

THE PHILOSOPHY BEHIND  
GEORGIA'S 2-2-1 PRESS  
(BAKER)

Although our 2-2-1 press is our most frequently used press, we do use the 1-2-1-1, man, and run and jump presses. We believe that many presses can be effective for a single team if that team understands two basic concepts: distance and floor positioning. We are convinced that there is no better way to teach any full-court press than to teach straight man to man on the full-court level. When a player can maintain proper spacing over the entire floor from a man to man alignment, we feel that same player will be more effective when he or she is assigned a zone or portion of the floor. Simply put, we build any press by teaching full-court man to man skills from the one-on-one, two-on-two, three-on-three, and four-on-four standpoints. Then, in each press, we assign zone responsibilities.

The responsibilities involving each of the players when we use the 2-2-1 press are listed later. The 2-2-1 press is our favorite because we believe that it affords us the opportunity to keep a tough, aggressive attack on the basketball without fear of down-court penetration. We will limit the dribble, cut off all forward passing lanes, and trap at the most opportune time. We know of no press that takes away all the offenses' options all the time and neither does our 2-2-1. We will allow the other team to make passes that do not lead them toward their basket.

When thinking of defense, we believe that no one defensive player can handle one offensive player with the ball. At no time or place on the floor do we want to put our players in a position to play one-on-one defense. Therefore, other defensive players must be in a position to support or help the man defending the ball. The support people must be ready to hedge, run and jump, help and recover, fly switch, rotate and talk.

Pressing has helped our team compile a 204-79 record over the past 12 years. As a unit of our multiple defenses, the 2-2-1 press gives us a different look and a different weapon to upset the

offense. We believe that pressing on the full-court level builds aggressiveness and creates a feeling of superiority within our players. Because most teams do not press, we do. By pressing, we upset offensive tempo, create excellent scoring opportunities, and win on off-nights.

GEORGIA'S 2-2-1 ZONE PRESS  
"BAKER"  
RULES AND TEACHING POINTS  
ANDY LANDERS

BALL POSITION: OUT OF BOUNDS

Strong Front:

1. No one sets up behind you
2. No quickie up the short sideline
3. Influence pass into narrow side

Weak Front:

1. Seal the front
2. Be ready for baseline runner (out of bounds)
3. Short diagonal

Strong Middle:

1. No passes up the sideline
2. Talk to front players
3. React to baseball wind-up

Weak Middle:

1. Cutters or receivers in the middle
2. Long diagonal
3. Basket rotation

Safety:

1. Protect the basket
2. Set up strong side
3. Think weak side

BALL POSITION: SHORT THROW-IN

Strong Front:

1. Do not allow ball to think or cock
2. Locate ball handler's hip and force the dribble
3. Sweep to the side

Weak Front:

1. Drop to and support S. F. and middle
2. Short diagonal
3. Contain reversal

Strong Middle:

1. No passes up the side
2. Bait the passer
3. Cover S. F.'s tail

Weak Middle:

1. Protect the middle
2. Medium diagonal
3. Basket rotation

Safety:

1. Protect the basket
2. Set up strong side
3. Think weak side - Long diagonal

BALL POSITION: LIVE DRIBBLE

Strong Front:

1. Sweep to the sideline
2. Hip-to-ball-to-hip-to-ball
3. Pinch down the line

Weak Front:

1. Drop to short middle
2. Short diagonal or horizontal pass
3. Contain reversal

Strong Middle:

1. No passes up the sideline
2. Bait the dribbler
3. No dribble off S. F.'s tail

Weak Middle:

1. Protect the middle
2. Long diagonal
3. Basket rotation

Safety:

1. Protect the basket
2. Nose on the ball
3. Think weak side

BALL POSITION: TRAPPING

Strong Front:

1. Pinch down on the sideline (dribbler)
2. Seal the trap
3. No reversal

Weak Front:

1. Rotate middle
2. Protect middle
3. Contain reversal

Strong Middle:

1. Attack the dribbler (no hesitation)
2. Kill the dribble
3. Seal the sideline

Weak Middle:

1. Rotate - sprint in
2. Protect the basket
3. Long diagonal

Safety:

1. Rotate to sideline
2. Locate the receiver
3. Vertical pass

BALL POSITION: THROW-BACK (REVERSAL)

Strong Front: (before reversal)

1. Locate on W. F.'s shoulder - quick
2. Seal the front
3. Influence the ball

1  
Weak Front:

1. Contain the throw-back
2. Sweep to the sideline
3. Pinch down the line

Strong Middle:

1. Collapse to the middle
2. Short diagonal
3. Contain the dribble (bluff)

Weak Middle:

1. Rotate up through the middle
2. Contain the middle
3. No passes up the sideline

Safety:

1. Rotate to the basket
2. Nose on the ball
3. Think weak side

SPECIAL ATTENTION:

Player Placement

- SF = Quickest Forward
- WF = Second Quickest Forward
- SM = Anticipation Guard
- WM = Slow Forward or Guard
- S = Second Guard or Center

BEATS THE PRESS

- Busted Seal
- Long Completion
- Ball Passed to Middle
- Sideline Completion

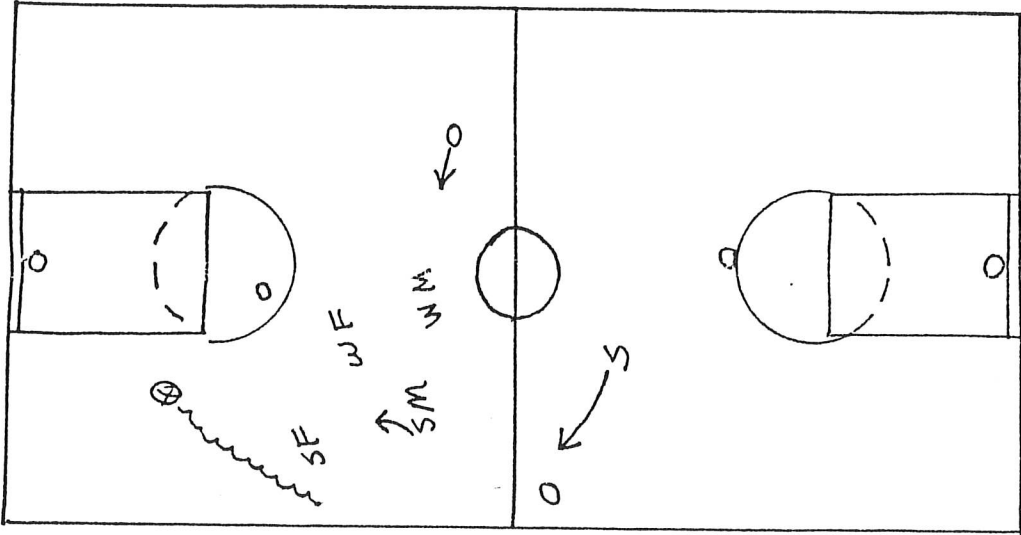
TWO FRONT PEOPLE MUST KNOW & COVER FOR EACH OTHER - COULD PLAY MAN

CAN PLAY IT LOOSE

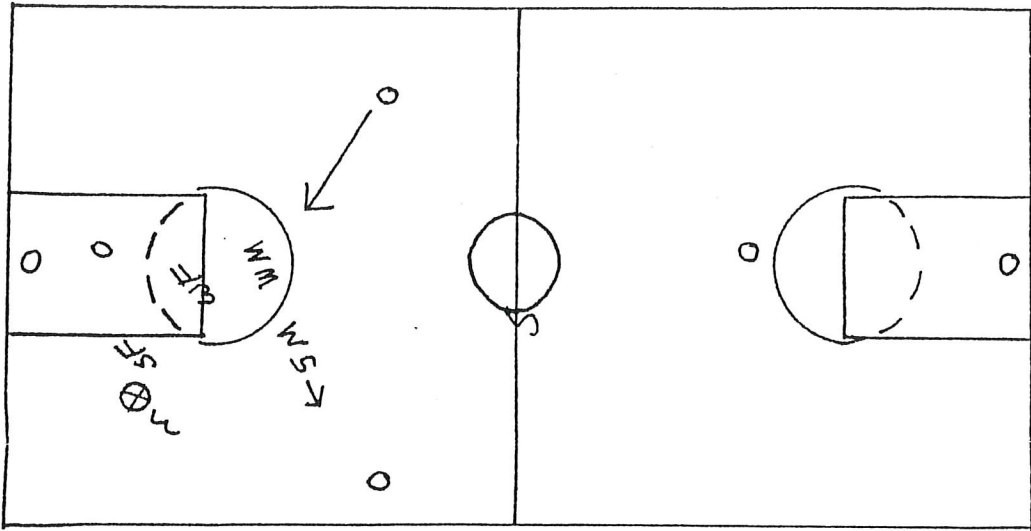
# Georgia

Lady Bulldog Basketball

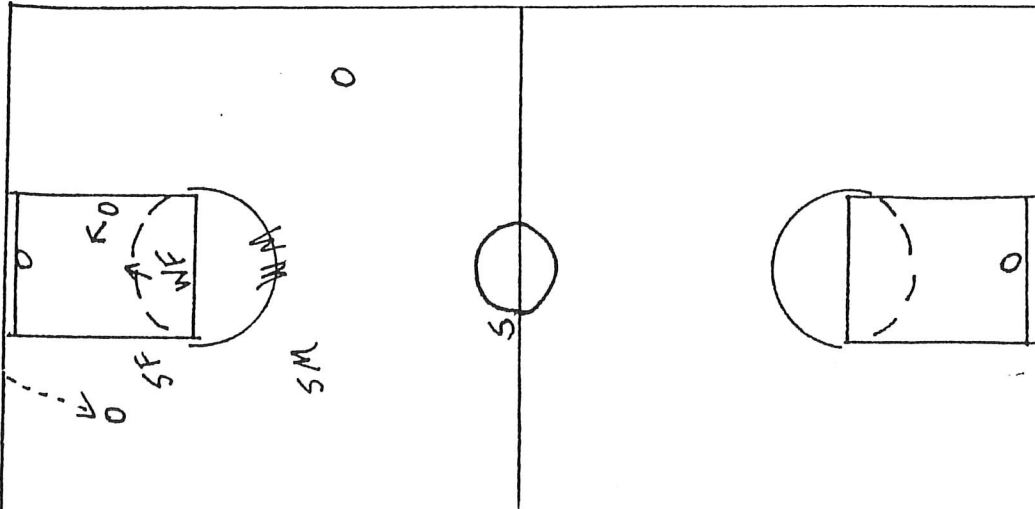
C. LIVE DRIBBLE



B. SHORT THROW-IN

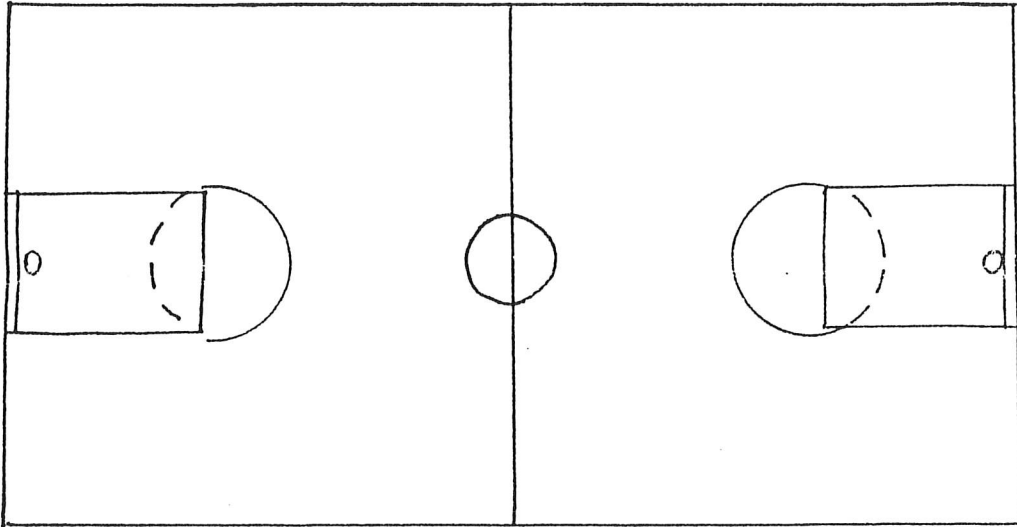


OUT-OF-BOUNDS

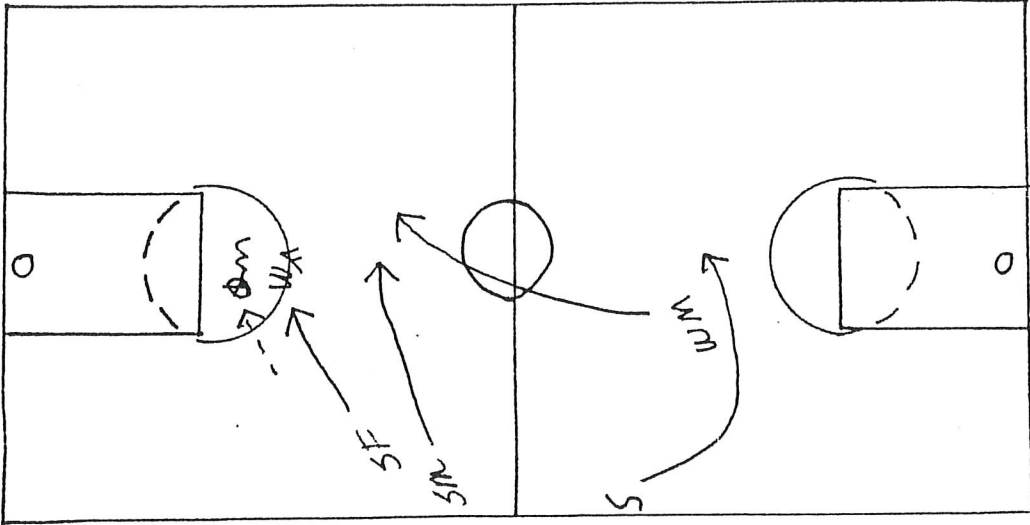


# Georgia

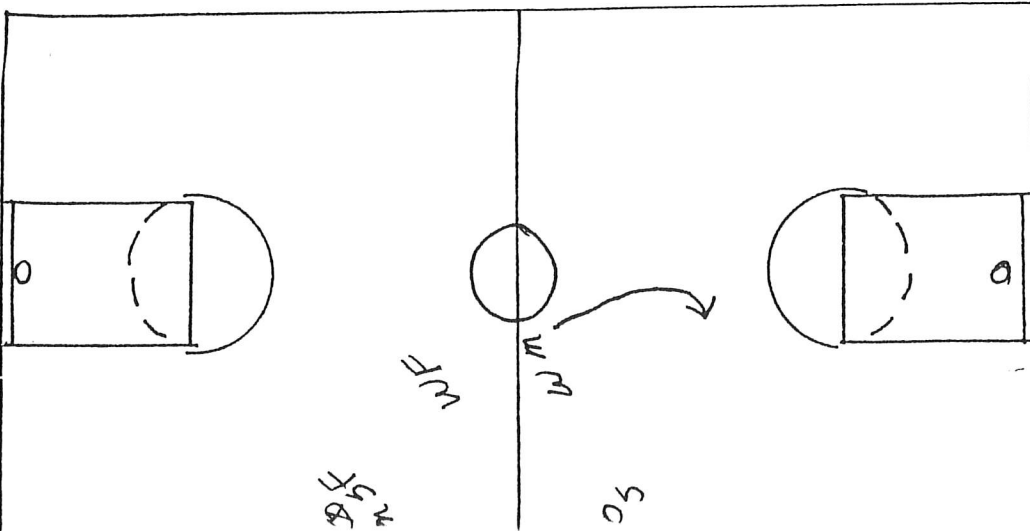
Lady Bulldog Basketball



E. THROW BACK OR REVERSAL



1. TRAPPING



## TEN CARDINAL RULES FOR 2-2-1 PRESS

1. Hurry into position
2. Stop the dribble
3. Move in front of potential receivers
4. Don't foul
5. Hurry back
6. Leave open area away from ball
7. Cover someone not just a spot on the floor
8. Stop-pass to the middle
9. Must be even with line of ball, never behind it.
10. No one dribbles between you and your team mate.

### General Comments

1. It is useless unless you want to put out 110% effort.
2. It is the greatest weapon in basketball today.
3. We cannot give up easy buckets and press the whole game. We must sprint down the floor to set up our half-court defense. A good team will get through the press 80% of time, so 8 out of 10 times we are not going to make the steal. This shows that the majority of the time, we have to hustle our guts out to keep from giving up the easy bucket.
4. Probably the most important single aspect that makes up a good press is the ability to stop the easy bucket, not the ability to steal the ball.
5. We should always have someone trailing the dribbler from behind trying to tap the ball away.
6. A high percentage of steals should be made after the team gets across the half court, if we are hustling back.
7. In order to have a good press, we must take pride in it. We must never be satisfied unless we have thoroughly dominated our opponent with it.
8. We must get on the floor after the ball.
9. Stay off the better ball handlers until last possible second.
10. Play as far off your man as you can and still get back to your man. Back men play off their men as far as possible, never play even or behind your man.
11. Sprint to defensive end whenever the ball got past his line of defense down the floor - size up situation and take logical spot.
12. If press breaks down, set up in canopy around basket then come out.



## PLAYER RESPONSIBILITIES

### TOP MEN (Front line)

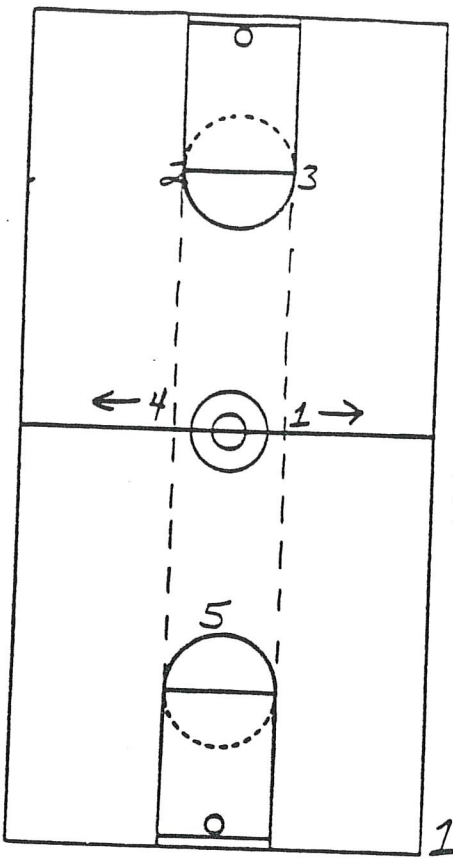
1. The top men can do the following things on the original inbounds pass:
  - a. Try to stop the first pass
  - b. Let them get it in.
  - c. Force them to get it in on one side of the floor.
2. The top men do not:
  - a. Guard the man throwing the ball in.
  - b. Let them make the first pass to the middle.
  - c. Guard an area, but must back up until you have someone to cover.
3. After the ball has been thrown in bounds the top men can do the following:
  - a. Play one on one with the ball. The man who is away from the ball covers the next receiver (in bouncer or other guard) on his side of floor.
  - b. Double team the ball.
4. When the top man is guarding the ball before the man has dribbled he must:
  - a. Do not let him dribble around you unless we are forcing the ball handler into a trap. Use fakes and bluffs at the ball to stop the dribble.
  - b. If he dribbles toward the middle the man guarding him should stay with the dribbler. The other top man exchanges responsibilities. We will switch if there is a pick.
  - c. After he has killed the dribble do one of two things:
    1. Swarm him and try to keep him from getting a pass away.
    2. Trap with the half court man.
    3. Drop off of him and cover down the floor.
  - d. If a man does dribble around the top men they must give chase and try to steal the ball from behind (wolf). Don't contact him, but try to deflect the ball to a teammate. If the half court man comes up to check the dribble, trap or go on down the floor and become the half court man. When coming up from behind to tap the ball use an underhand motion (not a slap) with the arm.
5. When a pass has been completed behind the first row in the middle the top men should:
  - a. Move straight down the floor and let the half court man check the dribble.
  - b. Try to steal the ball from behind.
  - c. Double team man in the middle.
6. When a pass has been completed behind the first row to the sidelines, the top men should:
  - a. If the half court man is guarding him, either go on down the floor and become second row or double team.
  - b. If the half court man is giving ground, try to steal from behind and then check dribble.

## HALF COURT MEN

1. The half court men must do the following things on the original throw in.
  - a. Stop pass to middle.
  - b. Stop long pass.
  - c. Cover someone not just an area.
2. After the ball has been thrown in:
  - a. Stay in front of potential receivers.
  - b. The off-side half court men must cover the middle.
  - c. Don't get caught between two men and not cover either.
  - d. Cover someone, even if it is wrong.
3. After the ball gets by the front row:
  - a. Check the dribble.
  - b. Fake at ball and back.
  - c. Drop back.
4. The half court man on the side away from the ball should:
  - a. Cover the basket if the back man goes to intercept.
  - b. Watch for cutters down the floor, see if the back man needs help!
  - c. Move to the most logical passing lane.
5. After the ball gets by half-court:
  - a. Move down the floor fast.
  - b. Try to deflect the ball from behind on the dribble.
  - c. Cover the man the back man points out.

## BACK MEN

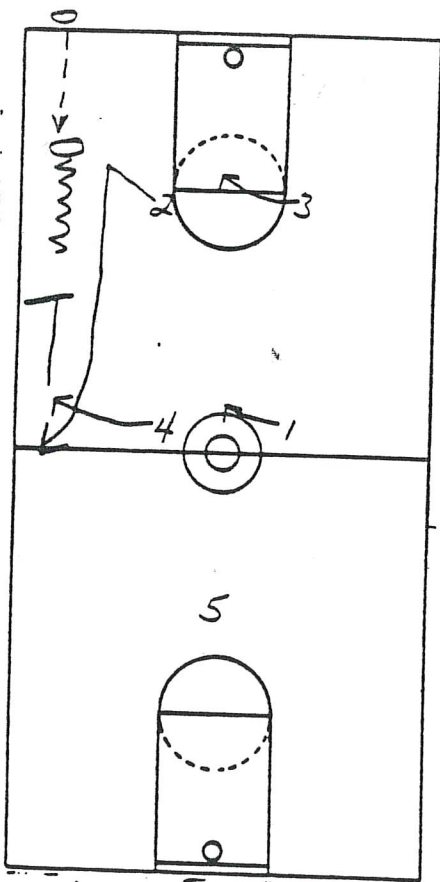
1. You must cover someone.
2. Talk and help the half court men.
3. You can come to half court and cover, but no one must get behind you.
4. On two on one and three on one, situations, you must bluff and fake at the ball, STOP LAY-UP.
5. You must point out coverage to your teammates as they come down the floor
6. You cover the ball side sideline when there is a trap at the sideline mid-court area.



### 2-2-1 Press Alignment

Players line up with their inside foot on the imaginary line between the lanes. The half court men can be wider depending on the offensive men.

#1, our point guard, must get back and act as a goalie until #5, our center, gets back. He will then cover the right half court spot. (Diagram 1)



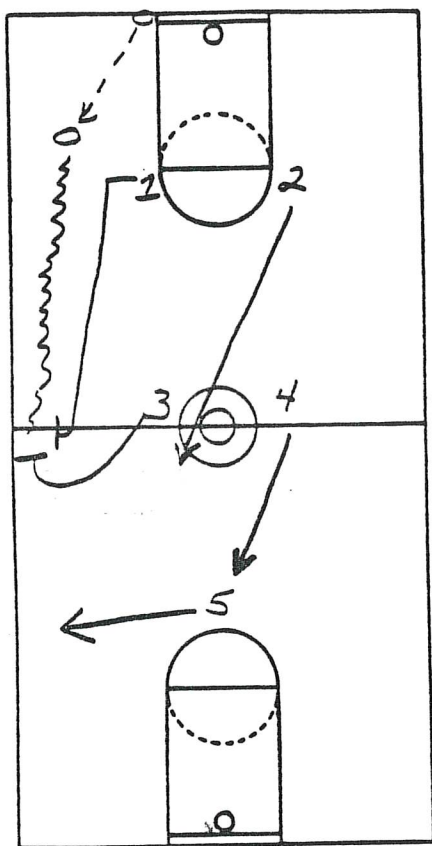
### 2-2-1 Nuisance Press

#2 and #3 should allow the ball to be passed in on the side. #2 plays the ball handler and #3 slides over to prevent a pass into the middle area (probably inbounder or guard on diagonal cut). If they reverse the ball with a pass #2 and #3 must rotate positions #2 must head hunt and stop the ball. Go after his weak hand. #2 must control the ball. We play sound defense in our areas, staying with our men trying to take advantage of their mistakes. It is essentially a soft press. Gambling is on a limited basis. We DO NOT TRAP in this press.

If they dribble past us down the sidelines we can execute a simple two man run and jump.

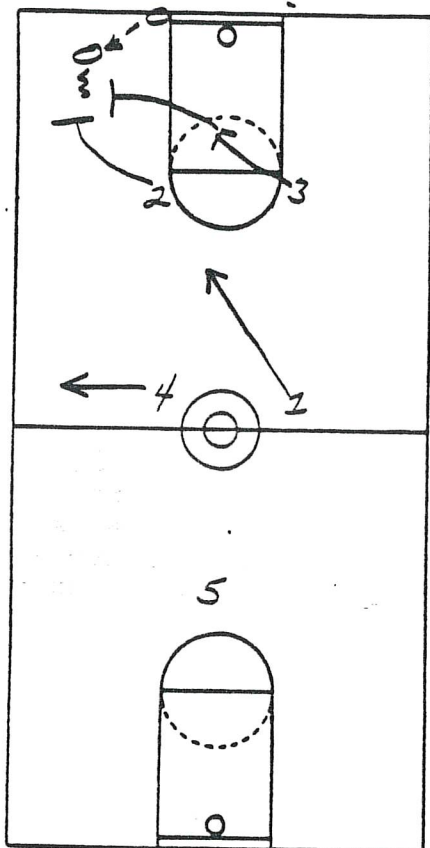
## 2-2-1 HALF COURT TRAP

In this press, #1 and #2 will allow the ball to be passed in on the side. #1 and #2 should force the ball to be dribbled up the sideline. The helpside guard must not allow the ball to be passed into the middle.



#3 and #4 should trap the ball along the side with the ball side guard. The half court men must come up under control and not allow the dribbler to go down the sideline. Never trap unless the ball is contained. The trap can occur anywhere but the ideal spot is just across the 10 second line. We try to get 1 trap. If they beat it, get back. Good teams tear you u with more than 1 trap. The half court ma away from the ball must hustle back to th basket once the trap is set. #5 goes to ball side and covers the passing lane alo the sideline. (Take first man along the side) All 5 men should be on the same si of the court when the trap is established. If the ball is passed cross court, the goalie should go to a point between the r ceiver and the basket.

## 2-2-1 FULL COURT TRAP



In this version of the 2-2-1, we allow the ball to be passed in on the left side. #2 attacks (under control) the receiver but does not allow him down the sideline. If the ball handler starts to dribble, #2 should try to stop him and turn him back to the inside. #3 comes over to double team when the ball handler starts to dribble. If the receiver doesn't dribble #2 should advance on him and try to force him to throw a lob or bounce pass rather than a crisp straight pass. Don't give him much time to locate receivers. If the man dribbles by #2, he should chase him and knock the ball toward a teammate, or double-team him. #3 should discourage the pass to his side and then move over quick to prevent a return pass to the inbounder in the middle of the floor. #3 should also be ready to trap if #2's man dribbles from the center line to the foul line. #4 is responsible for the area behind #2 from the center line to the foul line. #4 should stop a driver that gets by #2 on that side of the floor and prevent a receiver from receiving a pass from either the inbounder or the man who received the short inbound pass. #1 is responsible for covering the middle of the floor to his left and for the area on his side from the center line to the foul line in case #3 is pulled over. He should look for diagonal cutters. #5 directs this defense, and is responsible for any man who goes down the floor and should intercept any long pass thrown from the opposite foul line to the baseline.

NOTE: Once ball has passed half court, we become straight man to man or whatever other half court defense we are playing. If they try to clear out and box it, we become 2-1-2 zone press and do not follow them.

### 2-1-2 Press Rules

#### Front 2 Men:

1. You are playing with both man and zone principles; it's possible that we will end up playing straight man to man much of the time.
2. Deny the inbounds pass when possible.
3. You can trap with other front man when dribbler comes to middle.
4. Retreat slowly keeping ball in front of you.
5. If ball goes behind you, retreat to the point of the ball.
6. If dribbler goes up sideline, anticipate a trap with the rover.
7. If rover traps, off side man covers his position in middle.
8. You are basically covering the dribbler man to man.
9. If your man clears out, rover will pick him up.
10. Vary the pressure.

#### Middle man (rover)

1. You are the rover in the middle who must anticipate passes and trap when the opportunity comes.
2. As front 2 men deny, you must cover lob passes.
3. If front 2 men trap, you must anticipate the primary receiver.
  - a. Either intercept pass to primary receiver.
  - b. Contain dribbler after he has received pass.
4. If front man clears or makes diagonal out, you pick him up.
5. Retreat slowly looking for potential interceptions if they walk the ball up.
6. If ball goes behind you, drop back to regular defense.
7. Anticipate trap near half court if dribbler goes up sideline

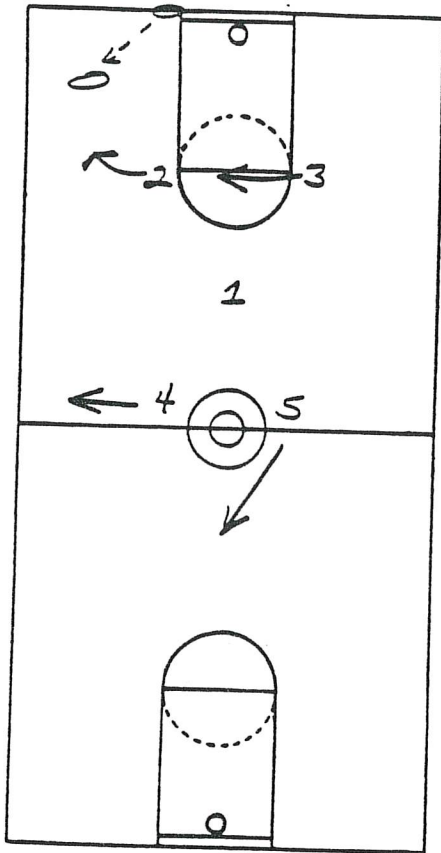
#### Deep Men:

1. Basic responsibility is to protect deep and keep opponent from getting quick easy scores.
2. Don't allow deep man to come up to relieve denial pressure.
3. Can gamble on long passes especially lead pass to rover's man.
4. If your man goes toward ball, cover him until you reach the next area of the press.

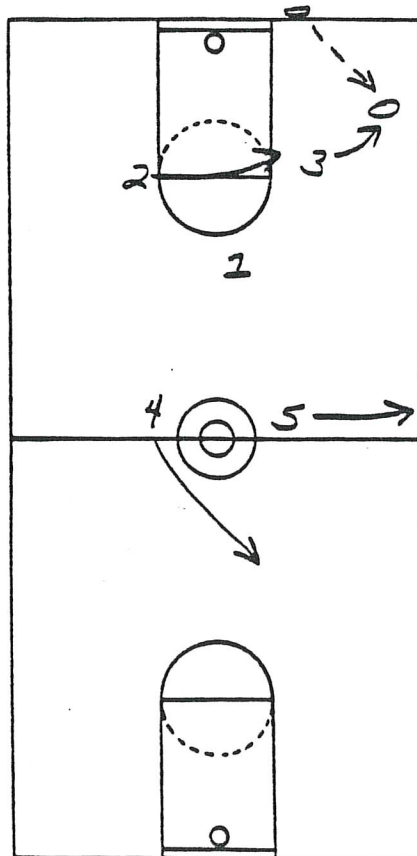
## 2-1-2 ZONE PRESS

This press follows the same principles as in the 2-2-1 full court trap. If the ball is inbounded on #2's side of the floor, #2's responsibilities are the same, #3's are the same, #1's the same, #4's the same and #5's the same. This is used when offensive teams are hitting the diagonal pass. (Diagram 1)

If the ball is inbounded on #3's side, we rotate assignments as in diagram 2. #2 and #3 exchange responsibilities and #4 and #5 exchange responsibilities with #4 becoming our goalie.



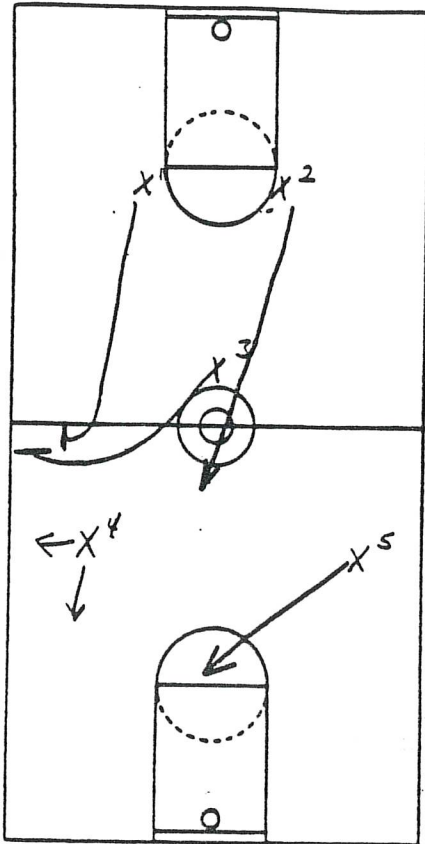
1



2

## 2-1-2 HALF COURT PRESS

X1 and X2 are the guards. They must be able to trap. X3, is the trapper. When the ball goes to the left side, X1 breaks up toward the sideline to meet trapper X3, who moves toward the sideline as the dribbler comes upcourt.



This trap from our middle man confuses the offense, as the sideline men have been doing the trapping in our other zone presses. X3 anticipates the opponent's first step across halfcourt and meets him head on. His long arms induce the job pass, which we look to intercept. X2 becomes responsible for the middle area around halfcourt and anticipates the ball coming into his zone.

X4 and X5, our forwards, are the stealers. X4 takes the sideline area and X5 covers around the key and protects the basket. The same principles are applied on the right side, with X2 and X3 doing the trapping, as X4 and X5 exchanging responsibilities. (Diagram 1)

These zone presses and techniques provide us with every look on defense. Few high school teams can counter them. To beat our defense a team must come equipped to handle (1) full court man-to-man, (2) half-court man-to-man, (3) full-court zone press, (4) three-quarter court zone press, (5) half-court zone press, and (6) our regular zone defenses.

That's an awful lot of offense, and 95 percent of the teams we face don't have enough of it. Defense wins basketball games, and we use every kind in the book.