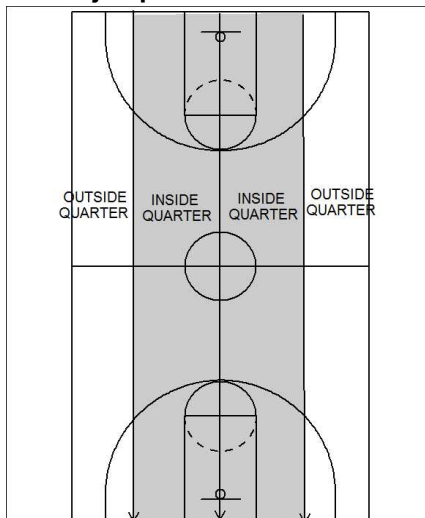


Run & jump overview

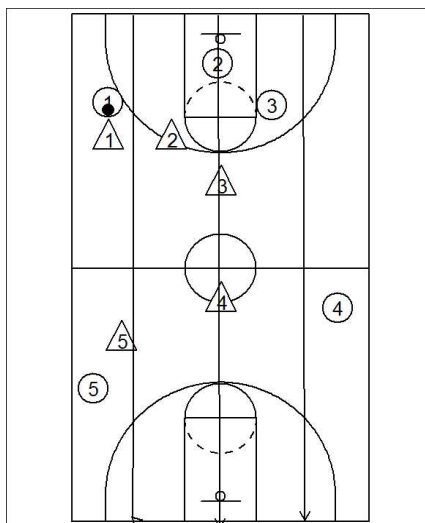


The Run & Jump is a man to man full court press that uses principles and techniques to create more pressure on the ball based on what the offense does and where the offense goes.

We prefer a man press because zone presses constantly need to adjust to a mismatching offense.

The first thing we teach is that the court is divided into quarters lengthwise. This helps with the positioning of the defensive players.

A court is 50' wide. The volleyball court is often in the middle and helps determine the quarters of the court because it is 30' feet wide.



The second thing we teach is the position of each off ball defender in relation to the ball. To put things very simply, the off ball defender has to be in a position to "make a play," which says nothing of where they should be. Therefore we use two guidelines to help get us close to where a play is made. This is where the quarters of the court help. It gets them in the proper longitude.

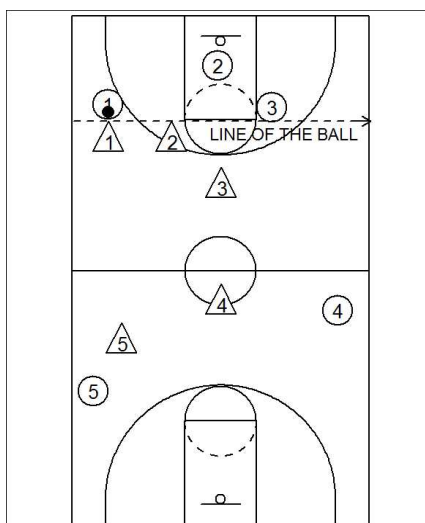
Whatever quarter the ball is in, all defenders must be in that quarter or in the quarter adjacent.

In this illustration O1 has the ball in an outside quarter, therefore D1 is in that quarter.

D5 is in the outside quarter because O5 is too.

D2 is in the adjacent quarter because O2 is in the adjacent quarter.

D3 and D4 are in the adjacent quarter even though their players are two and three quarters removed.



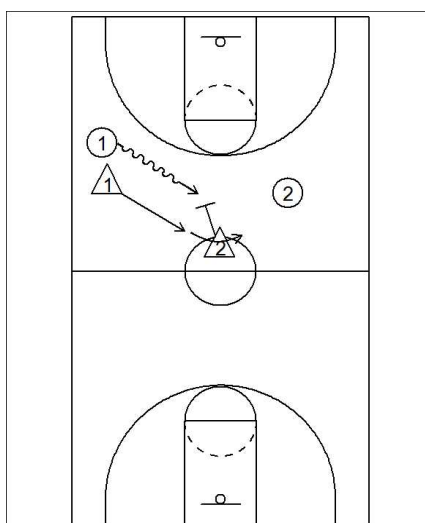
Once the "longitude" is learned, then the latitude is learned.

All off ball defenders must be even with or in front of the ball.

D2 is even with the "line of the ball" and shaded toward ball ready to either jump the dribbler or double team the dribbler based on what the dribbler does.

D3 drops not only in front of the ball, but also behind D2

D5 and D4 play side by side to start but if pressure is good on ball then they "tease" toward ball to entice over the top pass. We don't want the offense to complete the pass, but we want them to try it since it has a very low completion rate. D4 and D5 NEVER let the offensive player come back for the ball uncontested.

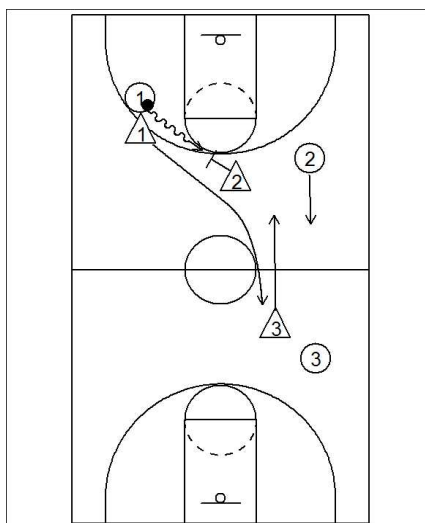


Run & Jump Technique

When ball is dribbled into an **inside** quarter the off ball defender "jumps" the dribbler while the on ball defender continues past the ball and to the first open offensive player resulting from the jump..

In this illustration D1 "runs" O1 from the outside quarter to an inside quarter. D2 is positioned to "jump" the dribbler while D1's momentum carries her to O2.

Note: When D2 jumps they should target the ball rather than the player. This may cause the dribbler to use a cross over dribble and thereby make it easy for D1 to back tap the ball.

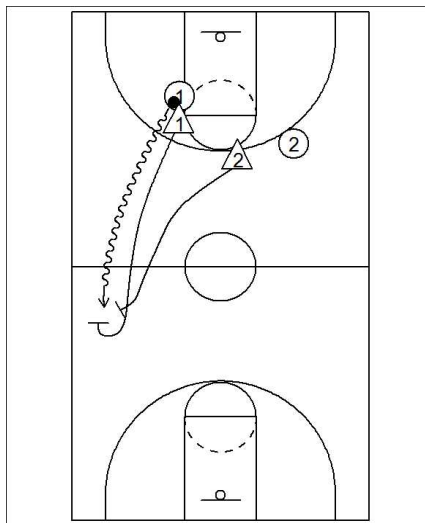


Run & Jump "Leap Frog"

In a simple Run & Jump D1 and D2 would switch as we saw in Frame 4.

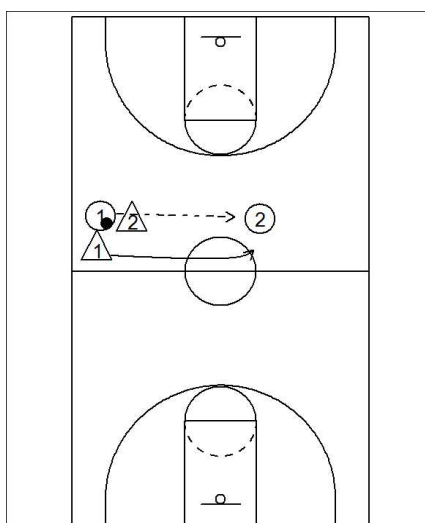
When other off ball defenders see an opportunity to rotate up or "shoot the gap" such as D3 is doing, then D1 sees that the first open offensive player is O3. D1 Leap Frogs over D3 to O3.

If the defenses rotation is extreme then in theory a defender could leap frog over three defenders before finding an open offensive player.



Cut & Double

When the ball is dribbled either in an outside quarter or into an outside quarter the on ball defender (D1) picks a spot where they believe they can "cut" the defender. The off ball defender (D2) chases down the "blind dribbler" for a "cut and double" trap.



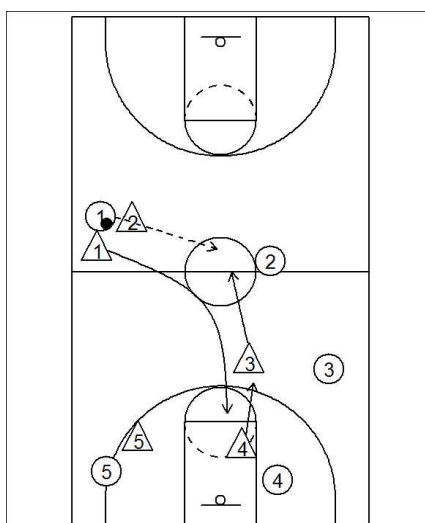
If O1 passes out of a trap then the bottom player on trap (D1) runs out to the ball and the top player (D2) stays.

There are three reasons this is a better choice.

1. D2 has momentum coming toward the trap and it is harder to reverse the movement. D1 can accelerate out.

2. D2 might leave her feet to deflect pass and thus is in an inferior position to run compared to D1.

3. D1 can see the court better and can determine which is the first open offensive player.



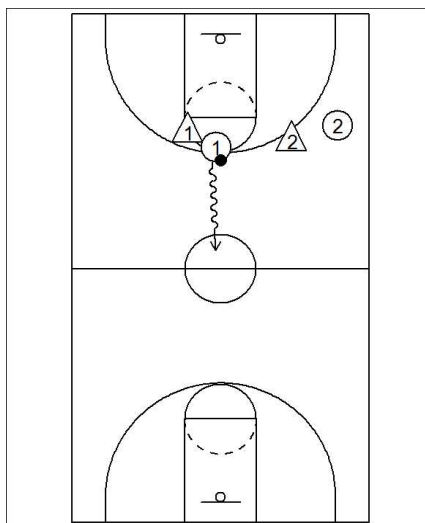
As in Frame 5 when other off ball defenders see an opportunity to rotate up or "shoot the gap" such as D3 and D4 are doing, then D1 sees that the first open offensive player is O4. D1 Leap Frogs over both D3 and D4.

Note:

Don't try to "steal" the ball in the trap.

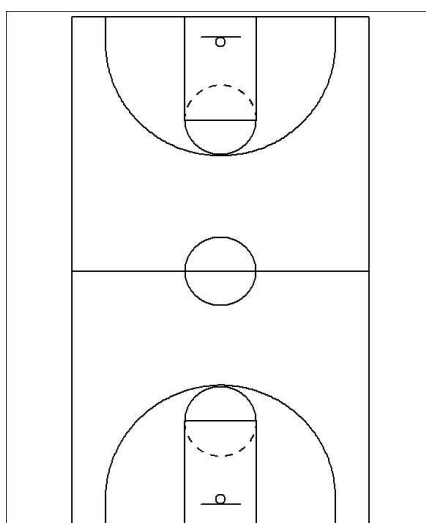
Don't foul in the trap.

Don't be anxious to create a turnover. Let the offense help you.



In a "Blow By" where the offensive player has a shoulder past the defender and is in a direct line to the basket, the defenders down court try to slow the ball down by faking at the ball but do not commit to trap.

The defenders trailing must sprint out and either 1. Back Tap, or 2. Level the ball off.



Additional Rules;

1. Don't get burned by your own press.
2. Never guard nobody.
3. Commit to a rotation. Either stay or go all the way.
4. Try to "split defend" as far from the ball as possible.
5. Never foul in a trap.
6. Don't think to steal in the trap but just pressure and deflect.
7. Steal outside the trap.
8. Do NOT be over anxious to create a turnover. Let the offense do it.
9. At practice let the defense counter attack off a turnover.
10. Never trap with three defenders.
11. Never have three defenders behind the ball.
12. The most dangerous defender is the one trailing the ball.
13. Average defenders move on the catch, Good defenders move on the pass, Great defenders move on the pivot and sprint on the pass