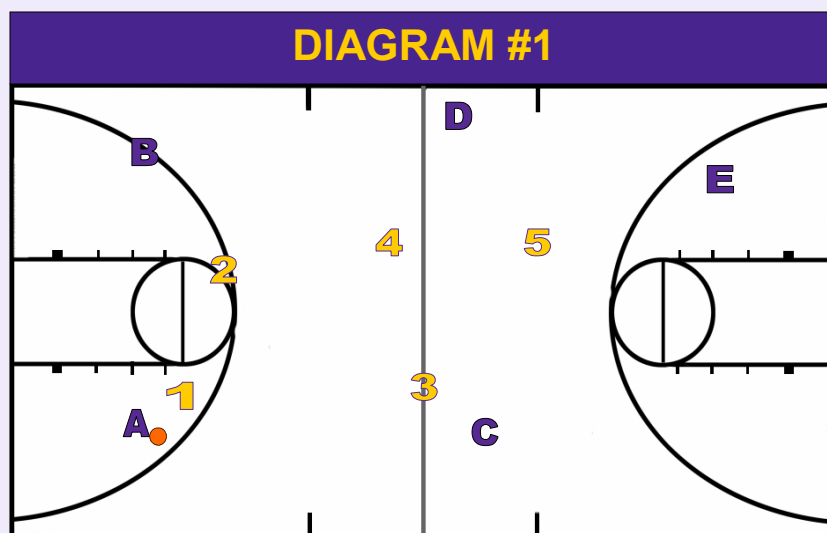




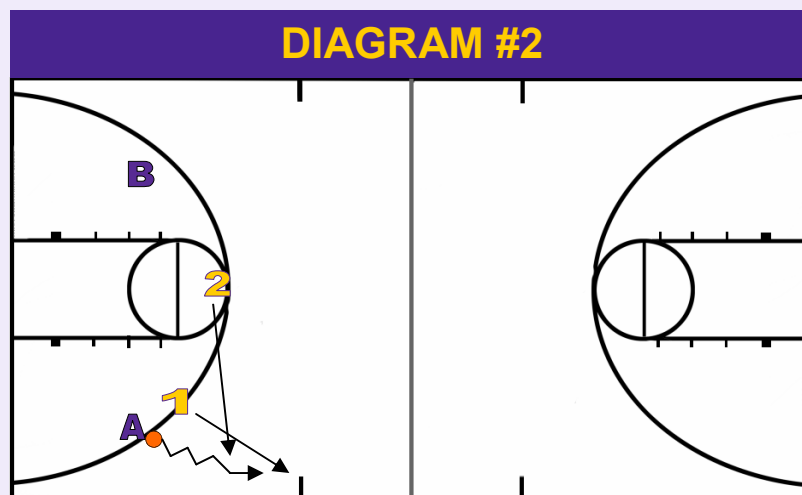
# LSU LADY TIGER BASKETBALL

## RUN & JUMP PRESS

First and foremost, we must get in the press. We will lose effectiveness if we have one or two players that do not convert from the offensive possession into our press defense. Initially, we will allow the ball to be inbounded. To do this, our rule is to make sure that your offensive player is in front of you. This also insures that we don't get beat on any rollouts. If the ball is inbounded to the middle, it is important that we influence the ball to the side. In this manner, our full court defense is very similar to our half court defense. Once we get the ball on one side of the court, we have developed a ballside and a helpside as shown in Diagram #1.



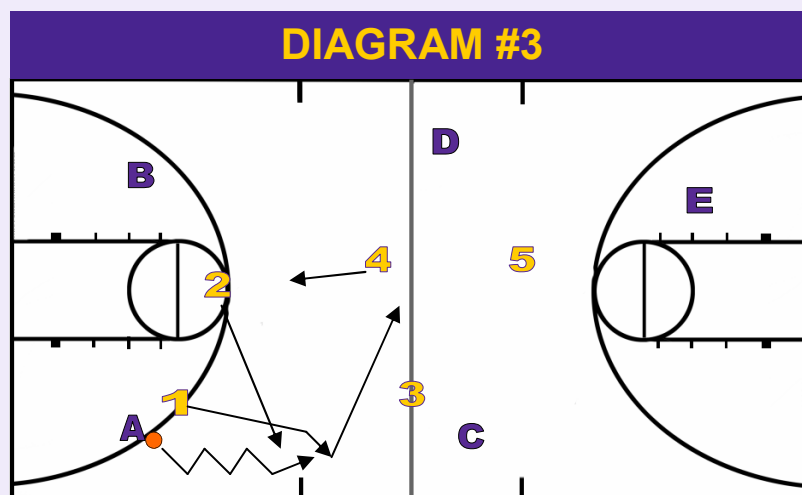
If the ball is inbounded to the side (which we prefer), we want to first push the ball to the sideline. Our goal is to get the ball going hard to the side where the ballhandler has her back turned away from the helpside portion of the defense. Once we have the ball being dribbled towards the sideline, we want the nearest helpside defender to sprint towards the ball. At the same time, the defender on the ball needs to get ahead of the ballhandler and turn her back towards the middle as shown in Diagram #2.



Important teaching points:

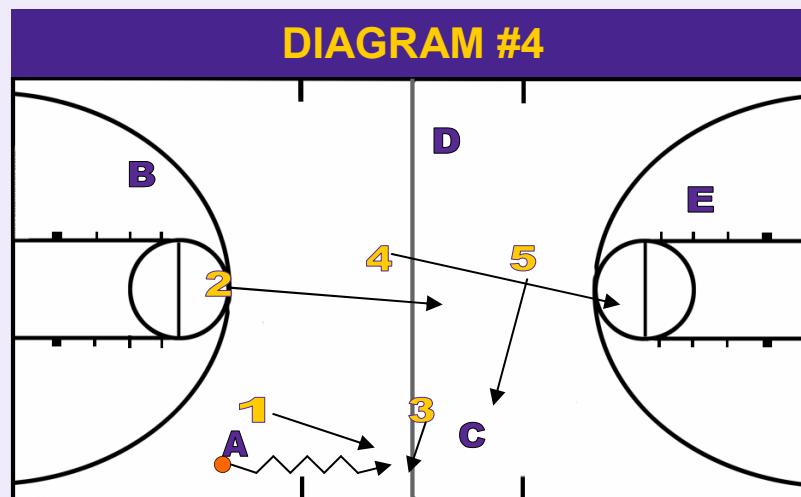
1. When the defender goes to “jump” the basketball, timing is very important. We don’t want to start the jump until the ball handler has lost vision of the jump defender. This will give us an element of surprise. We refer to this as a “blind jump.”
2. In forcing the ball to the sideline, the defender on the basketball cannot allow the ball handler to “turn the corner” and push the ball up the sideline.
3. The two defenders attack the ball handler until she picks her dribble up. At that point, the original ball defender then turns and looks for the first open offensive player. This will vary due to the rotation.

Defenders not involved with the jump should “loosen” up off their defensive assignment and try to read what the ball handler may do in terms of passing the basketball. A possible jump and rotation sequence is shown in Diagram #3.



We will also not limit ourselves to one jump. We can jump the ball numerous times if the situations arises.

We will also jump the ball in a non-blind jump situation but timing is critical. We will use the example of the ball being driven up the sideline as shown in Diagram #4. We want the jumper to hold off until the very last second and then it is critical that she attacks the ball. We believe if she leaves too soon, the ball handler will have time to read the jump and make the pass.



It is very important to finish out the possession by picking up your player and being ready to defend in the half court.