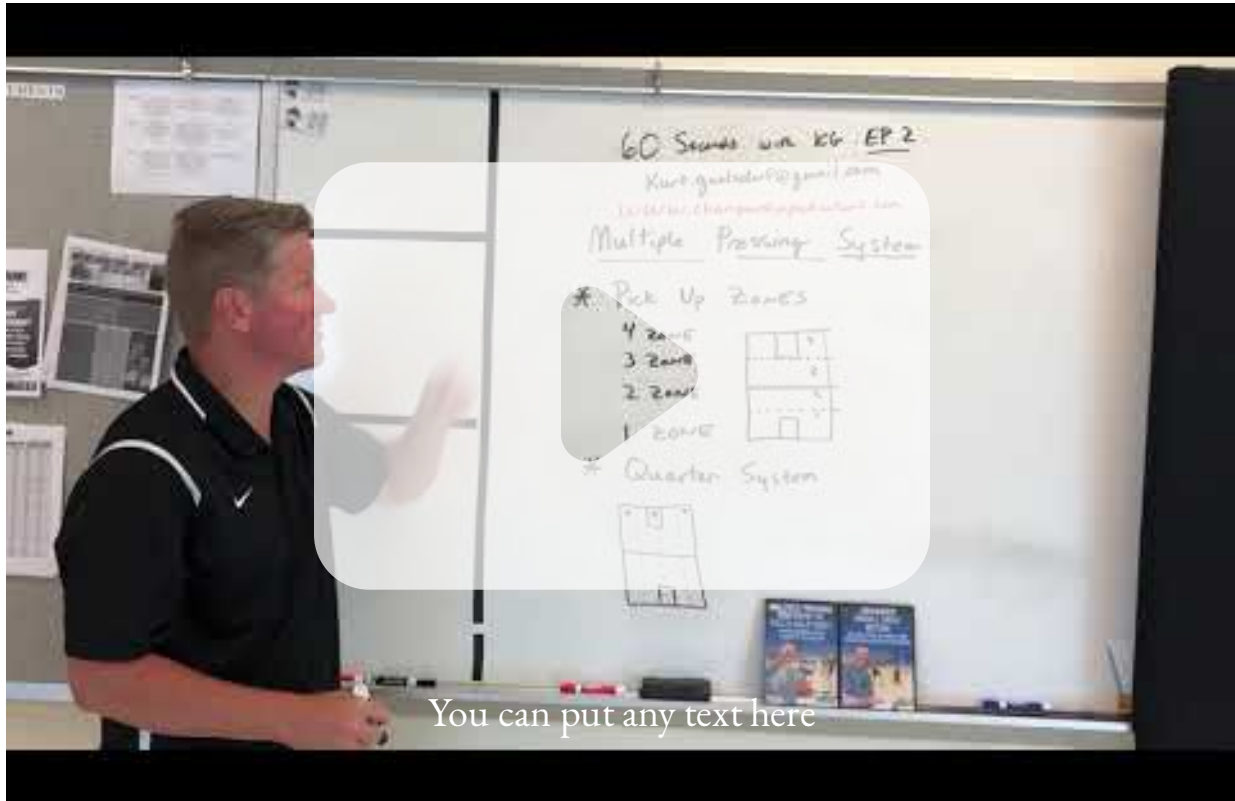


EPISODE 2: 60 Seconds with KG! Multiple Press System



Topic: Full court pressing concepts

Using pick up points and a quarter system to improve teaching/understanding of press concepts.

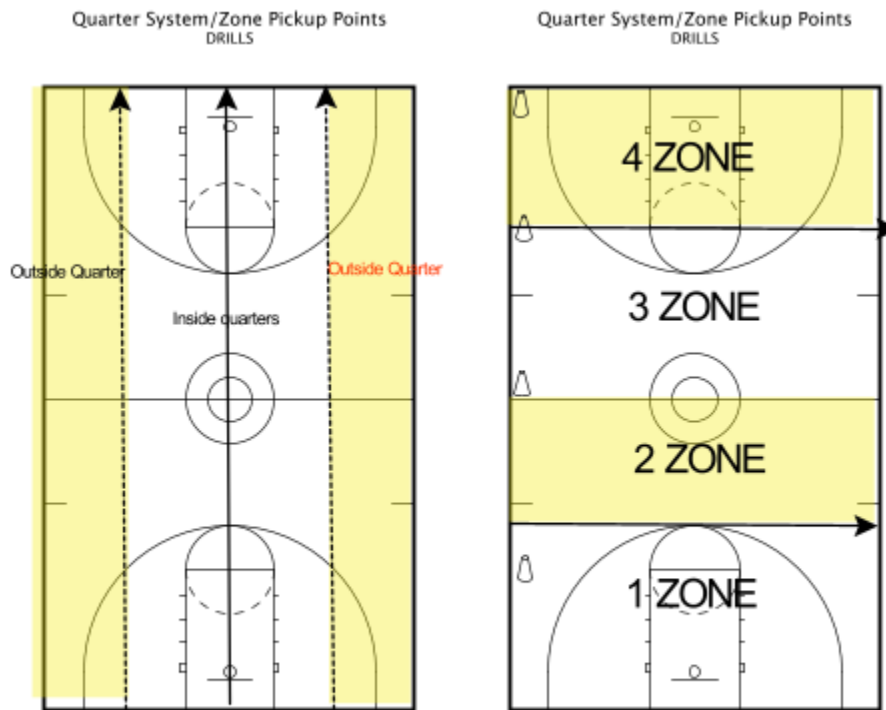
KEY TEACHING POINTS: Teaching players the different pick up points allows you to adjust presses on the fly. The quarters keep your press loaded to the ball side, forcing it to the outside where traps can occur.

- Pick up points: 4 = full court 3 = $\frac{3}{4}$ court 2 = $\frac{1}{2}$ court 1 = 3pt line
- Court broken up into quarters. All 5 defenders should read the ball.
- Outside quarter all 5 players are on that half the floor. Inside quarters all 5 players are inside 2 quarters.

Diagram 1: Pick up points and number system

EPISODE 2: 60 Seconds with KG! Multiple Press System

Diagram 2: Quarter system for positioning



Quarters: Use volleyball lines if using HS floor. Ball outside all 5 players on that half the court. Inside quarters all 5 players inside quarters.

Pick up points/zones.