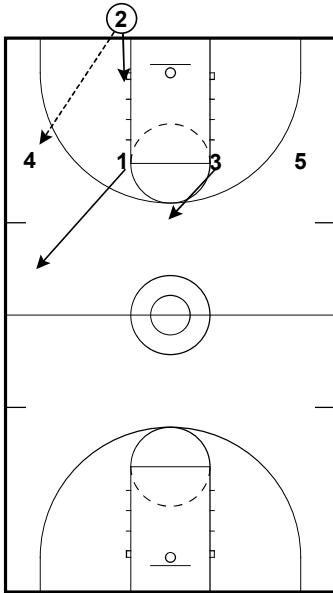
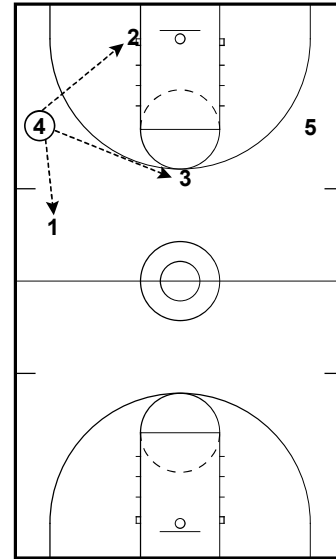


Press Break

Press Break 1-4
Press Break



Press Break 1-4
Press Break



Goal is to get ball in to the 4. 4 looks for 1 cutting through to the sideline. If not open, looks for 3 at the top of the key. If not open, then reverses it to 2 who steps in after passing it in.

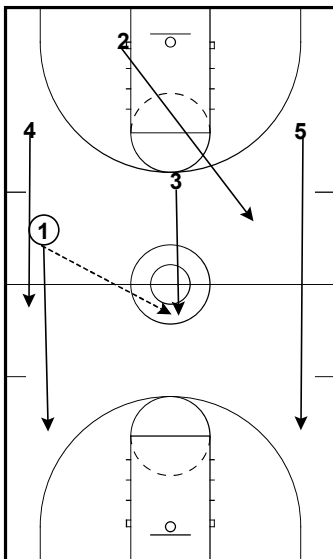
Coaching Tip: Key is to make the first pass quick to avoid getting trapped and make the defense chase.

4 is looking to pass the ball to 1, 3, or 2.

If the ball goes back to 2, then 2 can dribble to across the lane to pass to 5.

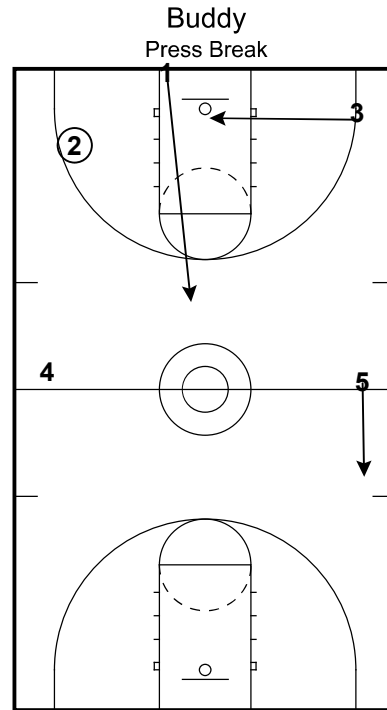
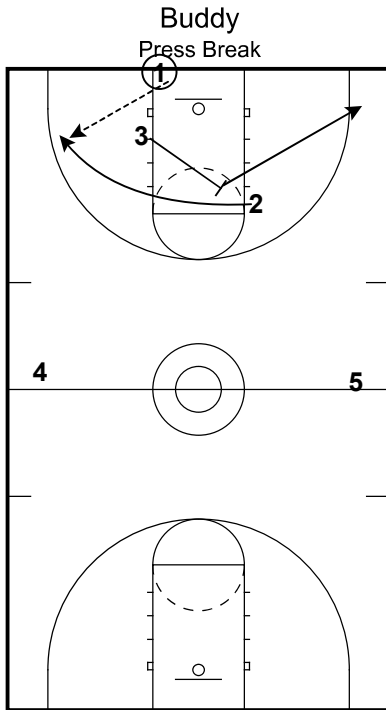
5 is then looking for 3 up the sideline or for 1 coming to the top of the key area.

Press Break 1-4
Press Break



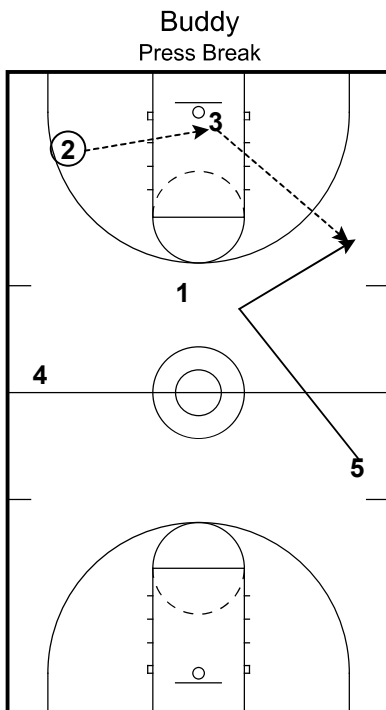
Advance the ball to the middle when possible and attack in what should be a 3 on 2 situation.

Press Break

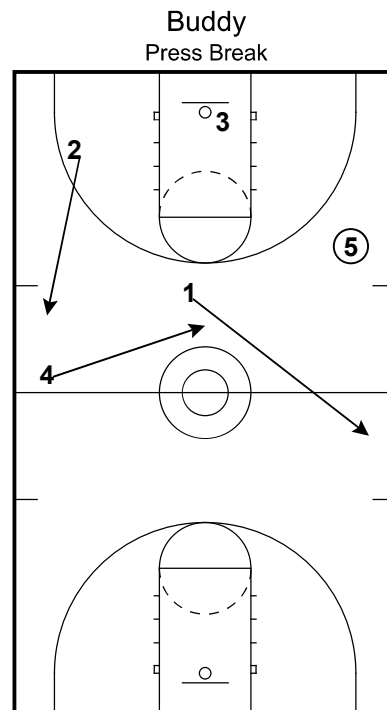


Regular Press Break Set-up except point guard takes the ball out of bounds: 3 will diagonal screen for 2 man and 2 man has the option of going high or low off the screen. The 3 will always break opposite the 2 man.

After passing to either the 2 or 3, the point guard immediately cuts hard down the middle of the floor for a quick return pass. This is effective against teams that trap the first pass in either man or zone.



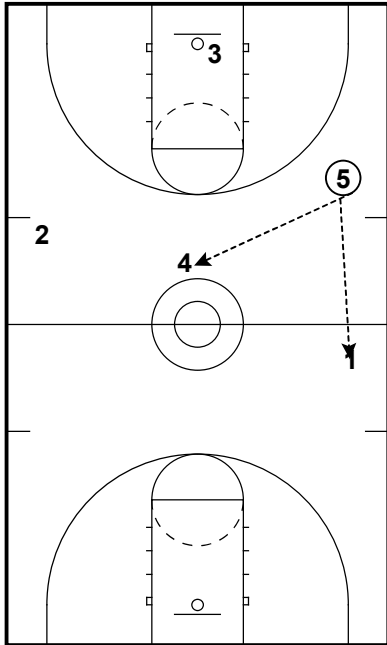
If the point guard is not open on the cut, then the ball is reversed through the 3 man and then to the post player 5 flashing sideline.



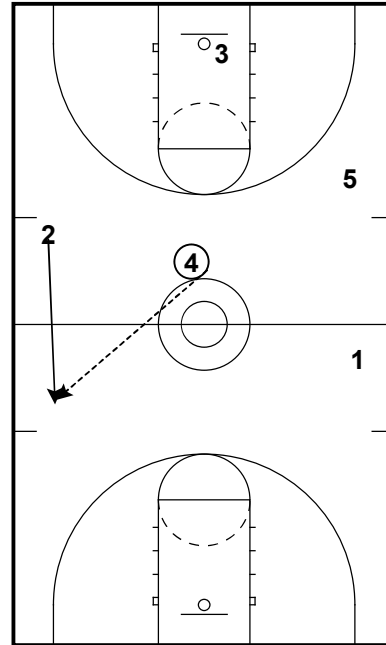
When the 5 man catches his reads are sideline, middle, or reverse it again. The 4 flashes middle, the point guard flashes sideline and the 2 player sprints wide and becomes throw over option.

Press Break

Buddy
Press Break



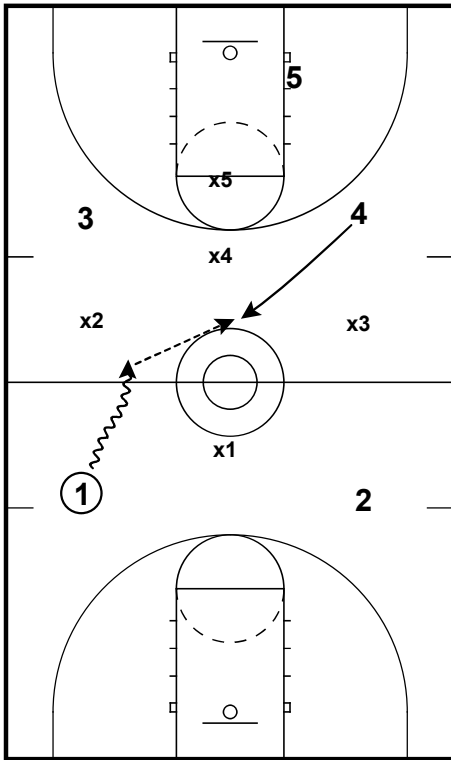
Buddy
Press Break



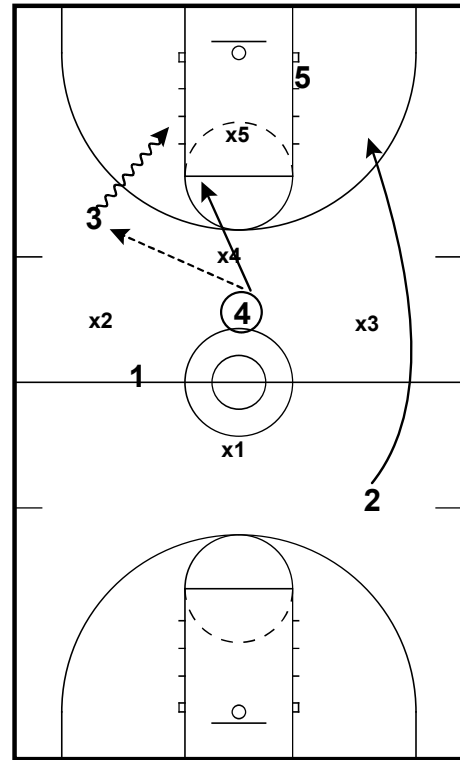
If the ball is passed middle, the receiver immediately looks to pass it opposite for a potential (2 vs. 1) against the defense.

Press Break

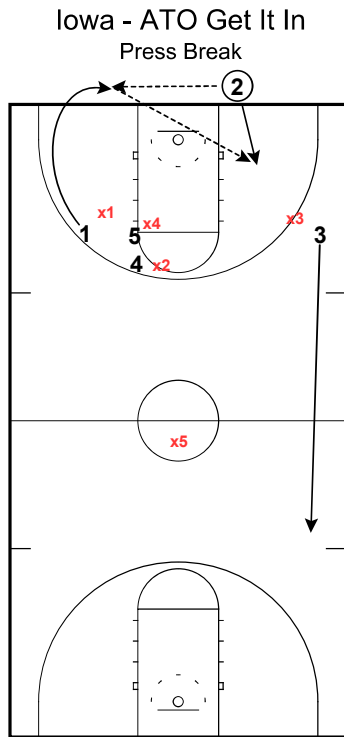
Half court trap offense
Press Break



Half court trap offense
Press Break



Press Break



3 clears the area while 4 and 5 stay put. 1 sprints out of bounds for the pass and 2 steps inbound to receive the pass back.