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CREATING A FULL-COURT DEFENSIVE PRESSURE CULTURE

#1 REASON EVERY TEAM SHOULD PRESS
Automatically Creates/Develops Toughness



CHANGES THAT SUPPORT PRESSING

1. *Coaching Landscape Has Changed*
2. *Parents Interaction Has Changed*
3. *Players Mindset Has Changed*

Single BIGGEST ISSUE in Sports TODAY

- *PT (Playing Time)*

Pressing Supports PLAYING MORE KIDS

- *More Kids **GO OUT – STAY OUT***
- *Parents Are Happy*
- *Administrators Are Happy*
- *Players Are Happy*
- *Fans Are Happy*

ADDITIONAL REASONS TO PRESS

1. *Levels the Playing Field*
2. *Players Don't Need to Be Skilled*
3. *Will Build Your Program Long Term*
4. *Will Create Excitement Every Day*
5. *Closes the Athletic Gap*
6. *Brings Energy to Practice and Games*
7. *Team **ALWAYS** Plays/Practice Hard*
8. *Cultivates **NO FEAR** Mindset*
9. *You Can Always Come Back in Game*
10. *Makes Opponent Uncomfortable*
11. *Ability to Speed Up or Slow Down*
12. *Opponents **DO NOT** Want to Play You*
13. *Trains Your Team to Handle Pressure*
14. *Creates Great Scoring Opportunity*
15. *Takes the **FIGHT** to the Opponent*

WHY PRESS M-M / RUN & JUMP

- *Unpredictable*
- *Easy to Teach*
- *Easy to Learn*
- *Simple Rules*
- *Causes More Chaos*
- *Less Thinking – More Doing*
- *Brings Energy*
- *Adapts to Players Level*

M-M / RUN & JUMP EMPHASIS

*Do **NOT** Foul*

***PROTECT** the Basket*

***REBOUND** the Misses*

M-M / RUN & JUMP STATEMENTS

1. *When in Doubt.....***RUN**
2. *Pressure* **SHADE** *the Ball*
3. **ROTATE – RUN – REBOUND**
4. **TRAPPING** *is a* **SKILL**
5. *No Passes to Middle*
6. **MOVE** *on Pass- Don't Look*
7. **Method** *to the* **Madness**
8. *Crazy Passion - Obsessed*
9. **UGLY** *is* **Beautiful**
10. *Collective Energy – Build It*
11. *Angles - Less Steps – Quicker*
12. *Fouling* **NEGATES** *Hustle*
13. *Trap Sideline – Jump Middle*
14. *Finding* **TRAP** *Opportunities*
15. *Not A to B to C to D*

PRACTICE CHAOS = GAME CALMNESS

TEACHING PROGRESSION SERIES

1. *FOOTWORK – RUNNING – POSITION*
2. *RUN AND JUMP SYSTEM - ROTATIONS*
3. *TRAPPING SYSTEM – ROTATIONS*
4. *FORMATION POSITIONING – ROTATIONS*
5. *BACK TIPS – PROPER HAND – RUN*
6. *HALF COURT R&J – TRAPPING – ROTATIONS*
7. *ADJUSTMENTS – CLEAR OUTS – ACTION*

Play the Ball... Don't Let the Ball Play You!

RUN & JUMP PRESS CREATES

<i>Fatigue</i>	<i>Chaos</i>
<i>Stress</i>	<i>Frustration</i>
<i>Turnovers</i>	<i>Poor Shots</i>
<i>Quick Shots</i>	<i>Fear</i>

DEFINITION OF SUCCESSFUL SEASON

WON ALL THE GAMES YOU SHOULD WIN – NO UPSETS

WON SOME GAMES YOU SHOULDN'T WIN – UPSETS

PLAYED A LOT OF KIDS – NOT UPSET

PLAYERS TAKE OVER THE TEAM – EMPOWERMENT

R & J PRESSING GAME GOALS

- Force 30 or More Turnovers (27)
- Fewer Fouls Than Opponent (18/24)

PRESS MENTALITY

*When the Opponent Drives Up to the School...
We Pick Them Up at the Bus!*

MAKE OR MISS OR DEAD BALL....
(60%) WE ARE PRESSING....

R & J PRESS DAILY PRACTICE PLAN

<i>Time</i>	<i>Teaching</i>	<i>Goal</i>
6	Breakdown Action	2-3 Drills
7	Half Court Drives	Control Trips
7	Problem Solving	Situations

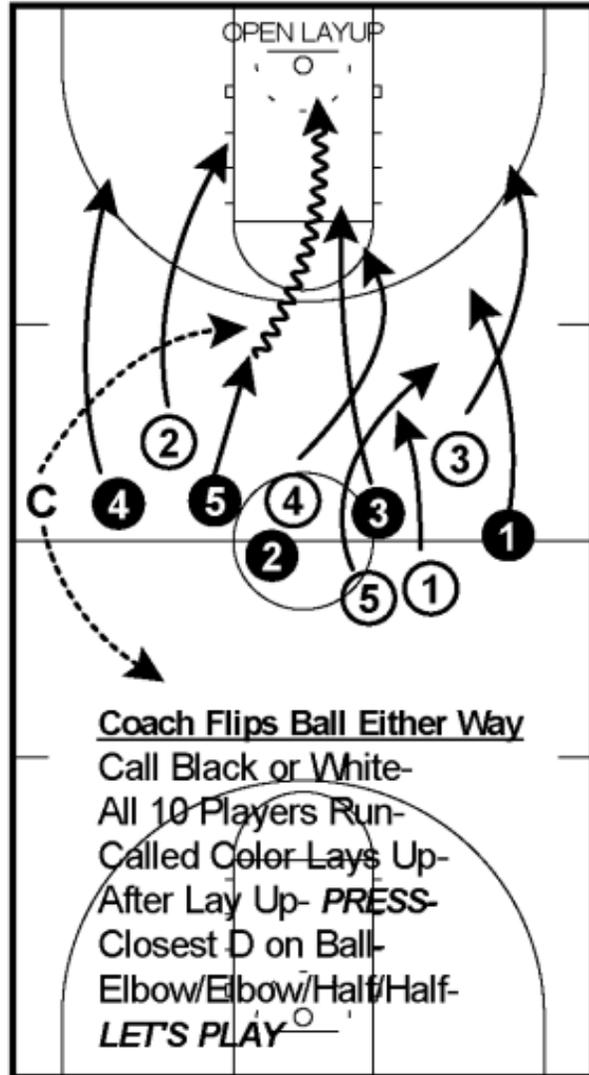
WHY COACHES DON'T PRESS

- *ONLY OPERATES INSIDE THE BOX*
- *DOESN'T KNOW HOW TO TEACH IT*
- *FEAR OF THE UNKNOWN*
- *A to B to C COACH – NEEDS CONTROL*
- *LACK OF COMMITMENT*
- *CANNOT SELL IT – NO BELIEF*
- *HALF COURT GUY*

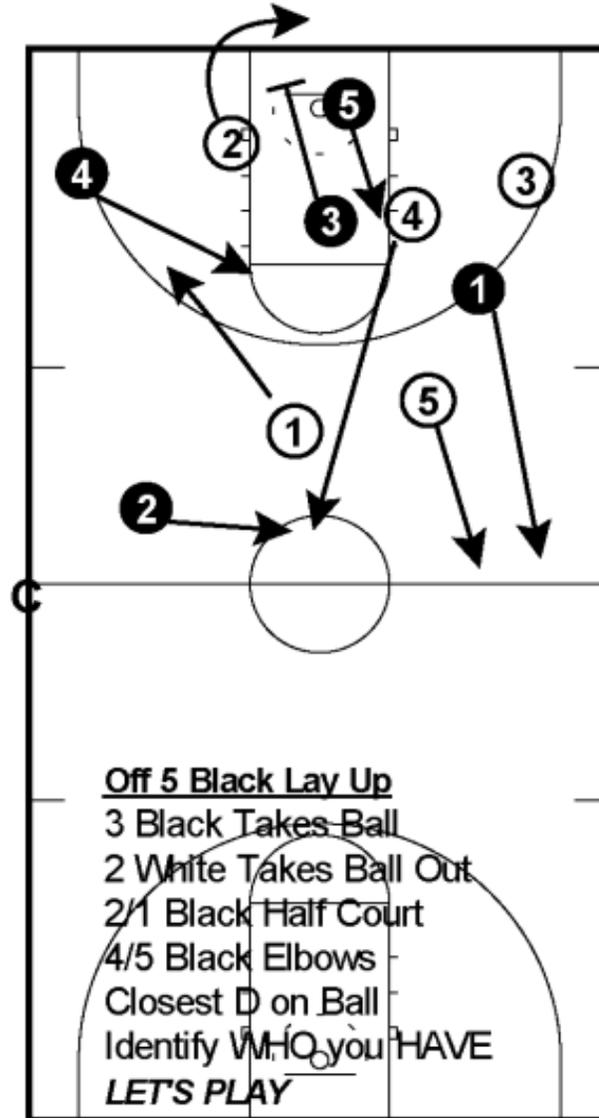
R & J PRESS DRILLS AND ACTION

RUN AND JUMP

Half Court Drives PRESS
Made OR Missed Shot to Press Quick Locations

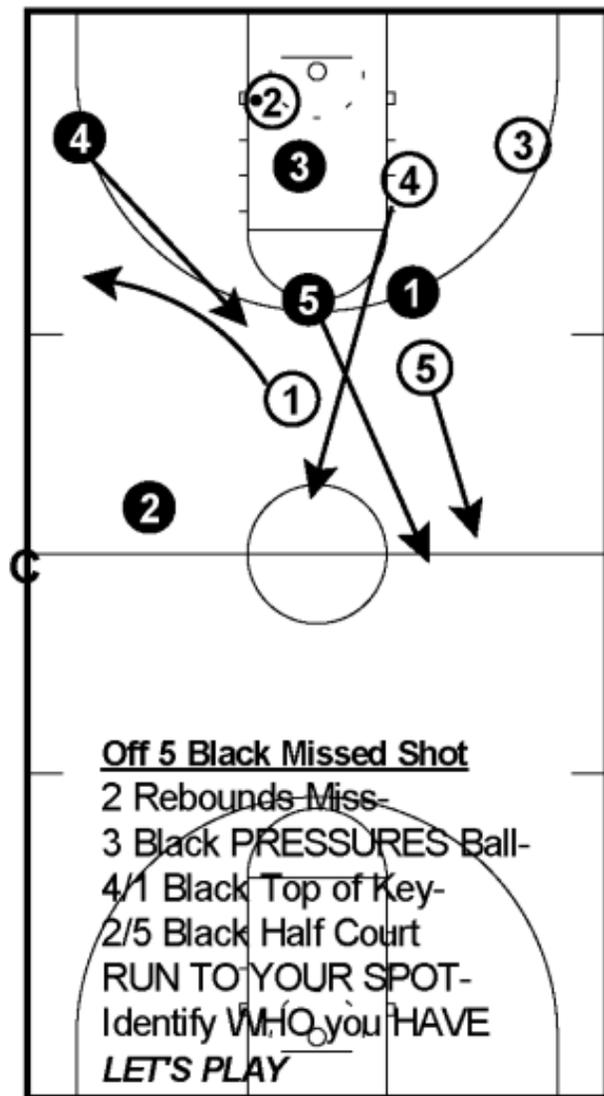


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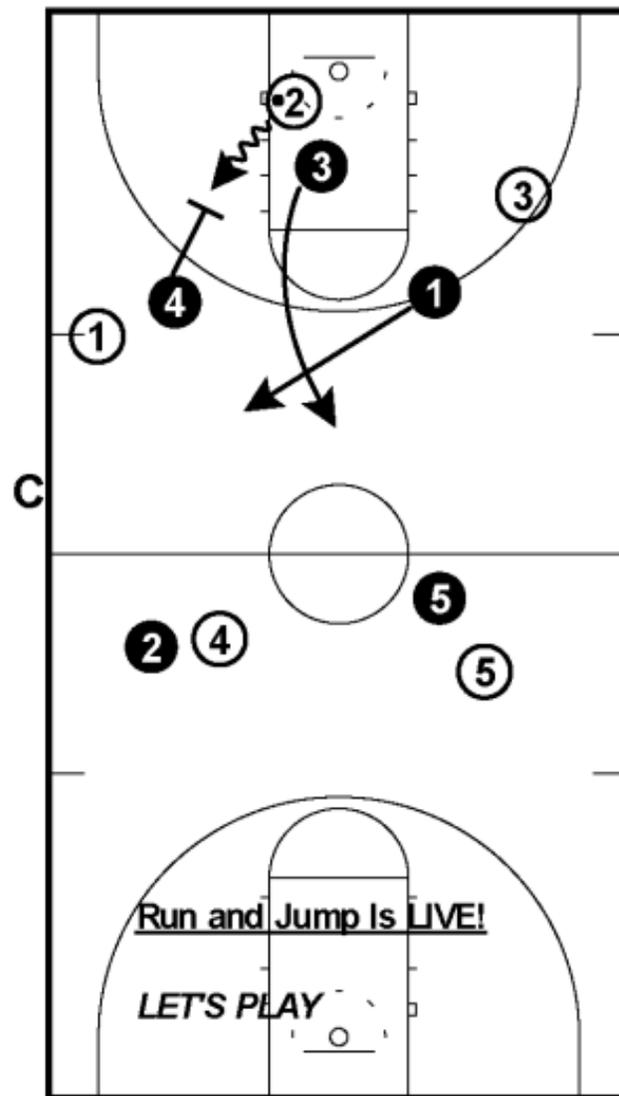


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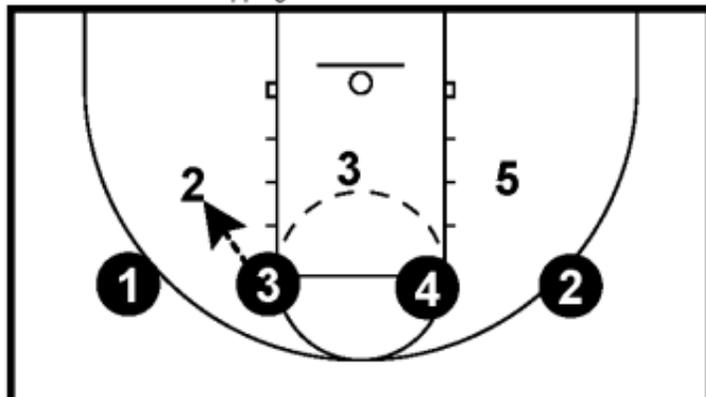


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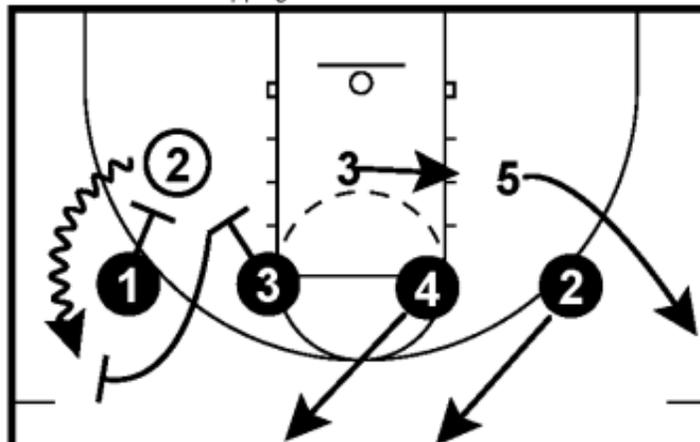
RUN AND JUMP

3 on 4 Trap and Rotate
Trapping is a SKILL - TEACH IT



Defense Starts w/ball.
PASS to 2/3/5- Trap
IMMEDIATELY with
SPACE- **NO REACH RULE-**
NO FOUL RULE- Run and
Squeeze and Get
Weakside Position.

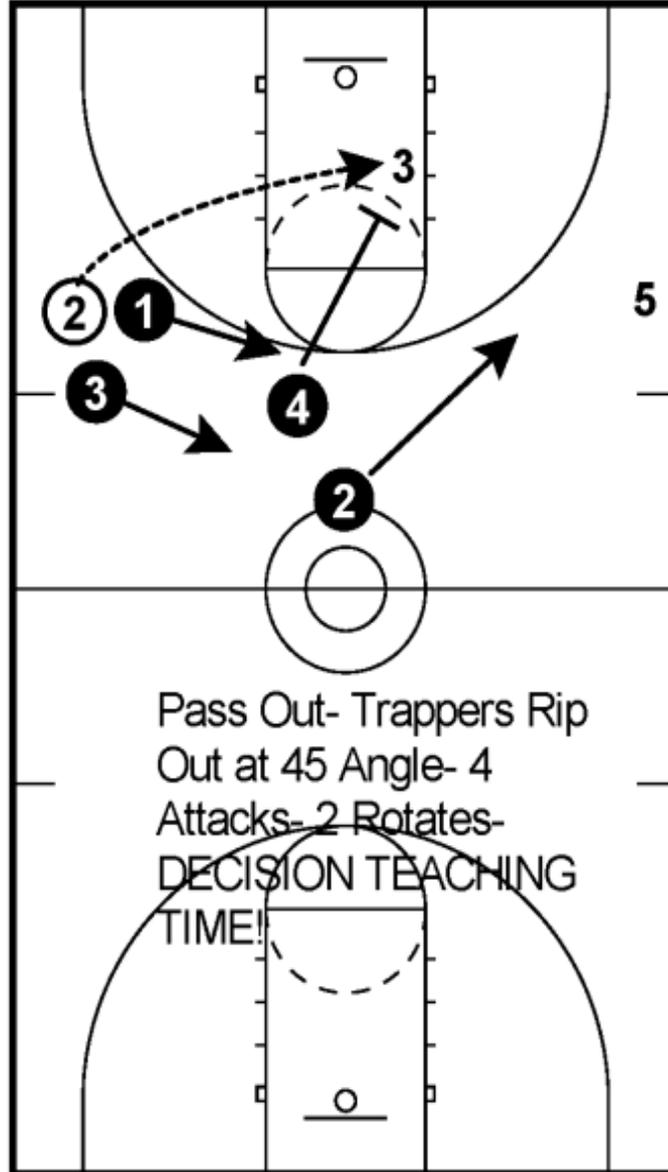
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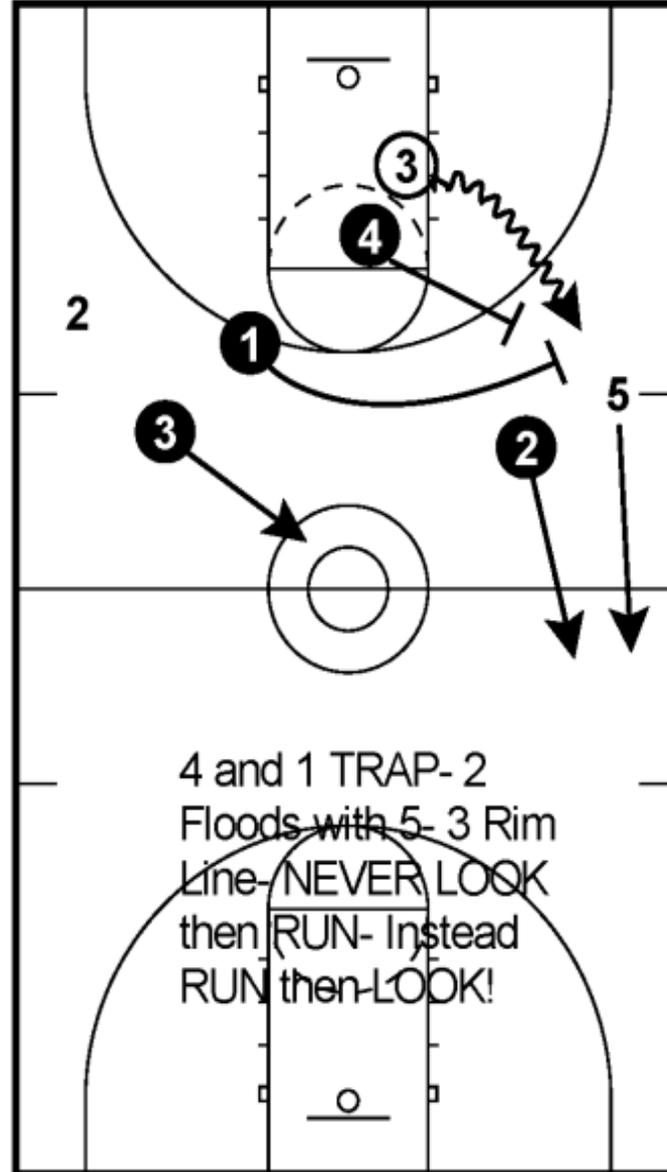
Defense **ATTACKS** with
intelligence- **DON'T LET**
THEM SIT Center Field!
MUST TRAP then **TRAP**
then **TRAP AGAIN!**

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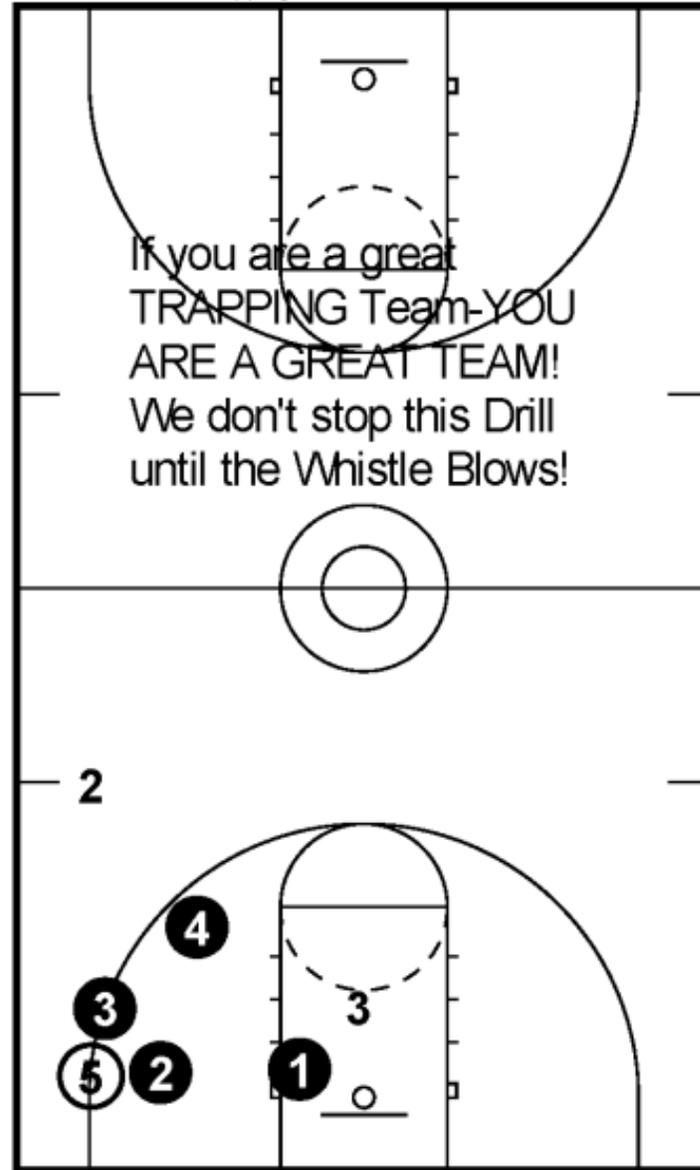


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R & J PRESS RANDOM WRAP UP

MYTH- You Need Great Athletes to RJ Press FC

MISMATCHES HC- Extremely Overrated

ADDITIONAL TEACHING CONCEPTS

- 45 Degree Runouts
- Trapper Stays Rotation
- Rim Line Position- Don't Hang Out
- Follow the Flash
- Stunt the Sideline- Don't Jump
- **BLACK**-Deny / **WHITE**-Push Middle
- **RED**-Trap 1st Pass / **BLUE**-Push Sideline
- **FIST**-Half Court RJ (Blitz) / Combinations
- **FIRE**- Bust Out – Retreat – Protect Hoop

R & J PRESS RANDOM WRAP UP

ONE MINUTE GAME

Down 10 (Black to Red to Foul) FTS – OFF Action

ALIGNMENT- 1-2-2 or 2-1-2 (MM)

- Makes/Misses/Blitz- Always the Same

STOP SPOON FEEDING PLAYERS

- Take the Chains Off
- Let Them Go - Run
- Positive Talk = Positive Energy
- Let Them Problem Solve
- Don't Say Don't

R & J PRESS RANDOM WRAP UP

SCOUTING

Not as Important- They **MUST** Adjust to You

WE PRESS FOR US

- Infectious Enthusiasm
- Mental Toughness

MUSIC- Crank **UP** Your Practice

VIDEO

Best Run & Jump Press Teacher **EVER**



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