

Giving and Taking Pressure

Footwork

- Forward and reverse pivots in a low basketball stance
- no ball – add ball
- Dribble jump stop various pivots

Reference video: [Using Progressions to Teach Skills - Kirby Schepp](#) – 13 mins to 28 mins

Swing/Rip Drill

- Rip the ball below knees
- No foot movement/pocket to pocket - ear to ear - O & D – D hands track ball
- 1v1 - offense starts with 3 dribbles into a jump stop, defence follows, bodies up, offence executes 3 forward pivots, dribbles away, repeat 3 times, switch roles, defence chest in hands out, offense rip/swing
- With a partner on the 3-point line, back to basket, toss and rip, square up to defence - offense jab step and cross step/defence must step in if the offense is standing high, rip/swing to get space
- Aggressive rip against pressure /defence gets chest to ball/step in on a tall offensive player

No dribble games

Small or large area depending on ability.

Keep ball 3/4/5 v 3/4/5

- 6 passes and change - no score
- Full court - score with a pass over the end line
- Half court - score with a ball reversal or pass into the key
- Full court basket scores - 7 defence v 5 offence - 2 defenders to the ball/traps

Coaching focus - aggressive defence, body up pressure, hands out and up aggressive offense, pass and cut, 3 step bump to get open/v cut to open for a pass, show hands, catch and rip to create space.

Reference video: [3 Drills To Improve vs. Pressure Defence - How To Handle Pressure, Traps, and Presses](#)

Progression

Press Break - full court man to man

Defence - full Court man to man press defence

Focus offense - go to spots, get open, moving away and back to the ball, catch and rip/swing

- 5/4 bring the ball in at the side of the basket, closest to ball
- 5/4 set a screen for 1 to the ball, 1 can go long to mix the play
- 1 use screen to get open
- 5/4 screener goes away to the middle and back to the ball
- 5/4 on the pass to 1 goes opposite and level with the ball for reverse pass
- 2/3 get open on wings from stack and come back when the ball looks at them

