

Eddie,

Congratulations on a great season so far! Keep it up!  
I am looking forward to more R&J Questions and Answers. We are in our first year using run and jump. We put it in over Christmas break. Our kids like it and understand it but are a step slow at this point. They can see the potential and are very motivated. One thing we are doing better is disguising our presses with the hard and soft Red. The soft red is especially effective against teams that try to clear us out. Why am I telling you that! DA! you already know that. There is obviously a learning curve, more experience will lead to better anticipation, communication and rotation but I think we are on the right track.

Thanks and Good Luck!

Kurt Rhyner

Coach -

I've enjoyed your emails about the R&J and your updates - thanks!!

My girls just logged the biggest win in our short history (our varsity program is only 2 years old; we used to be an all-boys school) by beating an established team that's in the next division up in our conference (our divisions are done by parity, so we're not 'supposed' to beat teams in the higher divisions). The R&J had them absolutely rattled. Thanks!

Looking forward to keeping up with the rest of your season.

Joe

Joe Terrasi  
Athletic Director and Girls Basketball Coach Gordon Tech High School

Coach Andrist,

I am a high school girls varsity coach. I bought your tapes and a handout last year to get a handle on installing the RJ this year. It was very helpful, but I have one minor question.

When instructing kids on running the jump switch, especially in the middle area of the court, what do you give them as a general distance guideline for when to: 1) leave your man to jump the dribbler, and 2) when to leave the dribbler to run to the open player?

**We do not have a "distance" rule because every team will break the press differently- One of the techniques used ----is to create a huge distance between the runner and the jumper- thus making it very difficult to create**

as much stress on the offense. When we are in our white- we jump and run simultaneous- You jump-----call my name and I take off in the direction you came from-- sometimes you call my name and I stay and trap-- sometimes the jumper fakes a jump and tries to get you to pick up the dribble- thus creating a one person trap---the key words are ROTATION AND FLOW-- get your kids to flow into the ball-- hands high—create stress and get the O uncomfortable- WHEN YOU START MAKING TOO MANY RULES- it is tough to flow

Thank You for any help you can give me,

Nick Greenwell

Tumwater High School

Coach,

How do you handle a clearout situation with your run and jump, and also what do you do in your Red if the offensive team only has one man in the backcourt.

In the 2<sup>nd</sup> tape, we spend some time on the Clear out- You need to have a varied approach- Keep it unpredictable- sometime RED- sometimes LET THEM and WORK THEM-- we really like a Soft Red—we dedicate 2 people to the clear out man. It is a great soft trapping situation--- that really forces them to bring people back- We also fake like we are leaving with our man and then turn and jump- that has been effective—IF YOU RED IMMEDIATELY- they have no time to CLEAR OUT--- dedicate 3 men to there 2 once in a while to keep them off balance

John Benington

Eaton Rapids HS

Eddie

I am running the run and jump and everything is going pretty good except we are having a hard time matching up after a made basket. How do you suggest we match up? Go to area, find your man, or just match up with the person nearest you. Any suggestions?

**The closest person to the baseline and the ball –JUMPS IMMEDIATELY ON THE BALL- this keeps the opposition from a quick inbounds and sprint down the court and also helps cover up wide open slashers.-- we want our guards up front and our forwards to be back but we don't worry about it- If you are having match up problems- start the press a little SOFTER- and rotate up into the ball- eventually, your kids will get more comfortable and be able to jump up more quickly**

BP

Coach-

Enjoy all your messages. We are "knee deep" in the run and jump and enjoying it. I hope you will entertain this question.

We are having difficulty matching up on made baskets. One problem we have seen is that the opponent will send two players deep and throw the long pass on us as our back men are sprinting and our other players are coming forward to find their men.

**JP- you must keep your top players stay back to intercept the long pass and let your other players remain up-ARE YOU GETTING IMMEDIATE PRESSURE ON THE BALL?? That will help with the long pass- if you intercept a few—THEY WILL STOP THROWING THEM.**

Secondly, I know in your video you want them to find their men. However, when the ball first goes through the hoop, are they first sprinting to an area to find a man? If yes, what areas are they looking in? I hope this is not too confusing of a question. Thank you.

**Even though I have never talked about it with our players- there first movement is to drop back and locate- the forwards will peel out as the quicker guards will start rotating up— REMEMBER- we could not care less (unless we are in BLACK) if they catch the ball up front-- then we ROTATE UP INTO THE BALL--**

JP

Coach Andrist,

At Cooper high school we're going to the "Run and Jump" again this year. We've used your breakdown drills in practice and used it in any 5 on 5 work. To solidify it in the players minds I think it would help to have a game tape showing the success of it. If it's possible to get one it would be great. I know you are in town this Saturday to play Concordia but unfortunately we're in an 8 team scrimmage in Princeton.

We might be able to bring 7 or 8 players to your Dec 7th game if we can work it out. Let me know of any possibilities.

Kurt Pauly is still the head coach at Cooper High school and we're looking at having a very successful year.

**COACHES- I have had 200 requests for game tape-- I am happy to do it but my budget will not survive. Therefore, I need a blank tape and \$5 and I will copy and ship back to you-----I realize that game tape is good- that is why we show so much game tape in the R&J Videos**

I am a high school coach in Bakersfield California. I have been studying your tape on the Run N' Jump Press. I love it. Is there anyway for me to purchase a game film from you?

Darrel Janckila  
Assistant Coach Cooper Hawks

### **Coach Andrist**

**Our girl's team just started using a version of you run and jump press. That has been the best teaching system for a match-up press I've found! More than ever, it really helps get us started off with an aggressive mentality. We're 2-0 (40-21, 69-13) and off to a good start----Thanks!!**

**Joe Terrasi  
Athletic Director  
Girls BB Coach  
Gordon Tech HS  
Chicago**

Coach,

Just wanted to offer a quick update on our first experiences with implementing your Run and Jump attack. We opened this weekend against Rhema Bible, a legitimate team and program with great size but not much depth or athleticism. We forced them into 40 turnovers using a combination of some of the different press looks you presented in your video. We coasted to a 22 point win, and the lead was as big as 36 in the second half. We run Dick Bennett's pressure half court defensive system though we switch all screens. We feel like this attack, coupled with your Run and Jump, is the ultimate pressure defense. We feel good about where we're at in implementing the press, but have a long way to go before our players can read and react instinctively without having to think about the "next right position." When we get to that point, we think we will make some noise in the American Southwest Conference. Thanks for sharing your system with us.

Chris Grotemat  
Assistant Men's Basketball Coach  
LeTourneau University

**THANKS FOR THE KIND WORDS COACHES AND BEST OF LUCK**

I love your press...I am going to begin teaching it at the frosh and jv level this year and implement at the varsity level next year...but my question is this...

without superior athletes, how do you beat that darn thing? We scrimmaged Menasha St. Mary's a week ago and they ran it as if they were putting on a clinic! If you have a 1, 2 guard combination that are just flat out better athletes, I can see how to beat it but if the opponent has better athletes and can run and jump the way it supposed to be run...I am at a loss! Any suggestions?

What a GREAT QUESTION-how to beat MY PRESS- I can tell you what some teams are doing-

- 1- THEY CLEAR OUT
- 2- THEY SPREAD THE 1 AND 2 GUARDS CREATING SPACE SO IT IS VERY DIFFICULT TO COVER GROUND WHEN YOU Run and Jump-----
- 3- They BUTTON HOOK BACK INTO THE MIDDLE AND PASS IT THERE AND FLOOD THE SIDES
- 4- They let you jump- DO NOT PICK UP THE DRIBBLE - and when the runner leaves- they head in that direction with the dribble-
- 5- THEY TRY THE TOUCHDOWN PASS
- 6- THEY REVERSE THE BALL QUICKLY FROM WING TO INBOUNDER TO WING AND SLASH THE MIDDLE HARD
- 7- They INBOUND THE BALL QUICKLY AND SPRINT THE FLOOR
- 8- THEY DRIBBLE INTO OUR PLAYERS- INITIATE THE CONTACT AND HOPE THE OFFICIALS GIVE THEM THE CALL

Dave Nordeng  
Marion High School Boys Varsity Coach

Subject: Run & Jump

Is it possible to run this with only 7 players? Two of which are slow afoot? 3 average and 2 above average speed? We have only one practice a week.

Yes- however you will NOT be able to run in the entire game NO WAY-- after freethrows?? After a time out?? To start each quarter?? Simply call it out?? Whatever works but YES- you can run this with 7 players--

Coach,

I am a girls coach in Iowa and have watched your run and jump tape several times and I love what I see. I have a question on how you handle the 1-4 press break. We see a 1-4 quite a bit with a post player clearing on the weakside and 2 cutters cutting to the ball side if the ball is entered on the sideline. How do you stop the cutters from getting the ball? For simplicity purposes, I want to run your blue press nearly all the time. I would appreciate any suggestions you have.

Thanks for you time.

Sincerely,  
Roger Wright  
Head Girls Basketball Coach  
Ed-Co High School

Coach,  
Just wondering how you would start teaching the press to high school varsity players?  
Which drills would you use the most and what would you emphasize the

most?

Thanks

---

Coach Andrist

My name is Travis day I'm the assistant coach at central Methodist University. We are going to do the run and jump this year to change tempo. I was wondering what is the back row job and alignment in white and blue as the ball is coming up the floor? Plus should the back row every help the front three? Plus when is the best time to jump in the run-n-jump? We are thinking about doing on free throw situation. Thanks for all the help and good luck on your season.

Travis Day

Hi coach,

We had 5 coaches at the clinic and received 2 copies of the clinic manual - if you can spare 1 or two more, we'd use them. I came away from the clinic with a handful of defensive drills that I liked a lot. In preparing for our season I got your Run & Jump video. We have several physical, athletic players who like to get after it on defense. Do you feel that the R&J is effective if you are facing a quicker team? We love to mix up our D's a lot and have had success against teams that are equal or lesser in ability as us. It's not nearly as effective against the better teams. We have significantly jacked up the level of our schedule; for the first time, we'll face 4 non-conference schools that are 2 classes larger than we are. Do you have any advice in approaching those teams overall, especially defensively in terms of using the R&J?

Thank you for your time!

Lucas Boehm  
Head boys basketball coach  
St. Croix Lutheran High School

Eddie

I know you and most teams in your conference play m-m defense. Is the run and Jump as effective or workable dropping back into zone defenses or does that present problems?

Thanks

Jeff

GO INDIANS!

Jeff Dworak  
AP U. S. History, Government, Law  
Head Boys Basketball Coach

I enjoyed your talk at the Wisconsin Coaches clinic and bought your tape. I have a few questions on the run and jump.

1. Since you don't match up with a particular player doesn't that create mismatches in your half court defense?

**I think the mismatches concern is EXTREMELY OVERRATED- Once the kids get used to the rotation they will naturally start to make quicker decisions in the half court- if we get a little in the post on a big—(ie-5'10 vs 6'10)RULE- you must front AT ALL TIMES-- we make quick switches when the ball is in flight**

2. You teach players to tip from behind. It seems to me at the high school level, especially girls, the officiating is much tighter and many of these situations would result in foul calls even on a clean tip.

**Even at the college level we get some official that just cant believe we tipped it out OH MY GOD IT MUST BE A FOUL!! At our level- if we get 10 tips we will get one bad call- I can live with that- I cannot speak for your level**

3. Do you press only after made shots or free throws?

**Once the kids get really good at it—WE PRESS AFTER MISSES-makes-FREETHROWS- we press you into your time out-(joke)-- we press into the FRONT COURT- it depends on the team and how good we are at it.**

4. Do you continue with the same principles in your half court defense i.e. run and jump in white, and trapping in blue?

**Yes—AT TIMES WE WILL SCRAMBLE- I don't consider it the R&J in the front court- HOWEVER- we don't do it much- when you coach in the TOP NCAA III league in the USA- the coaches will make you pay for being TOOOOOOOO aggressive and taking TOOOOOOOOOO many chances-**

Dan McClone  
St. Marys Central High School  
Menasha, WI

Coach,

We feel like the run and jump will be a great fit for us because besides being a new wrinkle as a press we can also use it as a press on a live ball- miss or turnover. One question- will it impact what we have taught for half court man?

**I DO believe what Dick Bennett always said-- "I do not press because what you can do in the Full Court- I can do in the Half Court Better" unquote-- there is NO way your half court will be QUITE as good if you full court press- how much NOT QUITE is up to you and your team—I choose to give something up to get something else- that is the nature of the game**

We are one pass, two pass away, help and recover, on the line up the line.

Dave Forster  
Centauri High School

Hi Coach,

A quick questions if we run Hard or Soft Red. How do we rotate the 3rd front person? I'm guessing we leave the person farthest from the basket open (not too open of course).

Does the third person cover the middle cutter leaving the other from person open or does she allow the cutter to go?

**The 3<sup>rd</sup> defender really NEEDS to hold down the middle- if he continually takes a chance and tries to steal the crosscourt pass- THEY WILL MAKE YOU PAY-- HOWEVER- remember- the RED should be a surprise and therefore he CAN step up and take away that pass- JUST DON'T DO IT EVERYTIME!! If the opposite guard slashed across the middle and continues down the floor – he and Either Stay with him or check him off at the HALF COURT LINE and rotate back up-- it depends on spacing- what team you are playing—how much risk you want to take—etc---**

I suppose if it's a good trap, one shouldn't be able to make a long pass anyway should they.

Regardless, any suggestion you have will be welcomed.....the clear out is usually what gets us.

**Sometimes on the clear—let them clear and trap in the half court--- KEEP THEM GUESSING!!!!**

Thanks Coach  
Deanna

Deanna L. Bradley  
Athletic Director  
Basketball Coach  
Saint Mary-of-the-Woods College

Hey Coach,

1.) How many players do you play in an average game to keep your press effective? **I PLAY 10 players Double minutes-----and I like to use 2 more utility players- I monitor our minutes closely- I really want NO player to play more than 31-32 minutes in a 40 minute game. I will platoon early in the 1<sup>st</sup> half- to try and gain an edge on fatigue- I may platoon early in the 2<sup>nd</sup> half also**

2.) Can I run this type of press defense if my 5 man is pretty slow?

**I would put your slow player on the ball as much as possible after a make-after a FT or dead ball- get themn back down the floor- get a deflection—get a red trap- and then let him slide down the floor in a easy pace while everyone else is then rotating up into the ball—if you have 2-3-4 slow players—then NO—play zone –pack it in—and hope for the best**

Thanks!  
-Coach Keiser

Coach,

I am a girls coach in Iowa and have watched your run and jump tape several times and I love what I see. I have a question on how you handle the 1-4 press break. We see a 1-4 quite a bit with a post player clearing on the weakside and 2 cutters cutting to the ball side if the ball is entered on the sideline.



**Everyone plays soft white upon entry—once the ball is entered up front- your team should be matched up and here we go- I don't understand why we would not have the middle covered for slashers. A 1-4 set is NO different than any other set on a press breaker- they just start in that alignment to try and confuse you-- let them run around to their spots and it is all the same--**

How do you stop the cutters from getting the ball?

For simplicity purposes, I want to run your blue press nearly all the time. I would appreciate any suggestions you have.

**I sometimes leave the impression that blue and white are separate presses which is NOT TRUE-- blue and white only means JUMP MIDDLE –TRAP SIDELINES- now- you can say to your team—we do not want to run BLUE—we will stay WHITE only—it just helps with communication- once the game ball gets tipped- ALL OF THE COLORS ARE IN- WE SELDOM CALL ANYTHING UNLESS we come out of a time out and we may go BLACK in the hole-- or BLACK TO RED TO foul--- that is why the colors are do good to use—THE KIDS UNDERSTAND IT-**

Thanks for you time.

Sincerely,  
Roger Wright  
Head Girls Basketball Coach  
Ed-Co High School

just got the second tape. I love your production very excellent teaching forum. I will be implementing this defense for a JV squad this year. What secondary offense do you suggest for this defense.

**We are a transition team and am NOT a secondary break guy- I want our kids to MAKE A PLAY- NOT ALWAYS RUN A PLAY-- with that said- we want our spots filled- I like to enter the ball short corner- laker cut –off the post entry- dive the 4 behind him- skip out and look for a quick entry post pass and if NOT- run our offense.**

**We run several different offenses- MOTION- POWER TRIANGLE- CHASE SERIES- AND WE HAVE AT LEAST 25 SETS THAT WE WILLUSE DURING THE YEAR-**

Or what type of offense do you run to compliment this type of tempo.

Thank you,

Steve Fukunaga  
Coach - Hilo Hawaii

***THANKS COACHES AND BEST OF LUCK!!! ...eddie***

Coach,

Thanks for allowing myself and my assistant coaches to come and watch

your film session and practice. It was very informative.

I do have a couple of questions though:

1) Do you run Red often? Or do you just run it against a team that is trying to simply clear you out?

NO—If you run RED a lot- you will get burned- at least at my level- We use RED to keep you guessing and YES- if you like to clear out- we will jump you to keep you honest--Think of it this way- What is the risk-reward??- If you run white- it is the safest press- if you run red- now you are less safe- if you run black- you are even more unsafe--- It is all about keeping the offense guessing and yet not putting yourself at a disadvantage.

2) Do you call out White or Blue, to me they seem to kind of nest into one?

NO- we don't call out blue but YES we will call WHITE- Blue is just the sideline trap—HOWEVER at a timeout or freethrow, I might say to the team- "we missed a couple of great BLUE opportunities so keep looking for them."

3) When you were running 2 on 1 Blue Trap Rotation in practice--you were trapping on the sideline with the middle man cutting off the dribbler, and the other defender (the on the ball defender) was trapping from behind--when I watched the tape it seems to be the other way around..

I get this question all of the time—in my first film I actually talk about it both ways but demonstrated MORE with the original defender cutting off the sideline dribbler- I actually like the sideline dribbler to shadow the ball handler and the middle man set the trap but we will do it both ways.

.the middle man trapping from behind and the original defender cutting off the dribble. Where am I going wrong here in my understanding?

Thanks again Coach!!

Coach Schell  
WAUSAU WEST HS

A couple of questions about your Run & Jump. In "White" do you trap if the ball is driven down the sideline, or do you just jump from behind or with a helpside defender who can get in front & then rotate off the dribbler.

The "Blue is always on with the sideline trap"-- if the opportunity presents itself, we will then trap it. White and Blue go together-- We use the colors to teach the different opportunities--- If I want

to specifically run a Blue Press- I would steer down the sideline all the time. See answer above

I know you trap that in "Blue", but I was a little unclear about "White". Also, do you rotate off players who are in the middle of the court to jump in any of your presses?

The run and jump is "all about" rotation. The "upfront" defenders will almost NEVER finish with the same person they started on in the full court. The more you practice and teach- the better your team will "flow" and rotate. Right now - my team with 11 new faces have a poor flow and rotate poorly- we will be just fine.

Thanks.

John Benington

Coach,

Love your videos! Two questions:

- 1.) How much conditioning do you put your players through without the ball (sprints, slides, etc.)?

We do NOT do a lot of just sprints in practice- I actually only use the sprints for discipline-- with the press work and transition work- out kids do a lot of running

- 2.) Is your offensive philosophy as fast and furious as your defensive philosophy, or do you take a more patient approach?

I am not a run and gun guy--- I am a transition guy- push it up and break it down- I believe you cannot win in this league with a run and gun mentality-- one year, a team ranked 3<sup>rd</sup> in the nation in scoring at 100+ per game- they finished 3-13 in our league.

I know you are busy; reply when you have the time. Thanks!

Brian Keiser  
Clairemont High School (San Diego)

**BEST OF LUCK COACHES- WE HAVE 160 COACHES FOR TOMMORROWS CLINIC AND THE VIDEOS AND BOOKS WILL BE OUT NEXT WEEK-**

I just finished watching your tape on the run and jump and thought it was great. Thanks for making such a concise and simple video about your press. I definitely think my team will love running it. I cant wait for the season so I can start teaching it.

I had 3 questions:

1. How do your players match up after a made basket? I know the player who scores inside

picks up the out of bounds player but how do the other players match up? do they run to a particular area of find a man?

**The funny part of this question that is asked a lot is that I never really ever talked about where the players should run to- they already just did it- I talke to them about how you stay behind the front players and how the back players straddle the half court people- I make sure someone is on the ball immediately. The player just naturally find people and settle in--- We do talk and demonstrate how to deal with slashers and players that fly down the floor and backscreens- but I never have talked about who stays up and who goes back-- I think if you have them run to a particular area- you can get in a lot of trouble because they may be A LONG WAY AWAY from that area.**

2. if you hit a three or a jumper - who picks up the guy out of bounds? do you just designate a player to get out of bounds player if they hit a jumper?

**Closest player to the rim--- could be anyone—NO we do not designate- REMEMBER- the more you try to pick out spots for them- the MORE trouble you will have.**

3. Do you use your trap after missed baskets?

**ABSOLUTELY-- when the players become good at base rotations-- and not committing the 4 sins-- we will start to press more after a missed basket and therefore even do some trapping after a miss- once again- the players like to stay in the press and I have to caution them about “hanging out” too long in the backcourt. This press is addictive—once the kids feel success- they are like flies on \_\_\_\_\_!!!**

Also, I wanted to ask you if it was possible to get tapes of your teams games? I know i could learn so much more watching an entire game.

**Send me a blank VHS tape with your name and address right on the tape- we have gotten a ton of requests-**

**THANKS COACHES**

Thanks again for your time and sharing your knowledge. I look forward to hearing from you.

Mike Zeillmann  
Durham, NC

Coach- I've purchased both of your tapes and they are excellent. My question is what sequence do you use to introduce the press to a team for the first time?

**My favorite early drills are the 3x3 position and the 2x2 R&J-- those are the two base drills that you have to do often-- then you advance into the 3x3 R&J and the 1x2 trap**

sideline- you can 3x3 then with a 4<sup>th</sup> defender in the front court-- and then once you show them 5x5-- let them play 5x5 (off freethrow and circle start) and let them make mistakes-- **FILM—FILM—FILM--** let them see what you want and what they are NOT doing correctly- I tell our kids-

**DO NOT GET ANALYSIS PARALYSIS!!!!!!! KEEP IT SIMPLE AND ROTATE—ROTATE-and DEFEND!!!!!!!!!!**

Don't bore them to death with breakdown drills- drill-go 5x5 and then the next day drill again using the different drills to teach the same concepts-

Of course- **THE TIP DRILLS** are huge in making them understand to NOT GIVE UP when the ball gets ahead-

Do you start with the breakdown drills and build up to 5 on 5? Or do you show what 5on 5 looks like and then breakdown into smaller increments. I'm having a little trouble in the preseason introducing it not sure which way is best. Any insight you can give would be greatly appreciated. Thanks Rick Cooke Boys Varsity coach Rome Free Academy Rome,NY

Subject: Re: Nome Alaska Run & Jump  
Our Season Recap -

Nome High School  
Nome, Alaska  
Enrollment 170  
Season Record 21-8  
6th Place at Class 3A State Tournament (100-399 enrollment schools)

Last season was my first year at Nome. We noticed quickly that we had guys that were very raw offensively but could run and run and run. We subbed offense for defense on every possible possession. Our players all bought into the system of platoon substitutions. We had four guys that we wanted in at every opportunity to press (and out during both half-court defense and offense). These guys began to recognize when to go in without any direction from we coaches.... You have to get to that point in order to maximize your personal on the floor. There would be times that I would be distracted by a bad call and miss an opportunity to put in a presser..... It was great when the guys simply knew when to go check in.

**The biggest thing about pressing succesfully is having the self-discipline to take out your talented offensive players for breaks..... ABSOLUTELY**

In this system guys have to have rest! It's all about sustaining more energy than your opponent over the course of the entire game. Our stat keeper had to add an extra 10 columns to our stat sheet for player in's and out's.

The most important drill that we did was the "tip drill."

**Getting a tip (different than a deflection) is now by far the most desirable stat that a Nome player can record....**

Our guys even get excited about getting a tip in summer pick-up games! I almost did not even use the drill last season! It seemed a little too simple! But you really can train your players to pursue the ball down the floor. In our State Tournament qualifying game we had a guy get 3 tips from behind (on lay-up attempts) in the 4th quarter of a game that we won in double overtime.

**MY QUESTIONS:**

We coaches felt that there was only one game all season that we lost because we pressed. I believe that our players were mentally fatigued.

I don't think that it was physical fatigue because we rotate too much for these young guys to really break down. We played on Friday and Saturday at Kotzebue Alaska, (two hour flight by small airplane) then we flew on Sunday back to Nome. On Monday morning we flew to Anchorage (1.5 hour flight) and then drove for 3 hours to Seward, Alaska for a game that night. Our guys were out of position defending the first receiver the entire game. We lost on a three pointer at the buzzer in the first overtime. The next night we beat the same team by 30. Have you seen your players mentally fatigued? Do you typically have one or two games each season that your guys just do not get after it or play out of position?

**I think mental fatigue is something all of us coaches watch out for during the entire season. If you think the kids are in that position- Soften your press a bit- Don't put on as much pressure early and allow the FLOW of the game to build your defense. We have always known that your defense should BUILD throughout the game. NEVER- take the press off because A- you think your kids are not as good or quick as the other team- B- you feel you are tired. If you do- then you have already lost- IF YOU MUST GO DOWN- GO DOWN ON YOUR TERMS--**

Eddie, we noticed that our pressure defense in the half-court featured very little "pressure." We rarely denied the wings or got after it in the half-court like we did in the full court. WE DID play good containment defense, we rarely got a steal but we rarely got beat for easy baskets. A well respected coach that I know told me that full-court pressing can take away from your half court pressure defense.

**There is no doubt that your half court will NOT be as good if you FULL COURT PRESS- that is a decision that you have to make---you have to give something up to get something. We don't get our cake and eat it in this game-**

I felt like our half-court defense was more Pack Man-to-Man

than Denial MAn to MAn. How do you overcome this? I actually kind of liked it that we took our chances with high pressure 80 feet from the basket where a defensive mistake is not always fatal. I am contemplating going away from the Denial Man to Man and going with Dick Bennett's Pack Man to Man. What do you think?

**I play a gap defense—Ball pressure but contain the drive--- I do believe that it is very hard to press and then play denial. The reason I say that is because to play great denial- you MUST spend a lot of time teaching it- I cannot commit that much time-**

Is there enough in the R&J II video to put in a full court 2-2-1 zone press? We want to occasionally zone press just to put a little "misinformation" out on the floor. Please let me know.

**As with all systems- tweeking it to fit YOU-- is very important- I will continue to experiment with different looks and rotations-- that is the nature of sport- BEST OF LUCK Patrick and congrats on a SUPER SEASON!! Coach Andrist**

Hi Coach,

Awesome job on the first run & jump video. I had been searching for something on the press for years. Our pipeline stems from Coach Tom Orlich in South Lake Tahoe. He won no last than twelve state titles in Nevada running the R & J press. He now is at Clovis West in Fresno. Last season (his second) the team had a ranking of # 5 in the state of CA. The coach at our school Drew Hibbs used to play for Coach Orlich at SLT. He won state in 1994. Then won it again last year. (2003) I used to be his J.V. coach. Now I'm the varsity girls coach at the same school. My girls love the press. We even had our girls watch the video. Here's my problem. It says on the video rotation, rotation, rotation. I'm struggling on the back rotation. On the video you see the players come up, but you can't see where they came from. I know it should be the furthest person away, but I wish it was on the film. I understand you've made another video. On the bio page it says it shows what to do about clearouts. (Awesome) I'm sold on the press. I'm 90% there, I just need that last piece. Hopefully, it's on the new video. One of the best parts about the press is it disrupts the other teams offense. Thanks so much for making the first video. I'm going to order # 2 today.

Rick Hunter  
Foothill H.S.

**Rick—thanks for the kind note---- I am pleasantly surprised on how well the videos that been accepted worldwide... they have certainly struck a nerve- that is no doubt- As for rotations from the back—I always just keep reminding the players to rotate into ball side and 45 degrees back to protect. If you are having problems in back, I might suggest that your players are taking poor rotation angles and thus getting beat in a variety of ways. REMEMBER- protect the basket 1st—worry about pressure 2<sup>nd</sup>—if you ever would like to send me a videotape of your R&J in practice or game- I can quickly evaluate it and email you the corrections that need to be made---thanks again-----coach a**

Coach,

I just received your run and jump tape from Sysko and I'm very impressed with it. It is a great way to dictate tempo. What do you usually do in the half court after your first trap? Do continue to run and jump or play straight man? **We will rotate into our M-M or our Zone— REMEMBER- the longer you scramble in the half court, the more trouble you**

are asking for. Good teams will make you pay for taking those chances.. We play an up tempo game and I think this will fit us perfect. I know you have a second tape, what information is on it and where can I purchase one? I sent you the information.

Roger

Got the video, looked great! Matter of fact, I had to stop and watch the 1st one again. Looked great though.

I have decided to start the R and J next week. Many of my guys lack the basic defensive fundamentals, helpside, stance, box out, and basic man to man rotations. Once we have done a good job on that, I plan on teaching White, Red, and Blue. Black we already do.

I will let you know how it goes. We are a program at the bottom. 1 winning season in the last 14 years, 3 seasons in the last 25. We have no fans, but I do have some great kids this year. We will be starting 3 sophs, 2 jr.s and 1 sr. My 6th and 7th man are also both sophs. I have one other sr. and one other jr. That's pretty much it. I look forward to implementing the system this summer.

Stephen **BEST OF LUCK COACH- Let us know how we can help!!!**

We did a lot of what you were discussing on tape, but we had the worst time with teams clearing us out after the ball goes back to the inbounder. How do you force the issue a little more?? **In the 2<sup>nd</sup> tape, we spend some time on the Clear out- You need to have a varied approach- Keep it unpredictable- sometime RED- sometimes LET THEM and WORK THEM-- we really like a Soft Red—we dedicate 2 people to the clear out man. It is a great soft trapping situation--- that really forces them to bring people back-**

Also, we keep a guy off of the ball and deny the ball in just like your black press, and we feel like that helped a lot. **THAT IS OUR "IN THE HOLE" ALIGNMENT (2<sup>nd</sup> Tape)**

Thanks for the drills and thanks for your insight.

Coach Miller

Coach,

I really enjoyed your run and jump press tape. Your players really get after the opponent. I have a question about the rotations.

Once a team is in the half-court - what do you do, if due to the run and jump switch, you have a smaller guard playing a post player?

First of all let me say - I think mismatches for the most part are extremely overrated. We don't see very many of them. With that



said, RULE- small guard on post player- GUARD MUST FRONT IMMEDIATELY- make them throw the pass HIGH!!—We make sure that the help side is in position to take away the lob--- AGAIN- MISMATCHES NEVER REALLY BECOMES AN ISSUE.

The more your players work on their rotations- the less likely mismatches will occur- We run a 5x5 switching drill that helps them make quick adjustments while the offense is in position.

I know that you would try and switch the mismatch - just curious if you have a specific rule or drill to help with this situation.

Once again - a great tape.

Kevin Tubbs  
Assistant Women's Coach  
Birmingham-Southern College  
Hello,

Boy I wish I could get over to Minnesota but I don't think my AD will pay for me to travel from Jersey on out. I had a couple of questions though.

3) When or do you fall back into hc man to man? In other words, let's say you trap and start scrambling do you continue to try and trap or do you have a cue of when to switch into man?

**It varies with the experience of the team- When we first start, as soon as the ball crosses half court, we fall back into the m-m. If we are in a blue trap- as soon as the ball comes out of the trap-we fall back into the m-m-the more experienced we become- the more we can STICK WITH IT---**

**As for the scramble- REMEMBER- the more you scramble in the half court- the more opportunity you are giving your opponent to score- We DO NOT do a lot of scrambling against our league- they are TOO GOOD and they will make you pay. When we scramble- we use it as a surprise- unexpected jump-**

4) Do you have any handouts you give to your players? If so, is there any possibility that I can get a copy?

**I am not a big handout guy- I believe our players just set it down and don't read it- I would have them watch the tape- ask questions- and then get after it. I have a 7 page article in "Winning Hoops" the**

**magazine that also does a great job of explaining the press- You could give them a copy of that.**

I have a question for you on the R and J. We start summer workouts in about a month. We don't get to practice everyday. Maybe 2-3 nights a week for about a month then we play games. ANY suggestions on what to teach over the summer and what to wait for teaching during the regular season. I want to do a good job of teaching the defenses. I never played for a coach that pressed so it still is a bit foreign to me.

**the biggest thing to teach is ROTATION-ROTATION-ROTATION- film your work and have the kids look at it-- teach them to contain the offense- rotate into position- and DO NOT GIVE UP THE 4 SINS--- EVER!!!! also- stick with the concepts of tipping from behind- so run some of those drills- they are good MUSCLE MEMORY-**

Stephen Finkelstein  
Madison High School Basketball

Eddie

Great video. I have been using the run and jump press for 4 years coaching and we ran it when I was in high school but I learned and fixed a lot of things by watching your video. I have a few questions for you.

Can you and have you run white and blue together?

**Once your kids understand the rotations- basically all the colors are IN-- We dont need to do a lot of calling- My whole philosophy of the Run and Jump Press is teaching the kids to recognize opportunity--- When a trap presents itself- TAKE IT!! At a timeout- we might talk about running TOO MUCH RED- or we missed some good BLUE OPPORTUNITIES-- We might come out of the TO an run BLACK- so see if we can get a quick turnover-- If we are behind late in a game and need the ball-- WE MIGHT GO BLACK TO RED TO BLUE to foul-(ALL ON THE SAME POSSESSION) ---- automatically--and the kids understand this---**

Do you have anything on paper that might be of interest. If you do please send me some stuff I would love to see it.

**WINNING HOOPS ARTICLE!! May/June--**

Kevin Richards

*BEST OF LUCK TO YOU ALL!!!!-----eddie*



One more quick question about the R&J press. What is your main strategy if you are playing against a real quick ball handler and he is getting a lot of "straight line penetration" off of the press. We've had a couple of games where this has been a problem. Also, would it be possible to get a game video where you are playing against a real quick handler??

**we will "soft red" a quick ball handler to keep them contained--- and/or make them give it up- we will also deny the ball to them with a "double black"--- we will also pull the defender off the inbounder and place them in the HOLE- middle of the floor to stop the straight line drives-- we will use all 3 of these techniques in the same game**

I am currently in my second stint as a varsity boys' coach and I was looking for something to possibly help my vertically challenged, inexperienced high school team some sort of edge. I bought your tape on the run and jump, and immediately decided that this could be exactly what I was looking for. We have just implemented it and will try it for the first time tonight. My players are extremely excited to give it a go in a real game. I do have a question or two for you concerning the defense. First, when the offense gets into the front court, do you now go to a straight man defense or do you continue jumping and trapping? And second, what type of defense do you run on missed shots? Thanks a bunch coach. Best of luck to you this year.-- Gary Krumheuer-St. Maries High School-St. Maries, Idaho

**when you are first starting out with the R&J- it is wise to drop the press around the 1/2 court line unless of course you have a nice BLUE in the front court-- then- once the ball comes out of the trap- rotate into your man or zone-- we will run both man and zone in the half court- if you continue to SCRAMBLE in the front court-- it is really NOT the R&J but rather- a SCRAMBLE-- many of the same techniques can be applied HOWEVER- the longer you scramble- the more risk you are taking--therefore- you will give up some layups--O rebs--straight line drives--etc--**

I just have to share this with you. We were down 40-49 on Tuesday night. Nothing was going right. We hadn't scored in 10 possessions.

We called a TO and made some adjustments to our press and challenged the kids to tighten the press down. We scored 19 straight unanswered points. Most right off the press. Several times the opposition ran the 30 second clock out without a shot. Many times it took them over 20 seconds to get the ball past half court. The next time the opposition scored we were ahead 59-51. I just watched in amazement! We are not very good at the R/J yet but we are making progress. This press is something else! Jim---

Jim Schreffler

Luther College

Good morning Eddie

We've had our team working hard on the R and J since day one and have been pleased with the progress we've made. Had a scrimmage on Saturday and the opponenet turned the ball over 29 times and we unofficially outscored them 17-4 in the 4th quarter. Was a good lesson for our kids on what the press can do (I was also able to play all 13 players for quality minutes)

Question, however on a situation that I'm not sure of yet. When the ball is entered and if it gets back to the middle of the floor, when that man starts dribbling sideline and the defender from the sideline comes to "jump," on reading his man jumping the offensive man takes off down court and then is wide open. We have had our half court men down the floor as prescribed so fast break layups have not been an issue, but is there a way to prevent this situation from taking place?

**DO NOT bring you sideline defender UP-- trap the dribbler on the sideline from behind--REMEMBER- if they are getting the "over the top pass" STOP giving up the over the top by having your defender retreat with his man- then you have an excellent BLUE opportunity everytime---**

Right now this seems to be the only area of concern with the press.

Thanks for any insight on how you handle this situation, and thanks for the info and video on the press-our kids have bought into it and seem to enjoy it!**Jeff Dworak Boys bb CoachKewaunee High School**

---

Coach

Although we still have a long way to go....we ran R/J this past weekend. We were able to beat a much stronger team....This team had been averaging shooting 20 3's a game. They were up 8 pts on us with 12 minutes to go in game....We won by 10 going away....the press took

the legs right out from under their 3 point shooters. Several times

it took them over 15 seconds to get the ball in their offensive

court. We are very pleased with the results.... Thanks again for

your emails and your help. **Jim Schreffler** Luther College Assistant Women's Basketball Coach

---

Coach Andrist --Two run and jump questions I have, after introducing many of the concepts in practice that you have outlined in your clinics and videos:

1. Scenario: Offensive team inbounds the ball toward the corner, as we want. Man on the inbounder sinks below the ball, as he should. Offense has 3 players across in the backcourt. Offensive player who received the pass in the corner starts penetrating middle, and a run and jump is executed, with the pass being completed to the offensive player now in the middle of the floor, in the middle of the "3 across" line up. The player in the middle begins penetrating hard up the sideline.... my dilemma:

When the defensive "wing" player in the 3 across set-up attempts a run and jump, his corresponding offensive player continually drifts upcourt, and it is easy for the offense to lob or get that pass by the defense, before the player "running" can get in position to defend. Too often the other two offensive players are so far down court or not in that immediate area, that the defensive players currently guarding them don't have enough time or space to anticipate or intercept this pass. **ANSWER ABOVE - EXACT SAME QUESTION**

On your video, you have definitively stated that a trap or run and jump shouldn't be attempted by the individuals guarding the deep players, for the same reason -- too easy of a pass over the top. However, in this scenario, the offensive player is actually in the backcourt, but it still seems far too easy to complete this pass and give the opponent a 3 on 2. Not that that isn't totally bad, since that forces action -- but it just seems too easy to break and I fear teams on our schedule will figure that out quickly.

Currently we are telling our "wing" defenders in that scenario to stunt at the dribbler instead of running and jumping, which depending on the personnel works to varying degrees. Is there an alternative you have found that works better? A suggestion I can give my players?

Question 2: Other than the immediate trap of the offensive player receiving the inbounds pass, and subsequently denying him the ball back, any other options which disturb teams that try to clear out and let their main ballhandler bring it up?

**WE RUN A SOFT RED---DEDICATE 2 MEN TO THEIR ONE- BUT DO NOT LET THE DRIBBLER GET OUT OF THE TRAP--- IT IS A SOFT TRAP--further enhanced by having to get the ball over halfcourt in 10 seconds- pretty soon they bring all kinds of people back to help out- thus creating the easier run and jump scenario- variety is what you need- change it up and keep them guessing**

Any help on either of these is much appreciated. After 5 practices, our players love these new ideas, which are truly enhancing many of the things we have emphasized in the past. I anticipate us being a very exciting team to watch!

Thanks -- best of luck as your season begins!**Tim LocumWaupaca HS**

---

I am writing to inquire about some information about your run and jump press defense. Last spring I bought your tape and have been preparing to incorporate it this season. If you wouldn't mind sharing, I would like some ideas about the specific statistics you take with regard to the press. I am thinking about tracking turnovers off the press, points directly scored from a press turnover, "easy" baskets given up by the press, and maybe even deflections. **I love to do the stat game and I use to stat 6 different categories off the press- However- the stats didnt take me anywhere- Stats need a purpose---You need to stat what you feel is important-- for instance- I think stating TO's can be dangerous- If your kids think TO- they will gamble to get the TO and foul and get out of position.-- we stat tips and deflections-- not only in the full court but half as well- we stat hustle points- ie--diving on the floor for the loose ball- and the biggest stat of all is the DOG point (a negative)- Did you press and rotate hard- did you box out- did you go for "O" reb etc- we combine it with the other stats in a game and we come up with a game rating index- PAT RILEY with the lakers and heat--TOM IZZO with Michigan State uses a subjective evaluation system- Against Manchester IN-- we played 10 players-- won 64-60-- had 3 players in a double digit rating (6 players is preferred)7-6-5 and three 2's-- and 1 prominent player at -13) that -13 has being addressed--Do you take these stats.? Are there others you take? If you do take stats. like these, I would also be thankful if you would share your game goals for these type of stats. I know this is a busy time of the season for you. Whatever you could share would be greatly appreciated. Thank you.****Mike HallFort Atkinson High SchoolBoys Basketball Head Coach**

---

Hi Coach Andriste:

I have another run and jump question: "What does the off defender in the front court do when his man runs off when he's the second man in the middle?" Does he go with his man, **He absolutely goes with his man-- this is a M-M press-- not a zone-- surely you can check people off- but you can't just stand in the middle of nowhere- we catch our kids all the time in what we call -NO MANS LAND--**or does he stay in the middle? My guys are struggling with this. I've been having them mix this up to give the offensive player a different look, as well as the look of a 2-1-2. Is this right?

**YOU ARE THINKING TOO MUCH LIKE A ZONE GUY!! True- we always are in help \position when the ball is on one side of the floor but we CANNOT-- just stand and not be accountable for the players on the floor- it becomes WAY TOO EASY to BREAK DOWN---**I have a quicker player, usually my 3 man, in the backcourt, which helps with the defensive rotation on this, which has worked. Please let me know.

**THAT IS OK-- HOWEVER- WHAT IF HE IS ON TOP OF THE KEY AND YOU SCORE INSIDE AND THEY FLY A MAN-- WHAT DOES HE DO NOW??? food for thought--DONT BE PREDICTABLE**

**Thanks, Ray Hassing Fairmont High School**

---

Coach I purchased your tape and love. I was just curious if you had in writing or on file a copy of your preseason conditioning program.

**OUR CONDITIONING PROGRAM CHANGES EACH FALL- we are big on PLYOMETRICS AND AGILITIES AND WEIGHT TRAINING- We cannot work with our athletes in the FALL so our Strength and Condition guy sets up some good material and our Track and Field guy teaches our kids how to run-- CORE STRENGTH- namely abdominal work is paramount in the game of basketball- we have a huge series of workouts in the abdominal area that we like-- during the season--as strange as it sounds, we try to rest the legs as much as possible- we walk thru more--watch more video- and shoot the ball-- we also have our players get into ICE COLD ICE laden 50-55 degree whirlpools with their legs several times each week-- the recovery is so much better- Finally- hydration and refueling is HUGE- in our clinic manual from this year, we outlined a lot of material about that area- kids need to be refueled properly post and pre game and practice- items such as Slim Fast- is very important as a refueling agent- You have a 30 minute window after a game to replenish the fuel lost at optimum efficiency-- we have a nutritionist that is AWESOME in working with the athletes here at UWStout-**

**As well as some things you do during season to assure your team does not fatigue before your opponent.**

**Thanks, Romone Neal**

**Social Studies Teacher/Head Boys Basketball Coach/Inter-Ethnic Relations Advisor  
La Quinta High School**

---

**GOOD LUCK COACHES-- ALL THE BEST AND  
LET ME KNOW WHAT YOU THINK AND HOW  
WE CAN HELP!!**

Coach

Although we still have a long way to go....we ran R/J this past weekend. We were able to beat a much stronger team....This team had been averaging shooting 20 3's a game. They were up 8 pts on us with 12 minutes to go in game....We won by 10 going away....the press took the legs right out from under their 3 point shooters. Several times it took them over 15 seconds to get the ball in their offensive court. We are very pleased with the results.... Thanks again for your emails and your help. Jim

--

Jim Schreffler  
Luther College



I don't think I ever got on the e-mail list for news on R & J. We used it very successfully last season and plan on it taking us back to state this year.

Dave Forster

Centauri High School

hi coach andrist,

just a quick question for you. if you have the time to reply that would be great. do you think that given the time constraints of hs basketball that it would be a good idea to teach the run and jump and a zone press? (i.e. 2-2-1)

**Personal opinion says that if you want a zone look- use a zone look out of the R&J-- we run a 2-1-2 and a 2-2-1 look but it still rotates into the Run and Jump- The more you teach- the slower their feet become. It is not good to commit to toooooo many things.**

two years ago, with the help of your tape i introduced the run and jump to my team. we have had good success with it, overall. relatively speaking, we are a pretty quick team and my players like it. the reason why i am considering implementing the 2-2-1 is to have a "different look". for example, i was thinking this could be effective in some situations if i wanted to kill time at the end of the game. **Let me know how it works.**

my larger concern though is spending time teaching the 2-2-1 and as a result becoming mediocre at 2 presses instead of great at one. am i correct in thinking that i should stay with the aggressive m-m / run and jump only? **Personal opinion says it is all about commitment. It is about believing in what you are teaching. Many coaches constantly change during their season because they are not committed to what they were teaching in the 1<sup>st</sup> place. I will NEVER say the R&J is the best press because it does not matter what "I" think—It really matters what "YOU" think.**

thanks again for taking the time.

sincerely,jon rice

Coach Andrist, I really wanted to thank you for putting on the coach's clinic this weekend. This is my 3<sup>rd</sup> year at Tomah High School and I just love anything new that I can potentially run with my players. I really liked your "Run and Jump" and am really looking at how I can implement it into my scheme.

The last couple of years I have run a version of Rick Pitino's match-up press. We aligned in a 2-2-1 for the most part and used the man in the front court to trap the uncontrolled dribble to the sideline and used the weak side guard to trap uncontrolled dribble to the middle. I really like the idea of not having to bring anyone in from the frontcourt to trap. When we got beat it was because of a poor read by my men at half court. Would the run and jump be a fairly easy transition for my kids if they had run the match-up press last year? We are not real big this year but I have kids that will run hard and get after the ball defensively.



**I really believe the R&J is easy to teach so I see no reason that you cannot make that adjustment. It is all about getting your kids to the proper position and then working on the rotations. When we get in trouble, our positions are poor and the rotations are slow- with repetition, they just become more natural.**

Thank you for your time,

Jeff Brieske – Tomah Head Coach

I just finished your first video and think it is excellent. If I could keep my eyes open (it's getting late), I'd watch the second right now. Anyway, I'm wondering what you guys do on a miss. Do you still pick up full or wait until half? Are you in just a straight man?

**We really like to stay up and press and continue the Run&Jump. It does depend on the team that we are playing. If they break hard, we sometimes will sprint back and recover. The 4x4x4 game is a great teacher of pressing after misses.**

I was thinking about using the Larranga Scramble for my half court D. I figure the teaching will overlap with your full court stuff. In your opinion, is this too much? Am I going to confuse my players? (I coach a high school girls' varsity team)

**I love the Larranga Scramble but once again- “the more you put in their heads, the slower their feet become” I have no idea what your kids can handle but my first thought would be it is a tad much.**

Thanks again for such an excellent video (I assume #2 will be just as good).

Jeff Losch  
Hopewell Valley Girls Basketball  
Pennington, New Jersey

Coach

hi my name is jimmy brown and i am the head girl's coach at bishop o'connell h.s. in arlington va. i want to implement your press, i have both tapes, they were great. what i want to ask you is should i just designate someone to be over the ball at all times?

thanks

jimmy brown

**I believe NO! Once you designate who is over the ball, then you have players trying to recover and help others into position. If you want immediate ball pressure- you need to take the closest girl and get her on the ball. The press is most effective for pressure when you do this. If you designate and they are at halfcourt when you whomever lays it in, then what???**

I have just watched your run and jump tape (which is absolutely great) and came up with a question. I am a little confused over when someone can jump and when they stay with their back person. If the offense is in a diamond look, and someone dribbles toward the sideline, does the second tier player jump, or stay with his man? I didn't know if this person can jump up because there is a player behind him, or if you lock up and never jump up.

**When the O is dribbling middle to sideline, we will jump as soon as we get them into a dribble. It is subjective as to when you come. Sometimes you can bait and sometimes you just rotate. REMEMBER- when you are 80 feet from the basket, you can take a ton more chances than when you are 30 feet from the basket. The only time we DO NOT jump is when the ball is coming straight up the sideline and they are approaching the half court area. We teach our “back” defender to stay back with their man. ROTATION – ROTATION - ROTATION**

Thanks,

Mark Witzberger

Hello,

First I wish I lived closer so I could attend your clinics which might make my life easier in terms of the R and J press.

Right now we have been using the press but only trapping sideline. When the ball comes to the middle we are jumping like you discuss in the videos.

My questions are the following:

1) Since the forwards are not involved in the trapping rotations, what happens when their man flashes to mid court? Do they go with their man? And if so, can they then get involved in the trap? **We do NOT want the ball passed into the middle. We will deny this pass as much as we can. Secondly, in our rotations, it is very seldom we don't have all of our players in the traps at sometime in the ball game. When we trap sideline, the easiest rotation will take the trap. Of course if I deny the middle and then the ball is heading up sideline, there is a GREAT chance that I will be the trap man.**

I have been teaching them to hedge back and forth to draw the man to pick up his dribble when the ball comes up the wing. When their man flashes I have been telling them to follow their man up, communicate and tell the weakside wing who is playing on the help line he is their and then back off to see if he can anticipate a long pass or possible steal.

**WOW- it sounds like you are running a zone press and once again- This is not a zone press. HOWEVER, if it works for you, that is great. This is a man to man rotation press. A lot of stress and confusion for the opponent. When I read what you are doing, I tend to get a bit of analysis paralysis.**

2) We face a lot of teams that run a 1-2-2 press break and if we trap the first pass they send one of the guards to flash middle and both guys back to go long. I want to vary the press up but how would you suggest we handle that?

**That's easy. DON'T TRAP the 1<sup>st</sup> pass everytime. You need NOT be predictable. When you do trap, the weakside wing drops hard middle thus cutting off the slasher. You still have two guys covering the guys going long and the only man open is the inbounder. Once the ball goes back to him, we rotate BACK and then INTO the ball again and keep the pressure on.**

Thanks,

Stephen Finkelstein

Madison Basketball

Madison, New Jersey

Hi Coach,

Coach from Canada here with a couple of Q's about R&J. Video is great, just trying to play with a couple of ideas in my head before I get going. Looking at installing R&J with our girls program this year. I like the idea of teaching the kids to read the floor and pressure based on player reads, a la motion offense.

1) I do see in the video in the game footage, some of your kids do make traps in the opencourt away from the sideline. Is this a read on their part, or do you have special situations where you allow this.

THIS IS SIMPLY A READ ON THEIR PART- WE GIVE THEM THE FREEDOM TO MAKE DECISIONS AND TO RECOGNIZE OPPORTUNITY-(ie- a player turns his back) HOWEVER- IF WE ARE GETTING BEAT DOWN THE FLOOR- THEN I WILL RESTRICT THAT FREEDOM.

2) In the half court- How are you (if at all) adjusting and rotating defensive assignments with the other 3 players to deny once the trap is in place, (especially your bigs) or are you simply maintaining a trap on just the point to wing, wing to corner action, and allowing reversal.

WE WORK ON OUR ROTATIONS ALL THE TIME- ROTATION IS EVERYTHING- WE DECIDE HOW MUCH RISK WE WILL ACCEPT AND COMMIT TO IT- IF WE WANT TO DENY- WE WILL ACCEPT MORE RISK. Less deny - less risk-- be clear what you want and commit.

3) Any communication drills/calls you can recommend for this. With the constant rotation and changing of defensive assignments I think this might be the most important facet of all. It's a challenge to get Canadian kids to talk on the court at the best of times. Thoughts?

I like the Coach K idea of not calling ball and indicating what you're currently doing, but being more efficient with our communication and indicating where you're directing the next action. If you have anything that plays with this I'd be interested to know.

MY KIDS ARE EXACTLY LIKE YOUR KIDS- THEY DON'T LIKE TO TALK. DRIVES ME CRAZY-- WE DO SHELL EVERYDAY-AND TALKING IS THE ABSOLUTE- WE CALL -GAP- DENY- HELP-BALL- TRAP- TO MAKE EVERYONE MORE AWARE. JUST NEVER GIVE UP ON THE TALK-TALKING IS A MOTIVATOR

Chris Bogart

London 86ers Basketball

London, Ont.

Canada

coach,

hello, i know this is a crazy time for you and i hope things are going well too.

we are at the point in the season where we have mostly everything in and now are refining it through repetition drills and allowing the kids to play more with less restrictions, but i would like some advice on how you begin building them back up.

KIDS LOVE TO COMPETE SO THIS IS THE TIME OF THE YEAR YOU REST MORE AND WHEN YOU GO HARD- DO IT IN A COMPETITIVE SETTING. MAKE LITTLE GAMES OUT OF WHAT YOU WANT TO ACCOMPLISH IN THE PRESS- and reduce your trips- press hard 2 trips- STOP- and go again. Look for flow in your press and NOT just technique- when you teach- use the SHELL concept and reaffirm what you want to accomplish-

Giving them confidence now since we have broken everything down fundamentally?

After them hearing us say "no", or "not like that"...

I am looking for advice on how to help them grow and use the things that were taught even though they may not be where we want them to be at, but ways to praise, or compliment or any psychological strategies.

THIS IS ALSO THE TIME OF YEAR TO BE MR. POSITIVE- not a lot of time for negative talk- ACCENT THE GOOD STUFF AND GET CLOSER TO YOUR PLAYERS- WHEN YOU CORRECT- GET CLOSE TO THEM AND LOOK THEM IN THE EYES-- ask them if they understand and move on.

USE YOUR FILM TO SHOW THEM THE GOOD STUFF MORE- I stay away from the bad stuff more now then in the beginning- I show them the GOOD STUFF!!!

Dwight Carter

Head Basketball Coach

Akron Central-Hower High School

**GOOD LUCK COACHES!!!!!! --write me with questions- I appreciate your interest and want you to enjoy yourself--**

Coach,

Sounds great! thanks!!

Couple quick questions that we have in regards to the RJ. We as a coaching staff were curious how you direct your players to get into the RJ and match up after a make. I know that whoever scores or is under the basket takes ball. We were having the rest of our girls backstep to the 3 pt line and then match up and close out. Not sure if this is a good strategy to start. I know you guys do not assign matchups, do you assign certain players to pick up a forward/guard?? Other than this little thing, we have been running the run/jump very effectively so far and we will get a better idea of where we are with it come next saturday, our first scrimmage. Very excited to run it this year!!!

Thanks Coach!!! Good luck to you in Vegas!

**You are right- WE DO NOT ASSIGN NUMBERS OR PLAYERS TO CERTAIN PLAYERS- that simply DOES NOT work. It makes your R&J much less effective. As for who is up front and who is back, it normally will be your guards up front pressing and your bigger players back most of the time. To hustle above the 3 pt line and then match up is a good reference point for your players.**

**This season we have 13 new faces and boy are we struggling with the R&J- A lot of running around with NO purpose. Guys basically with their heads cut off. We will however “stay the course” and get better, “inch by inch”. I am spending a lot of time early, entering the press from a variety of scenarios, and then blowing the whistle, having them FREEZE, and going through position and rotations. It is a very basic routine but very necessary for our guys and very possibly your players as well.**

**One scenario you might like is we have all 10 players run in a circle around the free throw line. As the coach, I call out Blue or White indicating who is taking the ball out. My manager has already placed the ball on the baseline. If I call out Blue, Blue runs OB, picks up the ball and gets ready to enter the ball. The closest man on the circle to the baseline takes the ball and everyone rotates out according to what you would like to see. It is a good way to get your players to locate players and match up accordingly. Once again, I may blow the whistle prior to ball entry- after ball entry- after the 1<sup>st</sup> pass etc- everyone FREEZES and we show problems and corrections.**

**Another positioning and pressure drill that I have added this year is 3-0/3-3 press position. I have 3 offense and 3 defense at half court. Initially, I have all 3 offensive players standing ahead of the defense in their lanes. I blow the whistle and both teams sprint to the basket with the offense scoring. Immediately the 3 offensive players jump into the press- the guy who lays it in is on the ball. The other two locate and rotate. The ball enters and we check immediate and I mean IMMEDIATE position. To make the drill more competitive, I will put 1 defender down by the basket or 2 defenders and make it an offensive and defensive drill- we will split our teams up and keep score out of this as well to provide good competition and we will run this from half court lay in to full court 3x3 press.**

**HOPE THIS HELPS COACHES- STAY THE COURSE AND GOOD LUCK THIS SEASON!!**

**Let me know if I can help in anyway and HAVE A GREAT SEASON!!**

**Coach Eddie**

Coach I have purchased and watched both videos but have a couple of questions.

In your run and jump do you have specific match ups or on a make and miss are your players "Flowing" into the press and matching up with the first guy they can get to. I see where your guy that scores gets to the point or on the ball defensive position but what about the rest of your defenders.

**Primarily in our R&J press, we DO NOT match up with anyone specific because that entails too much hesitation and adjustment and does not work for immediate pressure. As you have indicated, we "flow" into our match-ups with the guards up front and mostly our Bigs at half court. Repetition and situation breakdown quickly relates to easy and quick decisions by our defenders.**

Next question is how do you defend the "side up" action press break when an offensive player will come to the inbounder down the sideline from half court area - I am a little confused because you don't like your back guys to leave or is that only once the ball is inbounded?

**When the half court offensive player runs up the sideline, we will chase however, we will stay behind, allowing him to catch the ball. If the offense executes an exchange where the front offensive player runs down the floor, we can also execute an exchange with our defenders. REMEMBER- no matter what they do, we maintain control by initially keeping them in front of us when they catch the ball. If we have a slower half court player, we will still run them up to force the offense to catch the ball closer to the inbounder, and then we will execute a rotation shift, allowing the slower defender to slide down the floor, providing containment throughout the middle.**

Thanks,

Brian

Hey Coach!

I hope you guys had a great season!

We struggled all throughout the year, but came on at the end and won 4 of our last 6 to get an invite to the state tournament. We went in as the lowest seed 12 and lost to the 5 seed by only 7. Had the lead at halftime. Were still in the process of implementing the RJ. Worked good this year on many occasions.

Quick question coach: when you are facing teams who are very good ball handlers and stronger and quicker, would you still use it to try and slow teams down? I guess I have a never quit attitude and sometimes probably expect more than we are capable of. I just never want to take it off completely, so i usually try to switch back and forth from white to red/black while always be aware of blue situations. Occasionally if we are gassed or not putting in as much as we need to I pull it off momentarily till we get the momentum back or appear to recover from fatigue.

**When you face good ball handlers, it is so important that you give them different looks to keep them out of synch. It sounds like you are doing that and that is good. I like to soft red and rotate while maintaining the ULTIMATE responsibility of NEVER giving up that lay up. I certainly don't believe that the Run and Jump is an ALL OR NOTHING press. There are so many byproducts that you get from it. FEAR of getting beat should NOT be a by product for your team, and I have talked to coaches that are afraid of the good ball handling team. Our job as coaches is to give our teams the best chance for success. No matter what system you run or how often you run it, THE KIDS HAVE TO BELIEVE!! Belief starts with the coaches. There is nothing wrong with taking the press off. What I have always enjoyed about the Run and Jump is the versatility of it. Basketball still boils down to half court offensive and defensive execution and always will. The Run and Jump can certainly provide a little FUN along the way-**

thanks coach!

by the way, did you press anyone off the busses this year??? haha

have a good one!

cj



# Coach Eddie

Subject: Questions on run and jump defense

Coach Andrist,

I recently watched your run and jump press defense and liked the teaching style and different options. I am a relative newcomer to press defense as my mentors have been half court defense advocates. I want to introduce some pressing to my team because it fits my personnel. I have a few questions.

1. How quick do your forwards have to be to utilize this pressure?

**It is more of how good are they at making decisions? You have to be able to make good ROTATION decisions. Poor decisions lead to easy baskets for your opponents**

Which of the 4 variations are useful to hide slower forwards but utilize your quick guards?

**Staying with a white/blue is the safest press. You can also take a man off the ball and put him "in the hole" to protect your back defenders- I do however, actually like my slowest man ON THE BALL- then slide him back through the defense as the ball is being moved-**

2. How many players do you play? Do you use a platoon system?

**I like to play 10-12 - My best guys play the most and some guys might only play 3-5 minutes, but the more I can get guys involved - the happier team I have- I DO use the platoon system from time to time but have NEVER found it to be a good answer for subbing.**

3. Do you look for the quick shot once you get turnovers?

**YES- we look to penetrate and draw the foul or kick**

4. Do you make variations when you play teams with more talent?

**Absolutely- we can soften our press or deny a specific ball handler- the flexibility of press allows me to do everything and anything- It makes game planning much more fun and effective.**

I coach a high school girls basketball team in [Ohio](#) so I am unable to get to your clinics.

Any help you could give me would be much appreciated.

Thank you

Matt Reel

[CANF\\_MZR@access-k12.org](mailto:CANF_MZR@access-k12.org)

**From:** Andrist, Edward (AndristE@uwstout.edu)  
**To:**  
**Date:** Thursday, September 11, 2008 10:53:51 AM  
**Subject:** Practice Plans - R&J

Coaches- I received several requests to see our practice plans on teaching the Run and Jump-  
 So here you are- ENJOY and thanks- Coach Eddie

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

**#1**

**15-Oct**

22 players (3-4 Per Basket)

|        |   |  |  |
|--------|---|--|--|
| 6:15am | Stretching Routine- ANDRIST   |  |  |
| 6:30am | <b>SHOOTING WORK</b><br>32 Shooting - All Three (Pick Their Own Baskets)<br>5 Spot Shooting - COMPETE (1st team done) (4 baskets) 15'<br>Keep Shooting STATS (4 clipboards)   |  |  |
| 6:45am | <b>PRESSWORK -Run and Jump</b><br>1x1 Black- Turn the "O" - Try and Score<br>2x1 Black -Soft Red Contain<br>2x1 Trap Sideline<br>3x3 Position Drill-No Dribble-<br>3x3 Black- Run and Jump Middle<br>3x3 Side By Side (Jump or Trap)<br>3x3 Cat N Mouse (Jump or Trap)<br>3x3 Trap- Shoot the Gap -Diagonal Sprint Out<br>Make 3 Freethrows in a Row- WATER (Frozen Pushup) | FC<br>FC<br>FC<br>FC<br>HC<br>HC<br>HC<br>FC | Both Cts<br>Both Cts<br>Both Cts<br>Both Cts<br>Together<br>Together<br>Together<br>Together |
| 7:15am | Make 3 Freethrows in a Row- WATER (Frozen Pushup)   |  |  |
| 7:20am | <b>PRESSWORK -Run and Jump</b><br>4x4 Transition - Point and Talk (4 Balls)<br>4x4 Diamond Set - Press - Trap Sideline-Shoot Gap<br>5x5 Diamond Set - Press- Two People Back<br>5x5 Circle Press- Ball on Floor- Call Out Color<br>Make 4 Freethrows in a Row- WATER (Frozen Pushup)  | FC<br>FC<br>FC<br>FC                         |  |
| 7:45am | Make 4 Freethrows in a Row- WATER (Frozen Pushup)   |  |  |
| 7:50am | <b>PRESSWORK -Run and Jump</b><br>4x4 Halfcourt Trap and Rotation<br>4x4 Fullcourt Trap and Rotation<br>3x3 Disadvantage Drill<br>4x4 Disadvantage Drill<br>5x5 Disadvantage Drill<br>Make 5 Freethrows in a Row- WATER (Frozen Pushup)   | HC<br>FC<br>FC<br>FC<br>FC                   |  |
| 8:15am | Make 5 Freethrows in a Row- WATER (Frozen Pushup)   |  |  |
| 8:20am | <b>SHOOTING WORK</b><br>5 Spot Shooting - COMPETE (Timed 5 Min) (6 baskets) 20'<br>Keep Shooting STATS (6 clipboards)<br>Sonics Drill (4 Min) Make Threes (TeamChart)   |  |  |
| 8:30am | Make 10 Freethrows in a Row -DISMISSED  |  |  |

**COACHES MEETING AT NOON**

# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

**#2****16-Oct**

|        |   |                      |  |
|--------|---|----------------------|--|
| 6:15am | Stretching Routine- JONES   |                      |  |
| 6:30am | <b>SHOOTING WORK</b><br>32 Shooting - All Three (Pick Their Own Baskets)<br>5 Spot Shooting - COMPETE (1st team done) (6 baskets) 15'<br>Keep Shooting STATS (6 clipboards)   |                      |  |
| 6:45am | <b>SPLIT INSIDE AND OUTSIDE PLAYERS</b><br>Inside- KB has them with Krafty<br>Outside- LJ has them with Andrist   | HC<br>HC             |  |
| 7:00am | Make 4 Freethrows in a Row- WATER (Frozen Pushup)   |                      |  |
| 7:05am | <b>TRANSITION GAME (Build It)</b><br>Split Team 10-10<br>2-0 Gap Work (Elbow Drive-Corner Up/Backdoor<br>2-0 Gap Work ( Elbow Drive -Corner Up/Pass and Drive<br>2-0 Gap Work (Elbow Drive-Corner Up/Pass/Kick Back to Corner<br>2-0 Gap Work (Elbow Drive-Corner Up/Pass/Kick Back to Corner | HC<br>HC<br>HC<br>HC |  |
| 7:20am | 11 Man Break (Concepts)<br>Outlet Lines FT Extended<br>Defense Starts at Half Court   | FC                   |  |
| 7:30am | COMPETE ( Split Into Two Teams)   | FC                   |  |
| 7:35am | Make 5 Freethrows in a Row- WATER (Frozen Pushup)   |                      |  |
| 7:40am | <b>TRANSITION GAME (Build It)</b><br>2-1 Attack (Blue vs White) 1 shot only<br>2 on 1 1/2 Pitino -Into Press- Split Groups/Courts<br>Progression - COMPETE 2/1-3/2-4/3-5/4-5/5-5/5-5/5 (Twice)  | HC<br>FC<br>FC       |  |
| 8:00am | Make 6 Freethrows in a Row- WATER (Frozen Pushup)   |                      |  |
| 8:05am | <b>SCRIMMAGE (10) Minutes-</b><br>TOP 10 vs 2nd 10-- Press and Run----  | FC<br>FC             |  |
| 8:15am | Make 6 Freethrows in a Row- WATER (Frozen Pushup)   |                      |  |
| 8:20am | <b>SHOOTING WORK</b><br>5 Spot Shooting - COMPETE (Timed 4 Min) (6 baskets) 20'<br>Keep Shooting STATS (6 clipboards)<br>Sonics Drill (4 Min) Make Threes (TeamChart)   |                      |  |
| 8:30am | Make 10 Freethrows in a Row -DISMISSED  |                      |  |

**COACHES MEETING AT NOON**

# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

**#3****17-Oct**

|        |   |    |
|--------|---|----|
| 6:15am | Stretching Routine- BABLER  |    |
| 6:30am | 4x4- 50 Point Passing Game - (4) Teams -NO DRIBBLE<br>Must Score a Lay Up -2pts | HC |

Two Point Cuts--

|        |  |  |                      |
|--------|--|--|----------------------|
| 6:40am | <b>TRANSITION GAME (Build It)</b><br>4-0 Positioning (Piehl/Heis/Marco @ the 4)<br>Take Ball OB- 1 Trip- Go To Next Court-SPRINT<br>Loop Cut<br>Triple Loop<br>Pop 4<br>Quick  | FC<br><br>Dia #1<br>Dia #2<br>Dia #3<br>Dia #4 | Both Cts             |
| 6:55am | Circle Transition- Call Color and Go.  | FC   |                      |
| 7:05am | Make 4 Freethrows in a Row- WATER (Frozen Pushup)  |  |                      |
| 7:10am | 5 Spot Shooting - COMPETE (1st team done) (6 baskets) 15'<br>Keep Shooting STATS (6 clipboards) (2 Balls)  | Twice  |                      |
| 7:20am | <b>PRESSWORK -Run and Jump</b><br>1x1 Partner Up - Tip Drill<br>1x1 Black to 1on1 Score (Turn Them)<br>2x2 Black Push Off (Off Foul)<br>2x2 Black Front<br>2x2 Run and Jump Middle<br>2x2 Trap Sideline<br>4x4 Diamond Set | FC<br>FC<br>HC<br>FC<br>FC<br>FC<br>FC         | Both Cts<br>Both Cts |
| 7:35am | Walk Thru Press  | FC   |                      |
| 7:40am | 5x5 Circle Press- Ball on Floor- Call Out Color-<br>Split Teams - 10/10  | FC   |                      |
| 7:50am | Make 5 Freethrows in a Row- WATER (Frozen Pushup)  |  |                      |
| 7:55am | <b>SCRIMMAGE (10) Minutes-</b>   |  |                      |
| 8:05am | Bonus Freethrow - Miss the 1st/20 Pushups/2nd 10 PushUps   |  |                      |
| 8:10am | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)  |  |                      |
| 8:15am | WEIGHTROOM- Hydrate and Get There-EVERYBODY  |  |                      |

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

#4

18-Oct

|        |   |          |  |
|--------|---|----------|--|
| 6:15am | Stretching Routine- KRAFTY  |          |  |
| 6:30am | 4x4- 50 Point Passing Game - (4) Teams -NO DRIBBLE<br>Must Score a Lay Up -2pts<br>Two Point Cuts-- | HC       |  |
| 6:40am | <b>TRANSITION GAME (Build It)</b><br>11 Man Break Drill<br>COMPETE                                  | FC       |  |
| 6:50am | 5-0 Transition- Spots   | FC       |  |
| 6:55am | 32/53 Transition- Compete<br>Circle Transition- Call Color and Go.                                  | FC<br>FC |  |
| 7:05am | 5 Spot Shooting - COMPETE (4 Min) (6 baskets) 15'<br>Keep Shooting STATS (6 clipboards) (2 Balls)   |          |  |

|        |  |                      |
|--------|--|----------------------|
| 7:10am | Bonus Freethrow - Miss the 1st/20 Pushups/2nd 10 PushUps   | FC                   |
| 7:15am | Breakdown Segment (15 Min)<br>Babler-Krafty Inside Players<br>Jones-Gaier Perimeter Players  |                      |
| 7:30am | <b>PRESSWORK -Run and Jump</b><br>1x1 Partner Up - Tip Drill- Pass Over Top<br>1x1 Black to 1on1 Score (Turn Them)<br>2x2 Trap Sideline<br>4x4 Diamond Set | FC<br>FC<br>FC<br>FC |
| 7:40am | 5x5 Circle Press- Ball on Floor- Call Out Color-<br>Split Teams - 9/9  | FC                   |
| 7:50am | Make 4 Freethrows in a Row- WATER (Frozen Pushup)  |                      |
| 7:55am | <b>SCRIMMAGE (15) Minutes-</b>   |                      |
| 8:10am | Water  |                      |
| 8:15am | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)  |                      |
| 8:25am | FREETHROWS- SHOOT 25- RECORD   |                      |

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

#5

**19-Oct**

|        |   |                  |                |
|--------|---|------------------|----------------|
| 6:15am | Stretching Routine- JONES   |                  | 15min          |
| 6:30am | <b>SHOOTING WORK</b><br>32 Shooting - All Three (Pick Their Own Baskets)<br>5 Spot Shooting - COMPETE (1st team done) (6 baskets) 15'<br>Keep Shooting STATS (6 clipboards) | HC               | 10min          |
| 6:40am | <b>TRANSITION GAME (Build It)</b><br>5-0 Transition- Spots<br>32/53 Transition- Compete<br>Circle Transition- Call Color and Go.  | FC<br>FC<br>FC   | 15min          |
| 6:55am | Make 5 Freethrows in a Row- WATER (Frozen Pushup)<br>Split Group Into (2) Groups  | List #1          |                |
| 7:00am | Multiple Option Box Set Offense - Andrist<br>OB Under/Sideline Plays - Jones  | Dia #1<br>Dia #2 | 10min<br>10min |
| 7:10am | Flip Flop Groups  |                  |                |
| 7:20am | Compete (15) Possessions Each (2 Teams) COMPETE   |                  |                |
| 7:30am | 11 Man Break - Whisper To Any Player (See What Happens)<br>Compete  | EchoYell         | 10min          |
| 7:40am | Breakdown Segment (15 Min)<br>Babler-Krafty Inside Players<br>Jones-Gaier Perimeter Players   |                  | 15min          |

|        |   |                |       |
|--------|---|----------------|-------|
| 7:55am | <b>PRESSWORK -Run and Jump</b><br>Clean Up Positioning 5x5 Half Court- WHISTLE STOP<br>Circle Press 5x5 Whistle Stop<br>PRESS LIVE- Keep Score Losing Team Runs | HC<br>HC<br>FC | 15min |
| 8:10am | HUDDLE- HYDRATE   |                |       |
| 8:15am | Sonics Drill- All Threes- (5 Min) Except Piehl<br>Establish # for Future  | EchoYell       | 5min  |
| 8:20am | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)   |                | 5min  |
| 8:25am | FREETHROWS- SHOOT 25- RECORD  |                |       |

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

SCRIMMAGE (4) 10 minute quarters

#6

**20-Oct**

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

#7

**22-Oct**

|        |  |                            |                |
|--------|--|----------------------------|----------------|
| 6:15am | Stretching Routine- BABLER   |                            | 15min          |
| 6:30am | <b>SHOOTING WORK</b><br>32 Shooting - All Three (Pick Their Own Baskets)<br>5 Spot Shooting - COMPETE (1st team done) (6 baskets) 15'<br>Keep Shooting STATS (6 clipboards)  | HC                         | 10min          |
| 6:40am | <b>Missed Freethrow Runs (16- 1min)</b><br>Make 3 In a Row- Water  | S2S                        | 1 min          |
| 6:45am | <b>TRANSITION GAME (Build It)</b><br>2-3-4 Sprint Lanes Mentality (No Ball)<br>2-3-4 Sprint Lanes Mentality (Three Ball Shooting)<br>5-0 Transition- What are we looking for-<br><b><i>Rebounder is the #5 Unless the #1</i></b><br>32/53 Transition SPRINT-<br>Circle Transition- LIVE Keep Score | FC<br>FC<br>FC<br>FC<br>FC | 20min          |
| 7:10am | Team Freethrow- 5 Makes and Water  |                            |                |
| 7:15am | Zone Offense- Coach Jones FLIP FLOP GROUPS<br>Box Option Man -   |                            | 10min<br>10min |
| 7:25am | Split Groups - 5x5 Live Zone O/D   | HC                         | 10min          |
| 7:35am | <b>Missed Freethrow Runs (16- 1min)</b><br>Make 4 In a Row- Water  | S2S                        | 1 min          |

|        |   |                      |       |
|--------|---|----------------------|-------|
| 7:40am | <b>PRESSWORK -Run and Jump</b><br>2x2 Run and Jump (Side By Side) Control<br>3x3 Trap Sideline- Out and Play<br>5x5 from OB - Stop and Correct<br>5x5 Compete- KEEP SCORE | FC<br>FC<br>FC<br>FC | 20min |
| 8:00am | SONICS- All Threes CHART (5 min) Sprint and Shoot<br>Email to Team - Piehl/Marco 15 footers   | FC                   | 5min  |
| 8:05am | Bonus Freethrow 20/10/0   |                      |       |
| 8:10am | Introduce Half Court Trap<br>5x5 Live   | HC                   |       |
| 8:20am | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)   |                      | 5min  |
| 8:30am | Shoot 25 freethrows- RECORD<br>Make it up if you have class   |                      |       |

## University of Wisconsin - Stout

### *Men's Basketball Practice 2007-2008*

#8

**23-Oct**

|        |  |                |
|--------|--|----------------|
| 6:15am | Stretching Routine- KRAFT  | 15min          |
| 6:30am | 11 Man Break (Two Teams) COMPETE 9/10  | 10min          |
| 6:40am | 3-0 Transition Shooting<br>4 Man Outlets to 1 (1 Trip) (2 Trips) Sideline/J Cut<br>5-0 Name Transition- Rebounder is the #5<br>32/53 COMPETE | 15min<br>4min  |
| 7:00am | Make 4 In A Row - FOCUS - HYDRATE  |                |
| 7:05am | Zone Offense vs Scout Team<br>Box Motion Offense vs Scout Team   | 10min<br>10min |
| 7:25am | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)  | 5min           |
| 7:30am | Team Freethrows (5 Guys Shoot) HYDRATE   |                |
| 7:35am | 5x5 Press Off Check IN   | 15min          |
| 7:50am | Split Groups- OB Under/Sideline OB   | 5min           |
| 7:55am | 3-0 Break 3 pt Shooting (Chart)  | 5 min          |
| 8:05am | Half Court Run and Jump (Trapping) Into Transition   | 10min          |
| 8:15am | OB Tourney- Losers Run   | 10min          |
| 8:25am | Team Freethrow Shoot- Everyone Shoots  |                |
| 8:30am | HYDRATE- WEIGHTROOM- Lift Hard   |                |



# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

SCRIMMAGE MCTC - Minneapolis (5) 10 Minute Quarters

**#9**

**24-Oct**

# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

**#10**

**25-Oct**

|        |  |        |
|--------|--|--------|
| 7:30pm | Film REVIEW- Breakdown of MCTC Scrimmage<br>Speed Philosophy- WHY IT IS SO HARD!!  |        |
| 8:00pm | Take the Practice Floor<br>Fundamentals - BACK TO THE BASICS<br>4 Corner Passing<br>4 Corner Jump Stop Pivot Passing<br>4 Corner Jump Stop Rip Pivot- Lay ups<br>4 Corner Pass and Dig FOOTFIRE<br>50/20 Shooting - Down Back Down Run | 15 MIN |
| 8:15pm | CloseOuts to Boxouts- Drill To Play<br>Hands Above Head- Pressure<br>3x3x3x3x3- Defensive Stops - Live   | 15 MIN |
| 8:30pm | Bonus Freethrow 20/10/0 HYDRATE  |        |
| 8:35pm | 4x4x4x4 Shell Drill- Two Ends<br>Stay In Stance - Position<br>I - Formation - Gap Control<br>Jump to the Ball- Cutter Behind<br>Shot and Box Out -Complete Possession  | 10 MIN |
| 8:45pm | OB Under Defense- Demo and Live- Split Teams<br>Keeping the Ball Out of the Paint -  | 10 MIN |
| 8:55pm | Half Court Trap Drill<br>Trap and Rotate- SPACE  | 10 MIN |
| 9:05pm | Make 4 in a Row- HYDRATE   |        |
| 9:10pm | Transition Game (4 Man Work) 3/4 Court<br>Getting to the Elbow<br>Reverse to 5 to Elbow (Play)   | 10 MIN |
| 9:20pm | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)  |        |
| 9:30pm | DONE   |        |

# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

#11

26-Oct

|          |  |        |
|----------|--|--------|
| 4:30pm   | Offensive BREAKDOWN 5x5x5<br>(3) Groups Andrist/Babler/Jones   | 15 Min |
| 4:45pm   | <b>TRANSITION GAME (Build It)</b><br>2-3-4 Whistle Sprints- Lanes Mentality (No Ball)<br>2-3-4 Sprint Lanes Mentality (Three Ball Shooting)<br>5-0 Transition- What are we looking for- (2 Trips)<br><b>Rebounder is the #5 Unless the #1</b><br>5x5 Circle Transition- White/Blue (O Scoring) | 20 Min |
| 5:05pm   | Flambeau Freethrows (Use Clock)<br>(3) to basket- Make 2 - You stay- Miss Run Ball Above Head  | 5 Min  |
| 5:10pm   | <b>HALF COURT DEFENSE (Build It)</b><br>Defensive Breakdown 5x5x5<br>(3) Groups Andrist/Babler/Jones   | 15 Min |
| 5:15pm   | Shell Drill - Split Groups- Muscle Memory - Live to Box<br>Defensive Transition Into Half Court - LIVE   | 15 Min |
| 5:30pm   | Make 5 Freethrows In A Row-  |        |
| 5:35pm   | RUN AND JUMP Press- (3) Groups 5x5<br>Keep Score- Deflections- Steals- Hustle-   | 10 MIN |
| 5:45pm   | Half Court Trap Drill<br>Half Court Trap Live  | 15 Min |
| 6:00pm   | 32/53 Compete (3 Games)  | 10 Min |
| 6:10pm   | 5 Spot Shooting - COMPETE (6 baskets) 20' (5 Min)<br>Keep Shooting STATS (6 clipboards) (2 Balls)  | 5 Min  |
| 6:15pm   | Baseline Freethrows (5 at a time)  |        |
| Announce | Scrimmage at 8am- Dress ON FLOOR at 7:30am<br>GO THRU WARMUP ROUTINE<br>(4) 10 Minute Quarters<br>Dr. Dish Filming After Practice  |        |

# University of Wisconsin - Stout

## *Men's Basketball Practice 2007-2008*

#12

27-Oct

SCRIMMAGE (4) 10 minute quarters

**R&J Question and Answers--**

Wednesday, December 3, 2008 5:48 AM

**From:** "Andrist, Edward" <AndristE@uwstout.edu>**To:** undisclosed-recipients**Coaches-**

I am getting some great questions on rotations and many coaches have asked the same one- There are a couple of things that we do-

Coach,

I have been using the run and jump for a couple of years now and in the past my boys caught on to the rotation pretty quickly, but this year we are younger and struggling a bit on rotating, so I was wondering what specific or best drills you used to work on your rotation, or do you just scrimmage and stop the scrimmage more often.

Thanks for all your help,

Scott Spooner

**#1- we do a lot of (3 on 3) and (4 on 4)full court to force them to rotate more quickly- Right now – when we trap sideline, we are having our low man on the trap rotate out on the pick up of the ball- he does NOT wait until the pass is made- that has helped us with our rotations**

**#2- we do a lot of whistle stops- which not only saves our legs but also allows us to teach on the fly. Both teams circle jog at the free throw line- I place the ball on the baseline and yell a color-(blue or white) I yell Blue- Blue takes the ball out and white presses. At any time in the process I blow the whistle and everyone freezes - then I move the players around like a chess board- showing them rotation and position-**

**#3- VIDEO VIDEO VIDEO- they MUST see what they don't understand- we watch press video at least twice each week- 20 minutes each time**

**The biggest problem we have as do all of you I am sure, is the back guy trying to jump up the sideline- that is NOT a good rotation and the hardest things for kids to understand is when to go and when to just stay back. I always side on caution versus running crazy. If you NEVER forget the 4 sins (layups-offensive rebounds-straight line drives-fouls) the press will build itself.**

**Early in the game I want our guys to “feel out” the opposing team. What are they trying to do?? As the game progresses we start to squeeze and trap and jump harder but still only with opportunity. What I like the best about the press, is maintaining control of the possession. You show your team that even when the opposing team “thinks” they are breaking you down, you are just one more rotation away from a super trap or jump- it is infectious!!!**

Hi Coach – I met you at Valdez this past summer. I also bought your two tapes on the match up press and we're planning on using it this season. However, I do have a quick question to throw your way on the defense.

I believe you indicated that it's not real important whom each player picks up while transitioning from offense to

defense. In some of our fall league games we got beat a few times when no one picked up a deep player and we had some confusion (2 players on one guy, etc.). Do you have some transition rules that you use to prevent such a thing from occurring? In other words, do you have your players go to specific areas to pick up offensive players in their area or something like that?

Have a great season. I certainly enjoyed chatting with you during team camp in Valdez and I wish you the best of luck.

Chuck Boerger

**You can use the 2UP-2BACK Rule to create less confusion- This seems to help my guys- we play a lot of "off the ball" press this year so we have 2Up- 2Back- and Middle- that has stabilized our press quite a bit- if your playing on the ball- then I still like to closest to the baseline man but if that is not working- then designate who you want on the ball- once you kids stabilize, then you can play around with immediate pressure rather than spots-**

Hi Coach,

I got the DVDs on Saturday and watched them each twice over the weekend. I loved them and your defense! Thank You! They were the best on the run and jump that I ever seen and were very useful. I am a young high school coach in Massachusetts and am hoping to implement the defense this year. We have no big men and will struggle shooting the ball but have a bunch of quick guards.

I hope it is ok to ask a couple of follow up questions. I am sure you are very busy with your team and season.

Do you have any information or other DVDs or notes that I could buy on:

- 1) How to implement the defense, techniques, positioning off of misses
- 2) A more in depth look at the defense in the 1/2 court? I am trying to understand what is possible and if it could be our main defense in the 1/2 court.

thanks again,

Dave

**I have attached my 7 page article in Winning Hoops that also lays out the R&J Press- You can also download the 60 FREE pages of question and answers on my website [www.eddiebasketball.com](http://www.eddiebasketball.com) . That will help you immensely. As for the half court defense, we are working with a half court run and jump system. (Scramble) We have used it in spots but I am not comfortable with it and won't talk about it until I understand how to best teach it. I have communicated with a coach (Wayne Walters) who has mapped out a defense called "the Swarm". It has some great possibilities- right now we run a standard MM Gap Defense with an interesting 1-1-3 Match Up- at some later date, I may communicate the 1-1-3 with you guys- so YES- you can run whatever half court defense you desire. I will say, it is EASIER to rotate into a M-M out of the press than it is to rotate into a zone- as far as misses go- we run the 4-4-4 game but also- I do believe it just takes time for your team to get comfortable in matching up off misses- we do not do a lot of press off misses with my group this year. we only use it when we need to get the ball back- once again, you can use the 2up-2back and middle alignment to get into position and rotate INTO the ball from there-**

Coach,

Finally had some time to really look at your practice plans that you sent to all of us. I was wanting to know what half court defense drills you use and how you organize it with the Run and Jump breakdown drills, Transition.

It looks like you spend almost 95% on defense. I missed your clinic on the Dribble Drive Offense. Does it allow you the time to work on defense more?

If you could please send anything you have on the offense I would greatly appreciate it.

Carlos Lopez  
Dolores Huerta Prep High School

**I do spend a lot of time on defense but 95% might be a little high- We run shell 4-4-4-4 everyday and that has seemed to help our gap defense. We also run the shell out of a transition change drill- We play 1-1 half court and full court a lot- 1-1 full court really helps the press footwork- As for the dribble drive- there is so much information out on it now that is mind boggling- go to the Dr. Dish website to see the webinar that we did on the Dribble Drive- it gives you a very good overview of the basics of the offense**

I just watched your video. It is excellent, thank you. You are a good teacher. And the live clips of your team are impressive. . . . they really get it, hustle and have good instincts. It brings back real memories. We ran it when I played in high school in 1978-80, for Rick Albro (Cleveland State Men and current Michigan State Women's Assistant). I really understood it too. I just have never tried to teach it.

I've got a pretty talented girls high school team this year, with lots of speed and depth at guard, so I'm going to give it a try. I know that it takes a real commitment to do it right.

I have 5 questions:

- 1) Do you work on this daily? What percent of your typical practice time do you devote to it?
- 2) It will be brand new to our girls. How long before I can expect some level of competence?
- 3) Does the opponent eventually get comfortable against it? Either by figuring it out, or by adjusting to the rhythm?
- 4) What defense do you typically fall back into? It looks like you continue trapping for a couple of passes. If you fall back into man, you just concede that you will end up with odd matchups sometimes?
- 5) How deep is your rotation?

Thanks a lot for you help.

Michael Ellis  
East Grand Rapids High School  
Varsity Girls Basketball Coach

**1- I think this is a defense that you cannot "kinda" do it- it takes a commitment on your part- 20 minutes per day we will work on breakdown and full court press work- some days we just do all breakdown and never get into the 5-5- that is absolutely OK- we do a lot of 3-3 full court – setting up rotation situations and forcing the players to rotate and play quickly-**

**2- I think you could see some great competence in the 1<sup>st</sup> week- I see this as a very simple defense to teach and as long as you don't commit the 4 sins- you will find some success quickly-**

**3- I believe our opponents NEVER get comfortable unless we allow them to- when our opponents**

have gotten comfortable, we had a group of guys that were just NOT too interested in working hard-

4- We fall back into a MM 95% of the time- if we rotate into a zone- we have to take the press off sooner- as your team gets better at it, they can continue to trap and rotate even in the half court- odd matchups are extremely overrated- yes- if we have my point guard on their center, we must adjust but it does not happen too often

5- I want to play 10 players double minutes- my best at 30+ and my(9-10) at 10+ - I will use 11 and 12 guys when I can---- If I don't press, I only play 7 guys and have a lot of unhappy people

Coaches- make sure you download the 60+ FREE pages at [www.eddiebasketball.com](http://www.eddiebasketball.com) for more questions and answers on the R&J. Let me finish by saying this to you. One of the greatest compliments you can ever get as a coach is when someone comes up to you and says. "I love watching your kids because they play so hard!" They will say that to you even in defeat if your kids are playing hard. The Run and Jump press allows you play very hard. As a coach, there are some things that you cannot control, but playing hard is one that you can. I am honored to help you in any way that I can. **BEST OF LUCK THIS SEASON!** Coach Eddie

---