

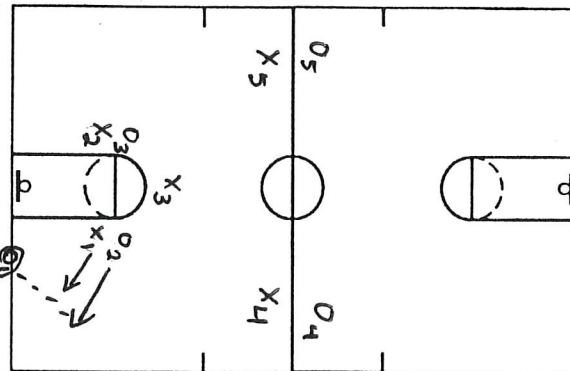
BLACK T AND WHITE T

Black T and White T are our two “run and jump” presses. They are very similar in design and execution, but they both require a lot of patience and time to develop. As a coach, I must have these two things plus the ability to teach it properly in order for this type of defense to work.

As a player, there are many things that you also need to make this kind of defense work. Number 1 is heart. You have to have the desire to work harder than you ever had before on defense for this to work. Communication is the second thing you need to make these defenses work. There is no set pattern to these defenses, so everyone must communicate and be on the same page as much as possible. You also have to have intelligence. You have to have a good basketball I.Q. to make Black T and White T work. You also must be teachable, and you have to have the ability to think quickly and react in a split second.

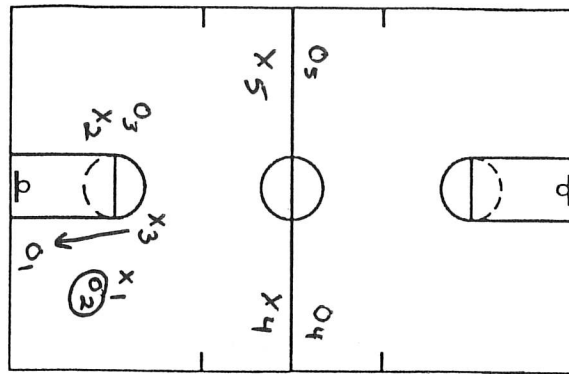
An extremely important tool to make Black T and White T is to maintain an extremely high intensity level before we can make things work. We also need to have our basic man to man principles down before we can properly execute anything. Our man to man defense is the bread and butter to our program, and we have to be able to stop someone in the half court before we extend to a trapping full court defense.

We began with the traditional two guard front matched up in Black T. We want to do a variety of things. First, we want to make it as hard as possible for the opposition to inbound the ball. The fronters (X1 and X2) deny the ball, and the centerfielder (X3) will deny the lob pass over the top. Second, when they do get the ball inbounded, we must stay between them and the basket. If we can't get the steal, then we let them have the ball in and prepare to put a tremendous amount of ball pressure on the ball.

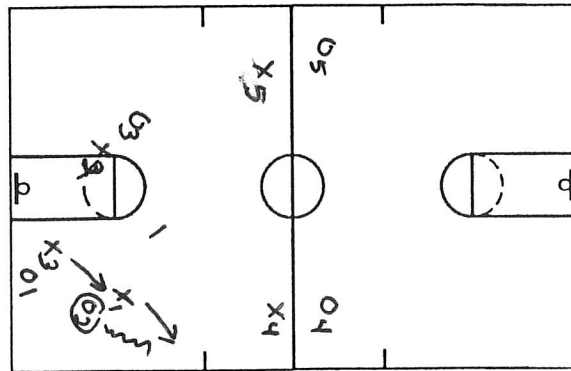


When the ball is inbounded, we have to be sure to match up as quickly as possible. The sooner we match up, the easier it is to get an organized rotation out of our press.

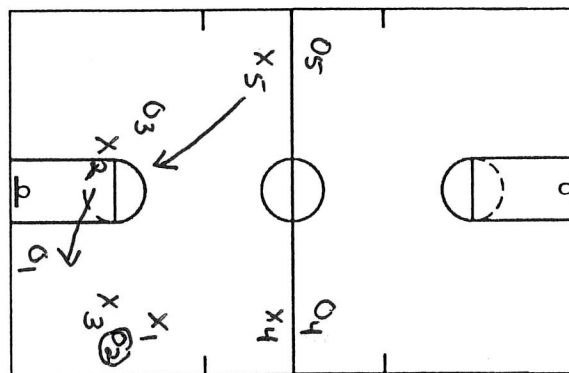
If the ball is inbounded to a guard, we then prepare to rotate on defense. If the ball is inbounded to a post, we then prepare to stay straight Black. The fronter (X1), who is now on the ball, tries to push the ball handler to the sideline. When we say sideline, we mean they get the initial dribble to the sideline, but we have to beat the dribbler to the next spot. If we don't turn the ballhandler back into the defense, then we can't run this type of defense.



When the ballhandler begins to go sideline, the fronter (X1) is trying to make the defender turn back into the defense. As the ballhandler goes sideline, the *next closest defender on the back side* (usually X3) begins to rotate to trap the ballhandler. Everyone that is on the strong side of the court (X4) must stay with their player, because it is much easier to see the open person in front of them instead of the person on the side or behind them. "Strong side stays!" is a common phrase heard in our practices.



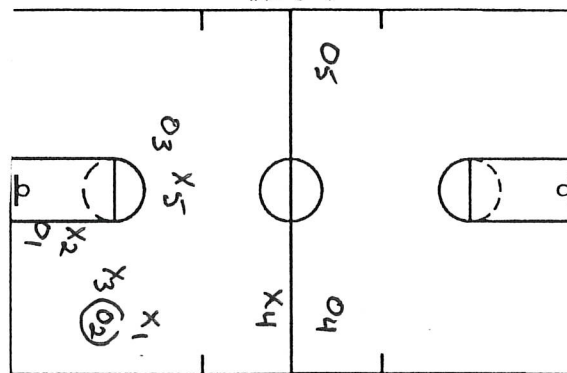
After this person rotates, everyone else rotates, leaving the person farthest away from the ball open (O5). Most of the time this person will be referred to in practice as the *opposite long*.



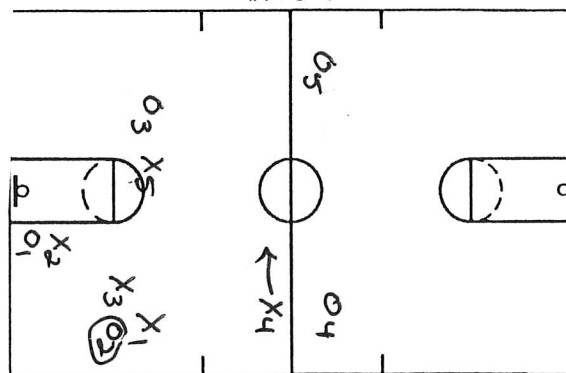
As the rotation begins, the person who is defending the person (X1) on the ball becomes the most important person in the defense. If this person doesn't beat the ball handler to the sideline, then the defense will break down and the opposition will get advantage breaks and easy opportunities at the basket.

The person on the ball beats the ball handler to the sideline, forcing the ball handler to reverse dribble, spin dribble, or pick up the basketball. We have accomplished our main goal, which is to force the opposition's primary ball handler (O1) to give up the basketball.

As the ball handler picks up the basketball, the defense rotates to the next person. We don't rotate to deny the pass to the next person. We rotate to an "anticipation" position, trying to read the passing lanes and create a turnover on the pass, not on the ball. We do this by reading the passing lanes and reading the eyes of the ball handler. This is where the basketball I.Q. comes in to play. The rotating defenders have to read the eyes of the ball handlers and make the steals as the ball handler tries to escape the trap. One very important thing to remind your players is when they decide to rotate, **there is to be no hesitation!** Once your defender decides to rotate, they must go! Better to make an aggressive mistake than a hesitating mistake, because you can still make something happen if you are aggressive.



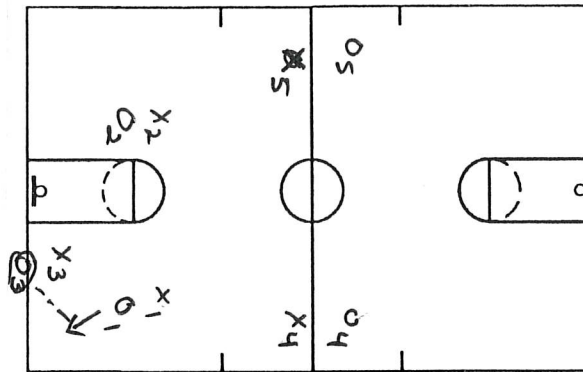
If the ball handler passes out of the trap to someone behind her, the person who rotated on the ball (X3) first now goes to trap along with the person who rotated to that person. While they do this everyone else stays with their person except for the back person (X4), who must find a middle area between the person they were guarding and the opposite back person.



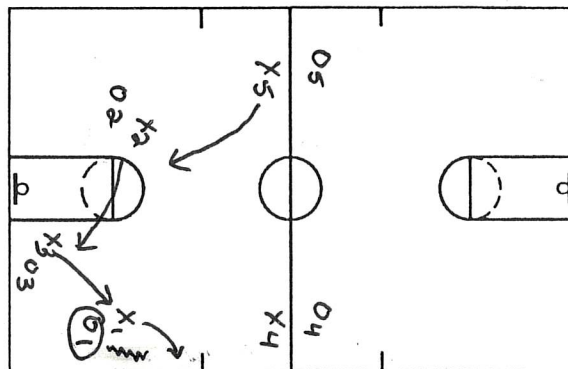
If the offense passes out of this alignment, everyone should match up with someone and defend in the halfcourt. By this time the offense usually has advanced the ball close enough to the basket to so that one pass could lead to an easy score. If you have a team that has excellent communication skills and athleticism, you may attempt to keep trapping if they can make up the ground quick enough so that the opposition doesn't score.

White T is almost the exact same press except for a different initial alignment. The centerfielder in Black T (X3) will now guard the ball out of bounds, while the two fronters now will play behind the guards, letting the offense get the ball in-bounds. We will sacrifice denying pressure to make sure that the offense doesn't get a cheap

basket because we are overly aggressive on our denial. The back row people stay in front of the back people.



When the ball is inbounded, we still force the basketball to the sideline, like we did in Black T. Everyone is now matched up, and when the offense begins to dribble, we can now rotate and attack the offense.



This is a short explanation of our Black T and White T defenses. They are an extremely effective defensive system if you have the skills that are listed at the beginning of this handout. As a coach you must stay patient with these defenses and be willing to sacrifice a lot of practice time in other areas in order for this type of defense to work. Once in place, this becomes a great weapon for your program, and I truly believe this system could be the difference between an average team and a good team.

the run-and-jump defense



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The *run-and-jump* is a rotating man-to-man defense which, while more conservative than a zone press, affords many of the same opportunities for interceptions. It is very much a man-to-man defense. However, there is no set assignment after the first run-and-jump occurs, and any one defensive man may be guarding another offensive man.

It all began, as far as I am concerned, back in the 1952-53 season at the University of Kansas. We were in true pressure defense, as outlined by Dr. Phog Allen, our head coach, and Dick Harp, his assistant. We had won the NCAA Championship in 1952 because of the excellent play by our center, Clyde Lovellette, and a pressure defense which placed the defensive man between the ball and his man rather than the man and the basket, which was typical in those days.

One of our players during those years was an extremely competitive athlete by the name of Al Kelley. Al did not play regularly as a sophomore in 1952, but I do remember that none of our players wanted Al guarding them during practice. Al was very aggressive. In fact, to the best of my knowledge, he led the nation in personal fouls as a junior in 1953.

It was in practice that I remember Al guarding a defensive man one pass away from the ball. A guard began dribbling in his direction. Instead of supporting to help out on the dribbler, Al left his man completely to take the ball away from the dribbler about ten feet away. Of course, the man guarding

the dribbler automatically reacted by picking up Al's man, although he was probably upset with Al for not doing what he was supposed to do. However, Dick Harp, the assistant coach, actually congratulated Al for making things happen, even though he fouled the ball handler when he surprised him.

Many times, from that point on, Al would make the dribbler charge him, or the dribbler would pick up the ball and throw it out of bounds. Al was the only player who could do this, although several of us decided it would be fun to surprise the dribbler. It was all part of our basic man-to-man pressure, and was not used as a separate defense at that time. This is how the run-and-jump came into being, as far as I can remember.

If we had stopped to think about it back then, we would have labeled the play the *run and surprise*. That is probably an even more appropriate description of its intended effect.

Morgan Wootten, the highly successful basketball coach at DeMatha High School in Washington, D.C., liked our run-and-jump defense and instituted it at DeMatha. He called the defense "the blitz", which is perhaps better terminology.

We used the run-and-jump sparingly at the University of Kansas. However, in 1953, when most of the team was lost to graduation and we were very small, our coaches felt we might be able to make the defense our true offense. We would take the action defensively and make the offense react to us by doing so-called *stunting*, as football teams do. Keep in mind that this was during the early 1950's when teams either zone pressed or played a straight man-to-man press. Our relatively short team, with 6'2" and 6'1" forwards, managed to win the Big Eight Conference (after being picked to finish low in the Conference) and lost to Indiana by only one in the NCAA Finals.

Coach Bob Spear had seen the 1953 finals and was impressed with the Kansas pressure defense. He wanted to know more about it when I joined him as his assistant at the Air Force Academy. Our Air Force Academy team was extremely small and we needed to do things defensively instead of sitting back and letting the offense handle us. The man-to-man pressure defense, incorporating the run-and-jump, became one of our primary defenses at the Academy in the years that followed. It was during this period that we first used the run-and-jump as a full-court defense occasionally. Prior to that time at Kansas, it had been used strictly at half-court out of our basic pressure defense.

When I first assumed the head coaching position at the University of North Carolina, we again were very small, but did have three very quick guards in Larry Brown, Donnie Walsh, and Yogi Poteet. All three picked up the run-and-jump quickly and executed it well. Their success with it encouraged the forwards (who were sometimes really guards in size) to enter into it any time a dribbler approached them.

In fact our players enjoyed it so much during those early years at North Carolina, it eventually created a problem for us. Up to that point, the run-and-jump was not a separate defense, but part of our basic pressure

defense. Our players were given the freedom to use it at any point on the court they felt they could surprise an approaching dribbler. However, since surprise is important to the run-and-jump, its effectiveness tends to diminish when it is used too often. When our players become too keyed up over the play, we finally had to do something to cut down on its frequency. We did this in 1965 by making it a separate signaled defense.

The only major change effected by this step was one of control. The 30 defense is still generated from our basic man-to-man alignment. However, we can now take advantage of the surprise element a little more effectively by preventing its overuse. Our players also can anticipate more easily the Rotation (picking up the open man) as a result of the defense being signaled.

uses and advantages of the run-and-jump

Although we now use the "Run and Jump" as a separate defense, we should point out that its main purpose (along with our 40 and 50 defense) is to show the offense a different look. As we indicated in our philosophy of defense chapter, these secondary defenses in our multiple system are used *primarily* to support our basic man-to-man pressure attack. When they work well for us, it is usually because our opponents are more disconcerted by the change than necessarily overcome by their quality or execution. However, the run and jump does offer some other advantages in addition to giving the offense another look.

To begin with, it is hardly a passive-type defense, but one that very definitely initiates the action on defense. Therefore, when successful, it tends to prevent opponents from organizing their planned attack. When a defensive player leaves his man completely to run and surprise the dribbler, it is going to result in *some* type of reaction on the part of the offense. If the move achieves maximum success at that point, the ball handler could either charge the defender, walk with the ball, or lose it on a steal. If we succeed in making the ball handler pick up his dribble, we then would try to press him and cut off his outlets. If we do not prevent the pass, we might still be able to offset offensive organization by forcing the ball handler into a pass he didn't intend to make originally. The run-and-jump usually gets things going and for this reason it can be used to advantage against ball-control teams or to speed up tempo. When this is our purpose, we will sometimes run-and-jump in the full-court even if we do not have the strong element of surprise going for us.

Another time we may run-and-jump without a complete surprise would be to make the other team's best ballplayer give up the ball. During the years we played against David Thompson, the great All-American from NC State, now with the Denver Nuggets, we would tell our players to leave their man if Thompson started dribbling toward them, even if we were in our straight man-to-man defense. By doing so, we would make Thompson give up the ball. We then attempted to keep him from getting it back. We realized that the man

to whom he passed may have a good shot but, at least Thompson was not the one hurting us. He was their team's best shooter so, by using the run-and-jump, we perhaps could make someone else shoot the ball, instead of their star player.

The run-and-jump also can be an effective defense to use against a team that likes to set screens for the dribbler at the point of the ball. These screens often can be offset by having the screener's defender run-and-jump the approaching dribbler. Therefore, a screen never should be able to be set at the point of the ball unless the screen is set before the ball handler begins his dribble.

As a catch-up defense, the run-and-jump has a lot going for it as well. This, of course, would be true of any aggressive defense that is designed to maximize opponent turnover.

One final advantage of the defense is the fact that most players seem to enjoy it greatly. The run-and-jump is a fun type of defense. Consequently, the players usually go at it with much effort and enthusiasm.

weaknesses of the run-and-jump

The run-and-jump is very much a gambling-type defense. We sometimes like to characterize it as a defense that gives the thrill of a zone press while maintaining the advantages of the more sound man-to-man alignment. Hopefully, this is true most of the time. There are, however, those vulnerable few seconds when the defense is somewhat in limbo, when it is neither man-to-man nor zone by strict definition. This is the phase of the defense when the players must quickly rotate as their teammate jumps the dribbler. As we'll point out later, we have no set rules to determine who picks up the open man during the rotation. Sometimes confusion occurs, which can work to the advantage of the offense. When this happens, the defense can get hurt by an open fifteen-foot jumper. This should not occur frequently, however, if the man jumping the dribbler succeeds in surprising him and then works to block his view of possible outlets.

Defensive rebounding could pose some problems. True, we are defending man-to-man essentially, which gives each defender a man to box out. However, we can get caught behind an opponent while rotating. A possible mismatch resulting from a switch in assignments could also hurt us under the board. These possibilities, however, are countered somewhat by the likelihood that our opponents may not be as well prepared for offensive rebounding as they intended. Since the run-and-jump is designed to take the offense out of its usual game, the shot often comes up unexpectedly without the usual built-in offensive board protection.

Some college coaches, after implementing the run-and-jump, have indicated to me that it tends to make the players careless in their execution of the team's basic defense. I think there is merit to this criticism. As we said initially, the run-and-jump is strictly a gambling-type defense. Players are

record and, much to Coach Greynold's credit, Barberton won the 1976 Ohio State Championship with some very small but active players.

run-and-jump at the pro level

Judging from the above, one might think that the highly proficient ball handling seen in the pros would rule out the run-and-jump as an effective defense at that level. Surprisingly, the defense has made its way to the pros with some degree of success.

Larry Brown introduced our run-and-jump defense when he took over as head coach of the ABA Carolina Cougars in 1972. Larry had served as an excellent assistant coach to me during the 1966-67 seasons after playing the run-and-jump as a player in 1962 and 1963. He knows the defense as well as anyone and has great teaching ability, which he employs now at UCLA.

I have to admit I was doubtful initially that the run-and-jump would be successful against some of the outstanding ball handlers the Cougars would be up against. Larry believed it would work, and the defense was effective at that level. Its success may be due to the pride or *ego* on the part of some professional players who are reluctant to give up the ball, which offsets their super ball handling skills. Larry used the defense to make the super player give up the ball by running at him. In addition, he made tremendous use of the run-and-jump to speed up tempo and get the opponent to put up the shot more quickly. He taught me that the run-and-jump, at the pro level, should be used only at certain times and could not be used throughout the game.

run-and-jump in the full-court

To begin our diagraming of the run-and-jump, let us assume that we will be picking up the offense at three-quarters court. The quarterback signals the run-and-jump. We are now in 33 defense: run-and-jump at three-quarters court. Keep in mind, however, that the run-and-jump can be used at any point on the court, and at times other than following our field-goals.

If we call for 33 defense, we continue to use the run-and-jump throughout that particular possession of the opponent. Even if the opponent shoots and gets the rebound, we stay in our 30 defense. The same would hold true if we begin in 32 defense, which means that we would be picking up the offense at half-court.

A problem that might occur at this point is the possibility of the opposing quarterback stealing the defensive signal, thereby negating the surprise aspect of the run-and-jump. Certainly, it could happen, but it's really not a serious consideration for the defense. In the first place, the quarterback on offense is usually preoccupied with becoming an outlet for the in-bounds pass. As such, he usually has his back to the defensive quarterback. Secondly, most

coaches, myself included, would not want to burden their quarterbacks with the additional pressure of spotting and interpreting defensive signals.

Diagram 13-1 picks up the action after the in-bounds pass has been made to #1. At this point, our players are in the same position on defense as they would be if the quarterback had signaled either our 20 or 40 defense. This helps us disguise our defensive attack. *In fact, if no dribble occurs and the ball stays in the air, we remain in 20 defense (straight man-to-man).*

Diagram 13-1

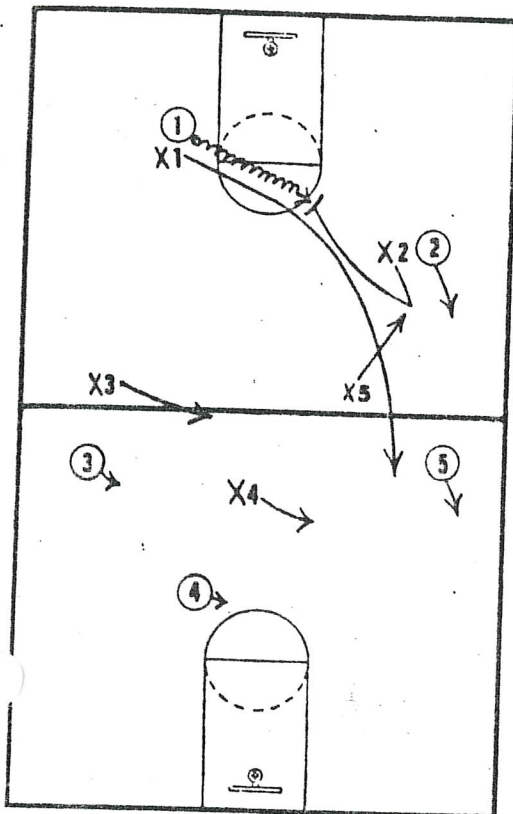
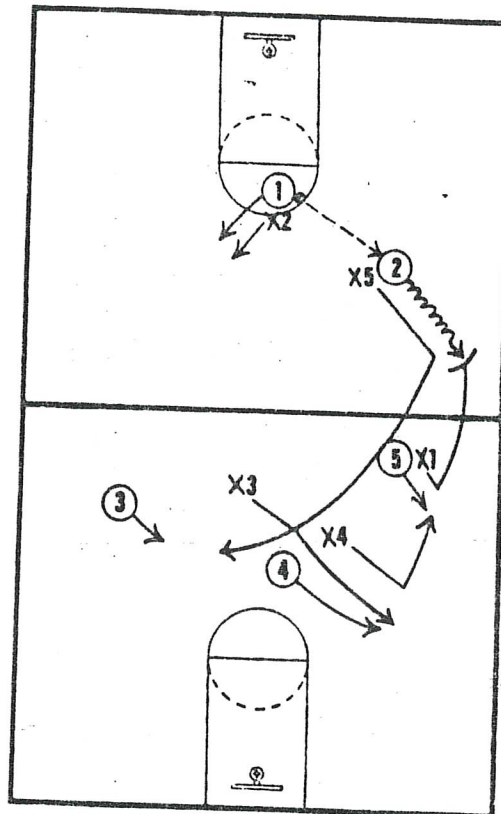


Diagram 13-2



Except for X1, we want our players staying as far from their offensive men downcourt as possible without jeopardizing their ability to recover if #1 were to throw long. Each defensive player guarding his man without the ball plays between the ball and his man as in 20 defense. X1 plays #1 very tight. Good pressure here is important so that #1 doesn't have the opportunity to find the open man. We want the ball handler putting the ball on the floor.

X1 then has the job of making #1 move downcourt at a forty-five degree angle. We are less concerned with the direction #1 takes than we are with preventing him from beating our defensive man handily. In Diagram 13-1, #1

dribbles lefthanded in the direction of #2, who begins to clear out. X2 follows #2 part of the way, but then realizes he has a good chance of surprising #1. X2, therefore, runs-and-jumps (runs and surprises) on the outside shoulder of the dribbler.

THE ROTATION

As X2 returns to jump the dribbler, #2 is left unguarded and must be picked up quickly. As we indicated earlier, there are no ironclad rules to determine who will pick up the open man during the rotation. For that matter it is not required, nor even preferable most of the time, that every player join in the rotation. Proximity and judgment will usually determine these factors. The direction of the rotation, however, is determined by the direction taken by the dribbler. If, as in Diagram 13-1, he moves downcourt to his left, players rotating on the perimeter will do so in a counterclockwise direction. The initial defender of the dribbler, however, (X1 in Diagram 13-1), sprints back looking for the open man in a clockwise direction. The reverse patterns are in effect if the dribbler comes downcourt to his right as we will illustrate later.

In Diagram 13-1, X5, anticipating and then observing X2's run-and-jump move, decides to leave his man to pick up #2. X4 could choose to pick up #5. However, in this case, he remains guarding #4, and X3 stays on #3. X1 never breaks his stride. Playing with his back to his teammates, he doesn't know at the outset when his help is coming. Therefore, he plays #1 tight until in his periphery, he spots X2 leaving and surprising his man. X1 then heads downcourt around the perimeter in a clockwise direction to pick up the open man. In this case, it happens to be #5. However, it could have been #2, if X5 chose to stay on #5. It also could have been #4, if X4 moved to #5 on X5's move to #2, and so on.

We usually end up in what really amounts to a three-man switch. Very seldom would there be as many as four different men changing their defensive assignments. The most typical situation is the one diagramed with X1 picking #5, X2 picking up #1 and X5 taking #2. The other most prevalent move is a simple switch between X1 and X2.

POSSIBLE RESULTS OF RUN-AND-JUMP

For the play to end with ultimate success at this point, #1, as a result of being surprised by X2, might lose the ball on a steal by X2, charge X2, travel with the ball, or pass the ball to #2 with X5 intercepting. In Diagram 13-1, we have not accomplished any of the ideal possibilities suggested. However, we have succeeded in making #1 pick up his dribble. At this point X2 is harassing the ball handler. X5 is trying to prevent the pass to #2, who is #1's closest outlet. X1, X3, and X4 are similarly working to prevent the pass to the other offensive players. If the play were to end successfully at *this* point, #1 might attempt a pass which would be intercepted, or take too much time to find the outlet,

which could prevent the ball from getting past the mid-court line within ten seconds.

INDIVIDUAL RESPONSIBILITIES

Before we move on to see what happens if none of the above possibilities occur, let's go back and review the responsibilities of each player in 30 defense using Diagram 13-1 as the example.

1. *Player guarding initial ball handler (X1)*
 - (a) Plays man tight - applies pressure in an effort to prevent ball handler from finding open man. Tries to get ball handler to put ball on floor.
 - (b) Avoids letting the ball handler slice quickly to the middle of the court. The job of the man guarding the ball handler is to encourage him to place the ball on the court with a dribble at a forty-five (or more) degree angle while keeping pressure on the ball. Playing the run-and-jump does not mean a player may let up when guarding the man with the basketball.
 - (c) Stays with his man until he sees in his periphery the run-and-jump man attacking dribbler - then enters rotation looking for open man.
2. *Players guarding men one perimeter pass away (X2 and X3)*
 - (a) First responsibility is to prevent pass from ball handler to their man.
 - (b) When ball handler starts dribbling away from them, they start giving ground in the direction (and to the extent) of the dribble. They are still playing man-to-man, however, and must always be able to get back to prevent a pass.
 - (c) When ball handler starts dribbling toward them, they start thinking about the proper surprise point to initiate the run-and-jump. The correct point to surprise the dribbler would vary. It would be dependent upon the distance from the dribbler and the speed with which he dribbles. For example, if #1 were dribbling very fast, X2 could surprise him from ten to fifteen feet away. If the dribbler was coming slowly, X2 should not leave until he was approximately six feet away.
3. *Players guarding men two or more perimeter passes away (X4 and X5)*
 - (a) Same as 2a above.
 - (b) Same as 2b above.
 - (c) When ball handler starts dribbling toward them, they begin to prepare for rotation. For example X5, in Diagram 13-1, must decide whether to come up and play the possible pass to #2 on X2's run-and-jump or stay where he is and let X1 pick up #2. The decision depends on whether or not he feels he can get the ball, as well as the jump on #2. If #2 decides to break, X5 should go for him.
 - (d) If X5 is 6'10" and not very active, he probably should not make a decision to enter the rotation unless #2 was going all the way to the basket. X5 probably would not want to play #2 whom, we may assume, is a 6'0" guard.

Diagram 13-2 is a continuation of Diagram 13-1 and illustrates that the 30 defense does not necessarily conclude after one run-and-jump play. The run-and-jump option remains in effect throughout the entire possession.

#1, after being surprised by X2, attempts to get the pass to #2. X5 tries to intercept the pass but is unsuccessful. X5 then stays tough on #2, who dribbles the ball toward the sideline in the direction of #5, who is now covered

by X1. Admittedly, we have quite a mismatch here with X1 on #5. However, we have always felt that the temporary mismatch is overrated. A mismatch like this could be brutal under the board, but more often than not, it doesn't get that far. I am convinced the mismatch is overrated from an offensive standpoint and often fails when the offense stops everything to exploit it.

In Diagram 13-2, X1 chooses to run-and-jump the new ball handler, #2. The rotation begins again. This time, X4 picks up #5, who is the offensive player initially left uncovered as a result of the run-and-jump. X3 picks up #4 and X5 comes around the perimeter to take #3.

RUN-AND-JUMP IN THE HALF COURT

Suppose now that #2 gets the pass off to #5, or for that matter to any of the other offensive players. Does the run-and-jump option terminate now that we're in the half-court? Definitely not! In fact, we believe the defense can be even more effective in the half-court.

The only difference between the run-and-jump in the half-court as compared to full-court relates to the element of surprise. The closer the opponents get to their basket, the closer the man running and jumping should be to the dribbler before he starts his move. At the same time, however, the distances between the players in the half-court are much shorter. Consequently, there are more opportunities to surprise an opponent three or four steps away. Close to the basket, the offensive player tends to speed up his dribble thinking of a driving lay-up which enhances the run-and-jump move.

Let's continue the action of the previous diagrams into the half-court. We'll attempt to illustrate how the run-and-jump can be an effective means of stopping the dribbler who thinks he has a good one-on-one move on his opponent. You will also notice some more *matching back up* on the part of the defense as the opponent gets closer to the basket. We'll pick up the action in **Diagram 13-3** on the assumption that the ball has been passed around a few times and some movement has occurred on the court. Each of the players, however, is still guarding the same man he had at the conclusion of the last rotation since no dribble has occurred.

#4 has the ball about fifteen feet from the basket as the other offensive players attempt to clear out for him. #4 thinks he can beat X3 and begins his drive to the basket. X4, however, suddenly crosses the lane to run-and-jump #4. This should be a very effective surprise since, admittedly, it does take courage for X4 to leave his man that close to the basket. As #4 starts his dribble, X5 begins to rotate back in front of #5 and X2 comes back in front of #3. X1, of course, tries both to play #4 and the baseline. We allow X1 to double-team #4 with X4 temporarily.

LINE-OF-BALL PRINCIPLE IN 30 DEFENSE

In **Diagram 13-4**, #1 begins his right-handed dribble down the opposite side of the court. In this case, #2 decides to remain back to serve as a possible outlet

for #1. X2, however, continues his move forward in the direction of #1's dribble. If #1 wishes to pass back to #2, we let the pass go as per our *line of ball* principle covered in 20 defense. Should #1 pass to #2, X2 would come back to press the new ball handler while the next closest defensive player (depending on the direction #2 takes) would look for the opportunity to surprise #2.

In Diagram 13-4, X3 runs-and-jumps #1. X4 picks up #3, who takes off looking for the pass from #1. Since #1, dribbling right-handed, moved upcourt to his right, the rotation in Diagram 13-3 is in a clockwise direction around the perimeter. X1 comes back in a counterclockwise direction looking for the open man.

Diagram 13-3

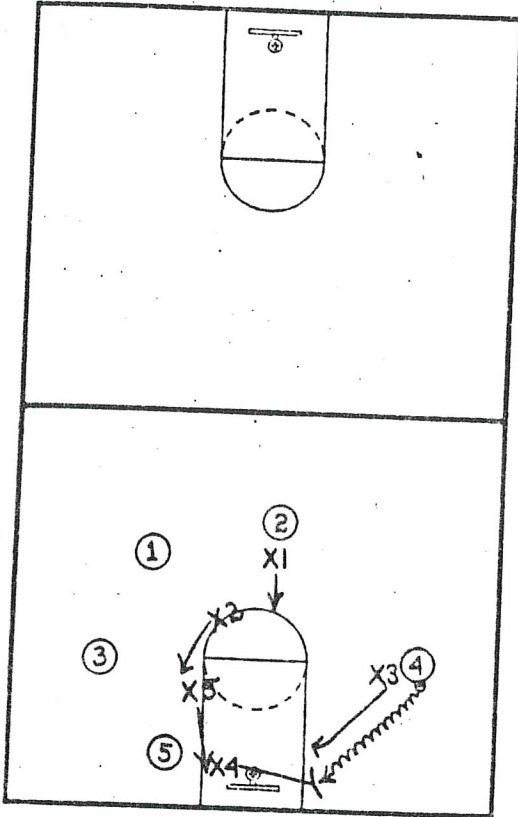
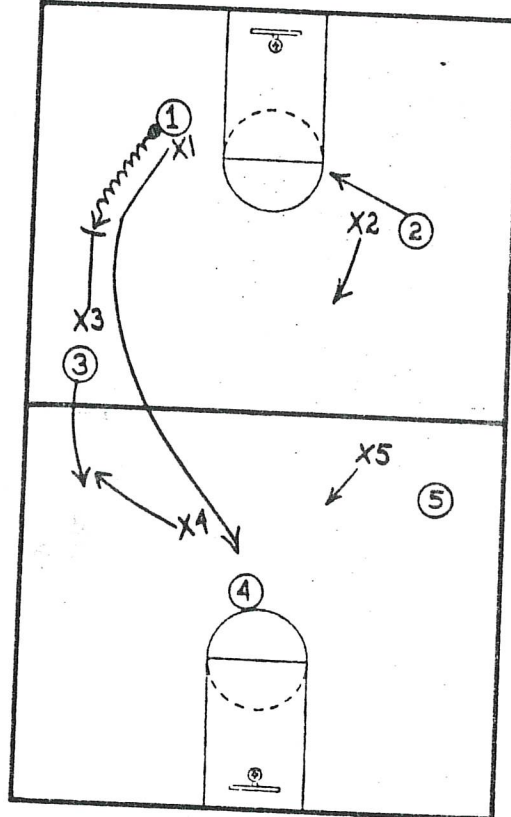


Diagram 13-4



In Diagrams 13-1 through 13-4, we have illustrated the run-and-jump defense against an offense that moved the ball around the perimeter exclusively. The perimeter in these diagrams is that oval or circular shape that would appear if a line were drawn from one offensive player to the other.

One might question at this point what we would do if the ball handler managed to break into the middle despite our efforts to move him downcourt

at a forty-five degree angle. Would the run-and-jump still be in effect? Yes! However, the surprise factor would become more critical.

For example, in Diagram 13-4, if #1 broke down the middle past X1 and X2 instead of going right, as he does in the diagram, X4 could, but probably should not, run-and-jump him. However, he should wait until #1 is closer to him if he does, unless he intends to tackle him. If X4 was to run-and-jump #1 without the element of surprise, the move would almost certainly result in a quick basket for the offense off the fast break.

Therefore, if the ball handler does break free into the middle, we immediately sprint back to stop the break and then build back out into 32 Defense.

THE POST UP

Most press offenses, however, employ a *post up* in an effort to get the ball into the middle. At the same time, of course, most defenses will put forth maximum effort to keep the ball around the perimeter and prevent the pass to the middle. If the post up used by the offense is similar to the one illustrated in **Diagram 13-5** defending it should not pose critical problems. X4 must do everything possible to beat #4 to the middle of the perimeter. His only job is to stick with #4 and prevent the pass. X4 will, of course, give around if #4 becomes located beyond the line of ball. It is important to note that if X2 run-and-jumps #1, X4 would *not* enter into the rotation. The rotation is entered into by perimeter defenders only. This would be true when the run-and-jump occurs in the half-court as well.

The post up illustrated in **Diagram 13-6** is more difficult to cover. This type of move represents the kind of press offense that has been used against us more frequently in recent years. #1 starts down the sideline to his right covered by X1. #3, in this particular play, chooses not to make his move immediately. However, after X3 runs-and-jumps the dribbler, #3 leaves the perimeter and button-hooks into the middle. Who covers #3 posting up into the dangerous middle? Once again, there are no hard and fast rules. X4 could come up and try to prevent the pass to #3. Doing so, however, could present some problems. #4 is now one pass away on the new perimeter which links him directly to the ball handler. X2 might observe the #1 to #3 pass setting up and feel as though he could beat it. The distance involved would make this difficult however. In Diagram 13-6, X1 sees #3 post up on X3's run-and-jump. He, therefore, circles back to pick up #3. No matter what happens, X1 should make the circle move also. If X4 rotates up to #3, X1 would keep going to defend #4.

THE REVERSE DRIBBLE

Diagram 13-7 illustrates the 30 defense against the ball handler who reverses his dribble when the run-and-jump is used against him. As #1 dribbles hard left, X2 runs and surprises. X1 continues downcourt to pick up the open man.

#1, however, instead of picking up his dribble, turns and reverses direction with X2 chasing him this time. X3 then might run-and-jump the dribbler, which would key X2 downcourt looking for the open man.

The reverse dribble can be used to neutralize the intended effect of the run-and-jump. However, with the exception of a possible mismatch, there is still nothing lost by using the defense against this type of move. The defense has still initiated the action and there is always the possibility to get some things accomplished. At the same time, the dribbler who reverses on the run-and-jump (as well as the player who waves the rest of the offense quickly downcourt) is, in a sense, being set up for the 40 defense in which we stay double-teamed.

Diagram 13-5

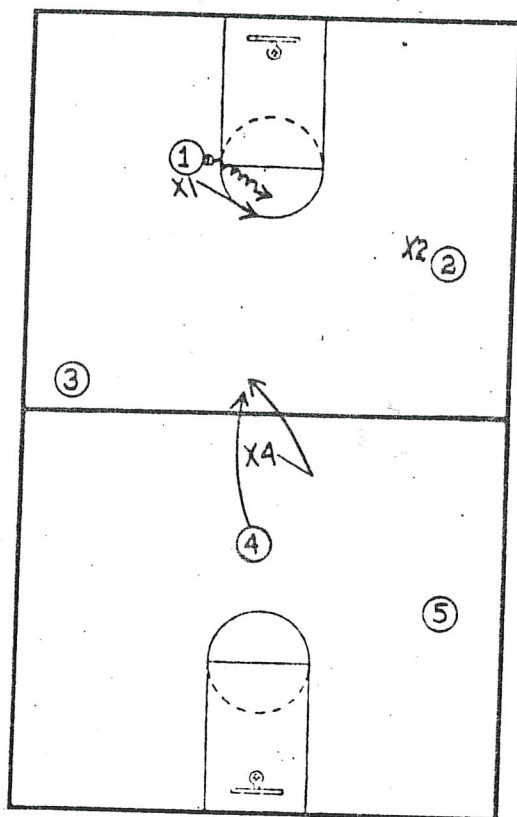


Diagram 13-6

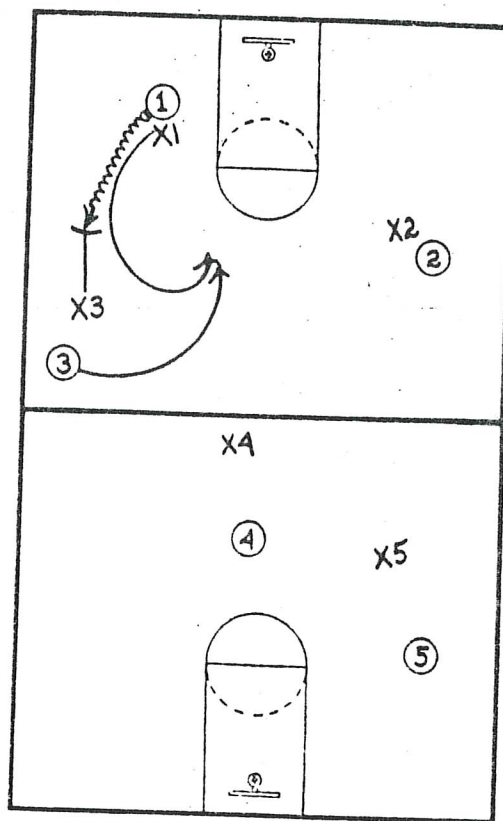
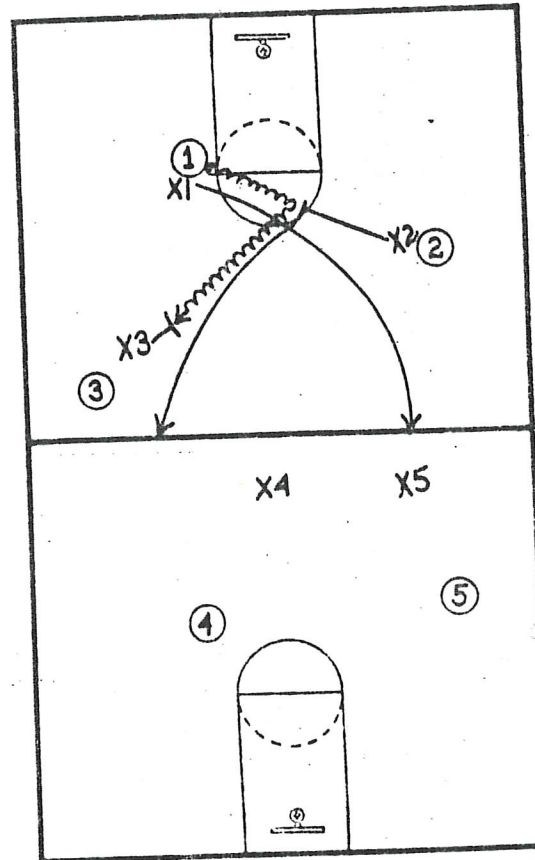


Diagram 13-7



teaching the run-and-jump

Teaching the run-and-jump is predicated almost entirely on our pressure man-to-man drills (20 defense). We introduce the run-and-jump to our players by putting four-against-four full-court on the perimeter and walking through it the first time around. Subsequently, however, all our work on 30 is handled through the whole-method approach after 20 defense has been completely absorbed by the players.

We think the best way to develop confidence in the run-and-jump initially is to teach it briefly to the varsity team, then have them spring it against a junior varsity or freshman team that has had no exposure to it. Much like the previously mentioned experiment conducted at our camp, the results are usually excellent.

We do feel it is important for the coach to call defensive signals when the run-and-jump is scrimmaged during half-court work. The offense in these situations is not permitted to observe the coach's call. The reason for this once