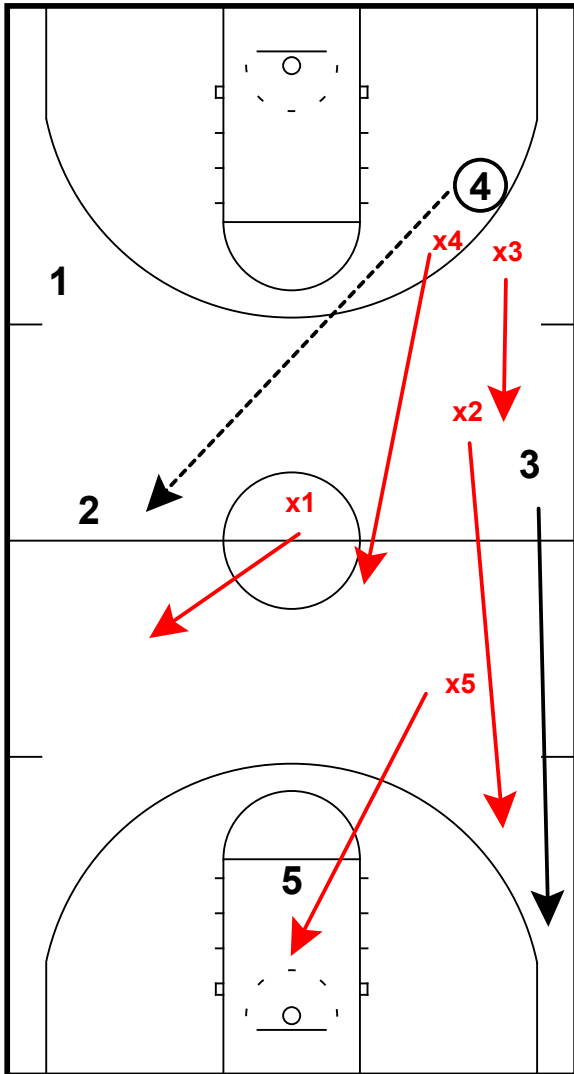
Gapper traps with controller

On non penetrating pass X4 becomes controller
X3 is gapper
X2 is taker
X1 is reader

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

Transition Drill

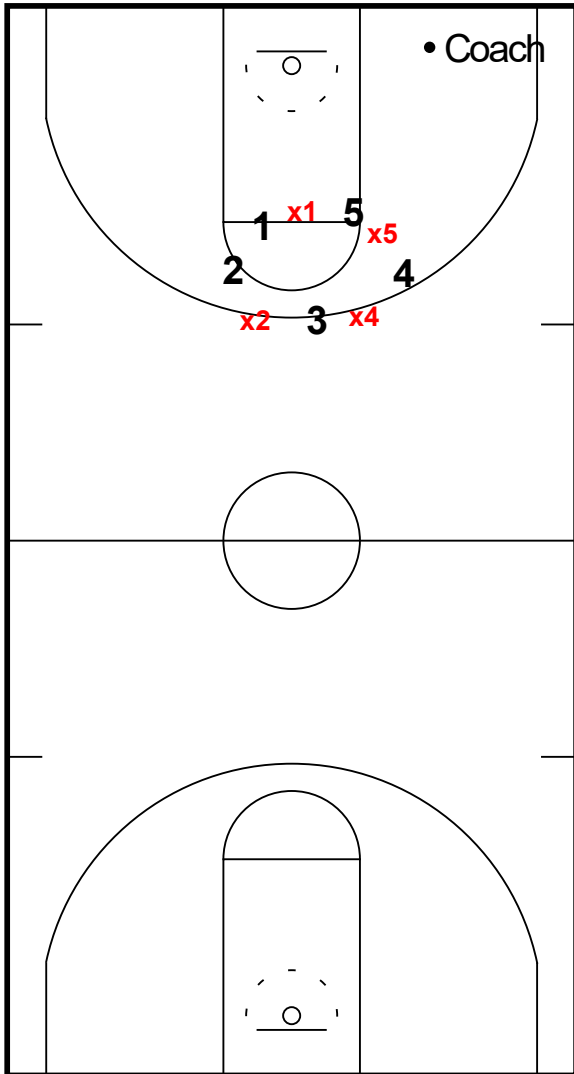


Defense sprints out of trap
X2 and X5 sprint back to form 2 man umbrella

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

Circle Drill

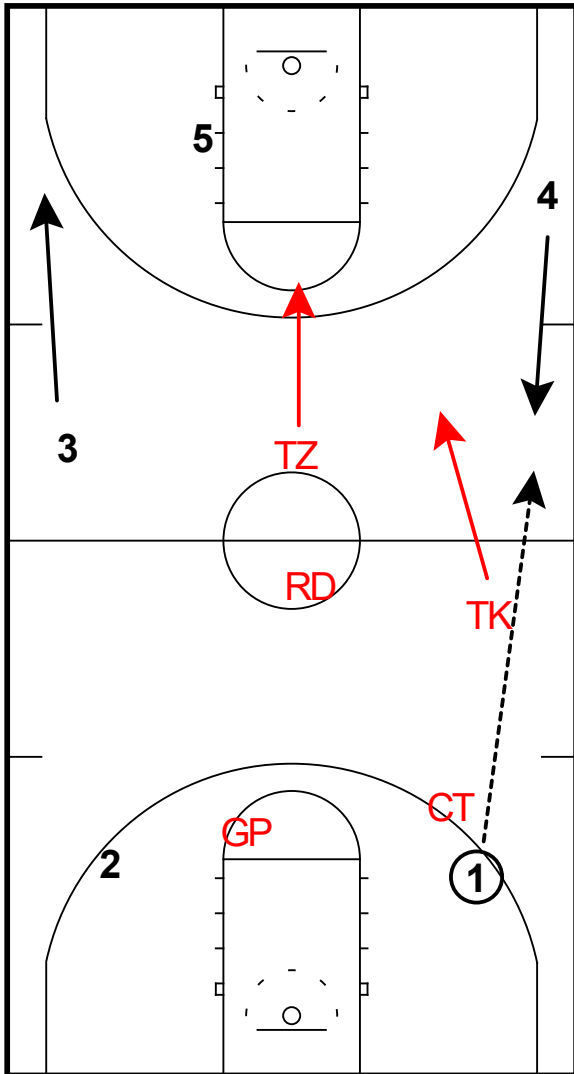


Offense and defense run in a circle until coach yells "Live"
Coach passes ball to inbounder
Defense gets lined up in 2-2-1
Offense can try different alignments to confuse defense

2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

2 Man Umbrella

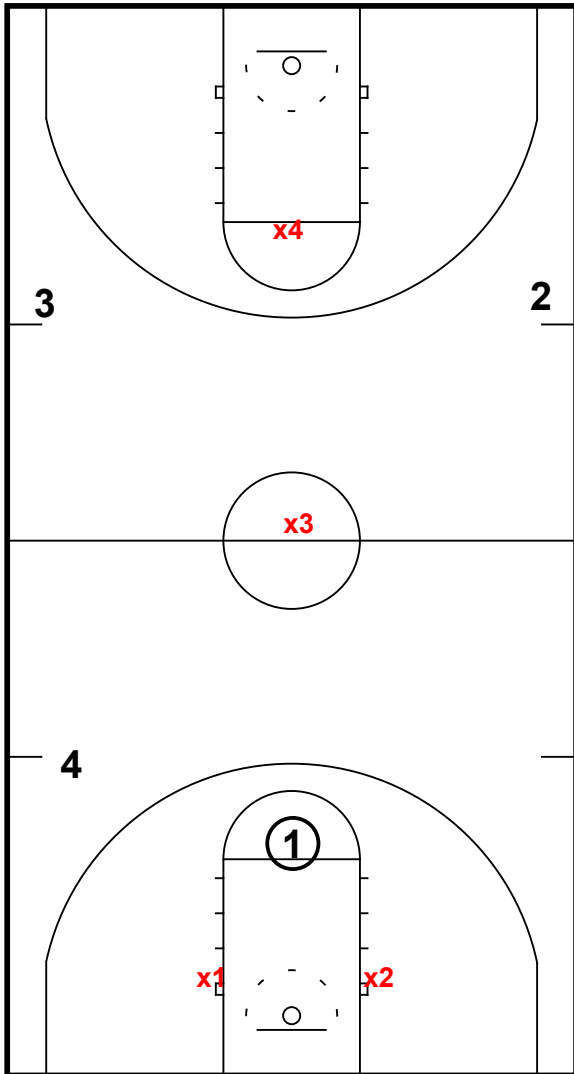


When you only have a 2 man umbrella you allow easy lay ups and transition 3's

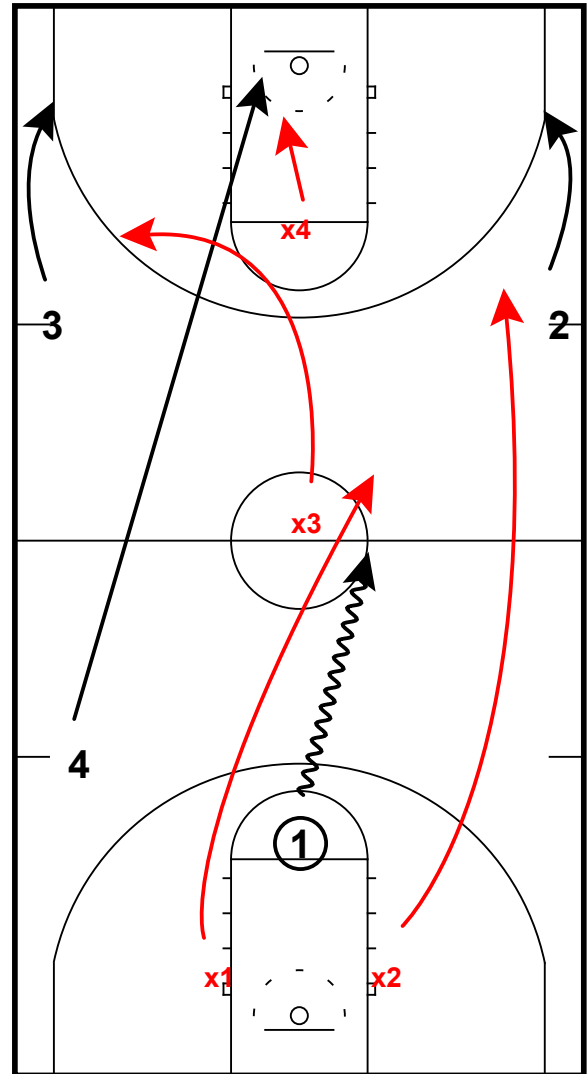
2-2-1 Press: The Press that created Dribble Drive Offense

Break Down Drills

Umbrella Drill



Umbrella Drill



When pressing you will experience a bad beat
 This drill focuses on getting to the spot up shooters in transition

1 starts with break out dribble
 1 cannot pass until they cross half court
 X1 turns ball handler
 X2 covers right side of umbrella by picking up 2
 X3 (Reader) covers 3 on weak side of floor
 X4 has paint coverage
 The goal of the defense is to have a 3 man umbrella