



2-2-1 TEMPO PRESS

THE GOAL OF THE TEMPO PRESS IS:

- 1) To slow the tempo of the game.
- 2) To make the opponent spend more time with the ball.

GENERAL RULES:

- 1) Allow the ball to come to us.
- 2) We cannot allow vertical or diagonal passes up the floor.
- 3) We want to make sure that every pass is a lateral pass.
- 4) All players must react on the flight of the basketball.
- 5) When the ball gets over ½ court we must have our point guard yell "SET" – that should be echoed throughout the team. It means we are now in our ½ court defense - whatever that may be.
- 6) Anytime the ball is passed or dribbled over ½ court, or passed out of a trap we are out of the press and back to "SET".

ON COURT ASSIGNMENTS:

- 1) Allow the pass inbound.
- 2) When the ball enters one of our guards takes the ball. The guard on the ball's job is to contain - it is not to pressure! We do not want the other team to play fast, so we do not pressure the dribbler. If the ball is dribbled - stay with the ball. Keep the ball in front of you - do not allow a pass over your head.
- 3) The opposite guard goes to the "middle" of the floor and takes away any pass to the middle. Front the person in the middle. If the ball is dribbled - stay middle.
- 4) If the ball is passed guard to guard the 2 guards "scissor" (see diagram). Hold in the middle for a 1 or 2 count and then take the ball. "CONTAIN - DO NOT PRESSURE"
- 5) The sideline is taken away by the forward on the ball side of the court. He/she has "short sideline" responsibility.
- 6) The back person in the press never has basket responsibility. He/she has "long sideline" responsibility.
- 7) The forward diagonal to the ball uses speed to protect the basket. He/she must cover the deep pass to the basket and the diagonal pass (see full court diagrams to see all positions).



XAVIER HAS LONG LOOKED TO INDIANA FOR TALENTED STUDENT-ATHLETES. CURRENT XAVIER PLAYERS DEE DAVIS (TOP - BLOOMINGTON SOUTH) AND JUSTIN MARTIN (BOTTOM - LAWRENCE NORTH) BOTH CALL INDIANA HOME

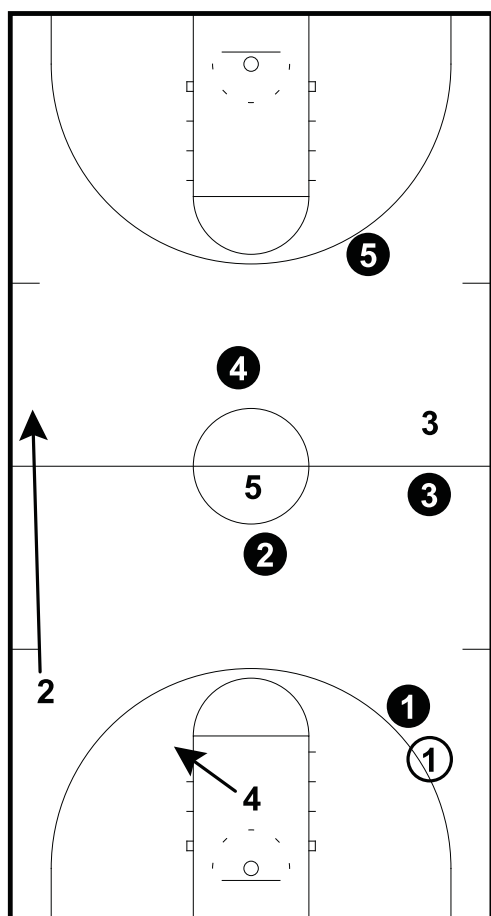


2-2-1 TEMPO PRESS

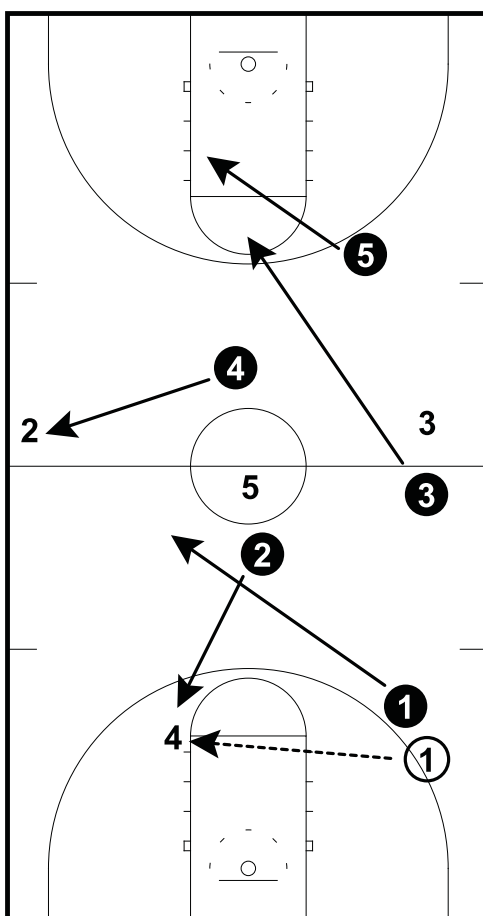
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TRAPPING:

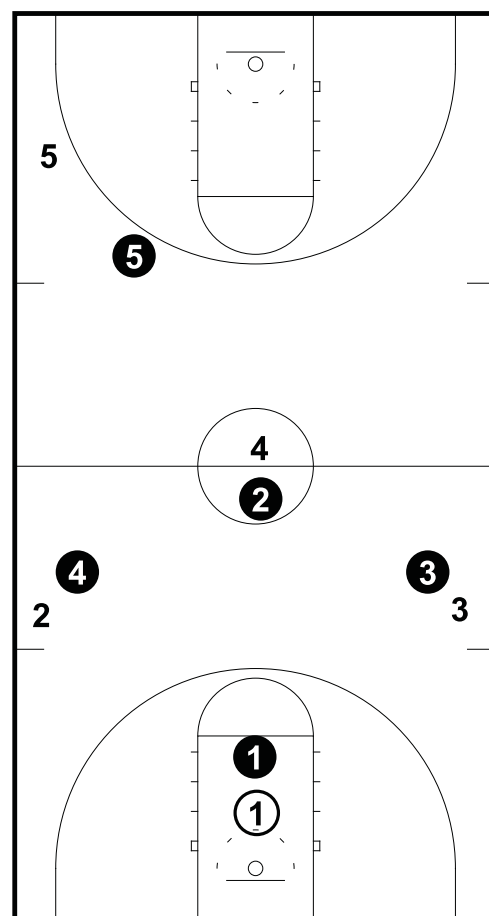
- 1) The only trap we will make is the sideline trap. This trap will occur when the forward comes up and traps with the guard on either side of the center line.
- 2) When we trap on the sideline our basket person covers the sideline while the opposite guard and the diagonal forward become the short and long middles.
- 3) The guard must front anyone in the short middle. The only pass we want to encourage is the lateral pass. Nothing up the sideline; nothing to the middle and nothing to the long middle (basket).
- 4) There are 2 trappers; 2 interceptors and a goalie. The "long middle" is the goalie



Positions when the ball is on the side of the floor.



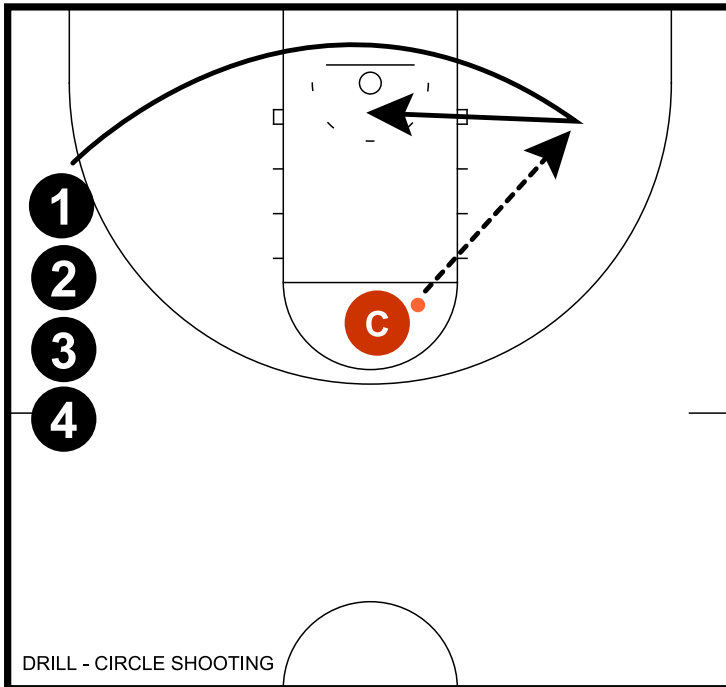
Movement when the ball is reversed.



Positions when the ball is in the middle of the floor.



XAVIER DRILLS - CIRCLE SHOOTING

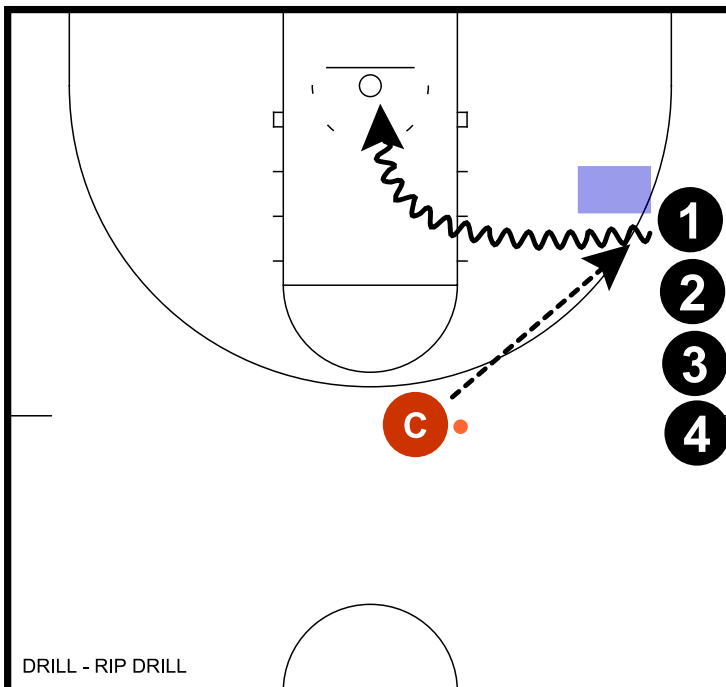


This is a post drill.

The first few mins we will work on looping under the basket, as we tell them this is what they will do in the case of a guard penetrating over the top.

The passer will be right below the free throw line where the guard should be, and will just dump the ball to the post. In this case we will give them all kind of passes. Bounce, direct, and lobs. This is just so they can get used to catching in different surroundings. To speed up we tell second person to go as soon as the pass is in the air to the person in front of them. We will usually do this for about 5 mins, working both the left and right side of the floor.

XAVIER DRILLS - RIP DRILL



We start this drill with the passer, passing down the floor to the first person in line. We make sure the receiver has their hands in ready position to catch and shoot, or in this case drive over the top.

We will work three footwork moves on this side of the floor.

- 1) Rip Over
- 2) Rip Under
- 3) Jab Cross Over

Try to speed up the pace by telling the passer to get the next pass moving when the 1st person starts their dribble. Make sure the guards are attacking hard, and getting to the rim in as few dribbles as possible

DRILLS PROVIDED BY:

ASHLEY HOWARD

ASSISTANT COACH - FIRST YEAR AT X

BORN: PHILADELPHIA, PA

GRADUATED: DREXEL, 2004



PLAYS OF THE WEEK

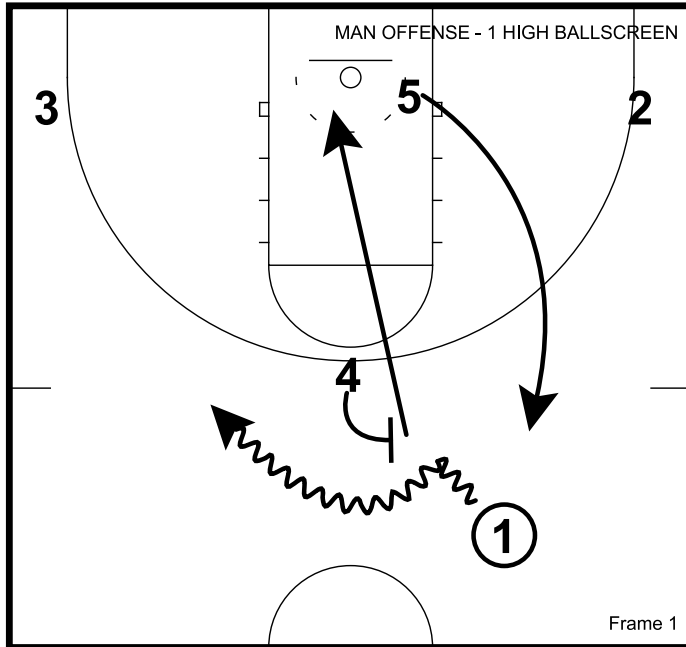
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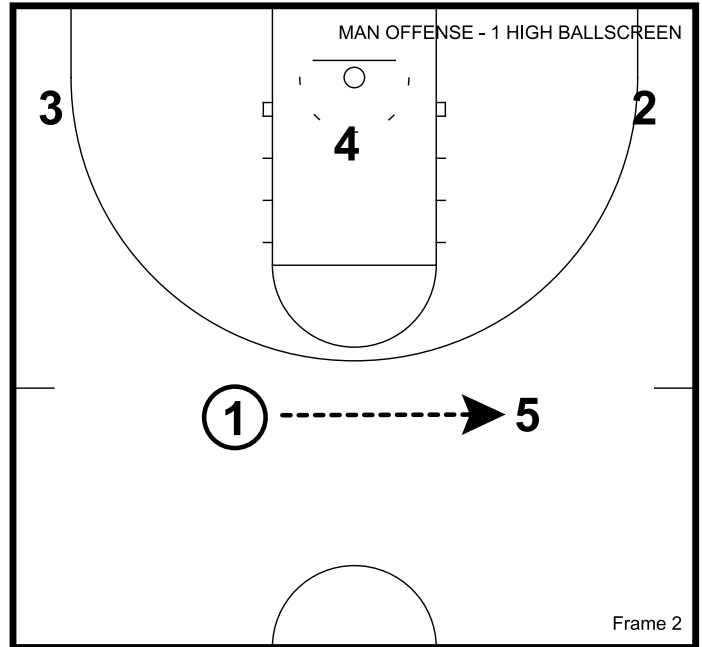
MAN OFFENSE - 1 HIGH BALLSCREEN	5
MAN OFFENSE - 2-3 BALLSCREEN	6
MAN OFFENSE - 2-3 FLEX POP	7
MAN OFFENSE - 2-3 SHUFFLE STS	8
MAN OFFENSE - BACKSCREEN / BALLSCREEN	9
MAN OFFENSE - BACKSCREEN / CROSS SCREEN	10
MAN OFFENSE - ELBOW OPTION INTO STS	11
MAN OFFENSE - IMMEDIATE BACKDOOR	12
MAN OFFENSE - IMMEDIATE BACKDOOR	13
MAN OFFENSE - SHUFFLE JAM	14



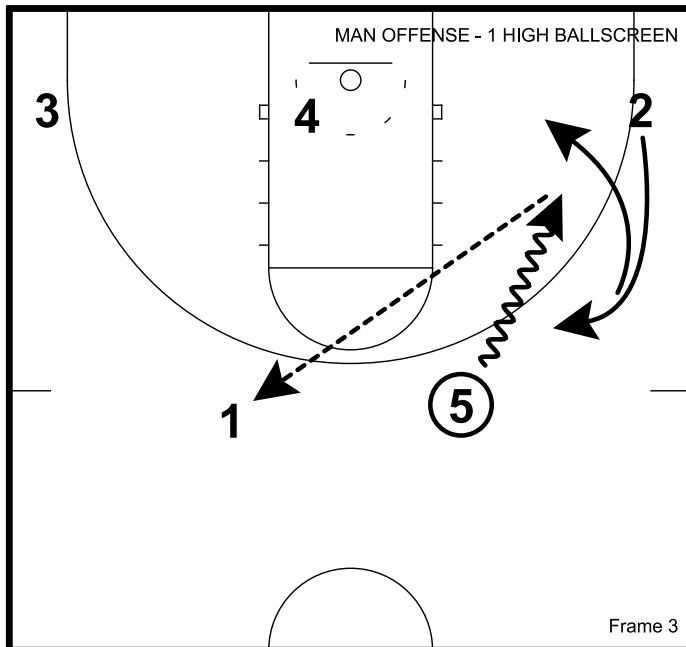
MAN OFFENSE - 1 HIGH BALLSCREEN



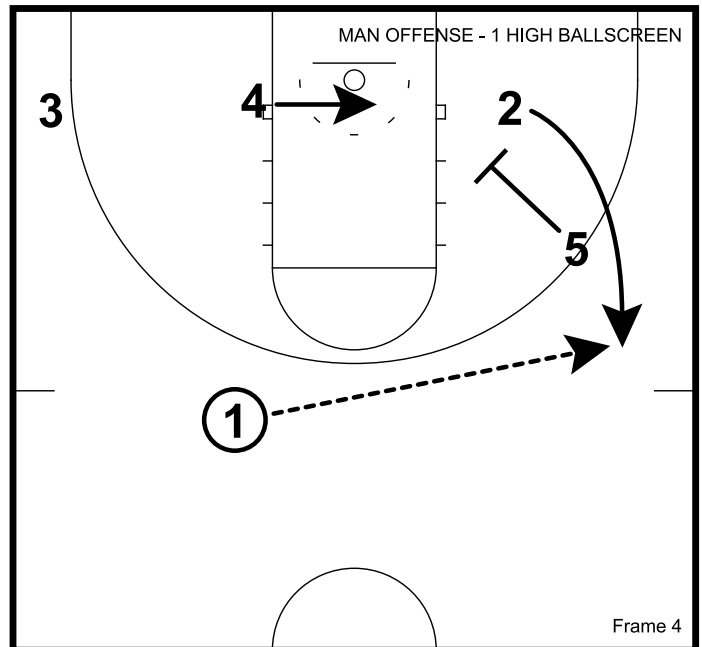
4 sets middle ballscreen for 1.
5 trades behind.



1 passes to 5.



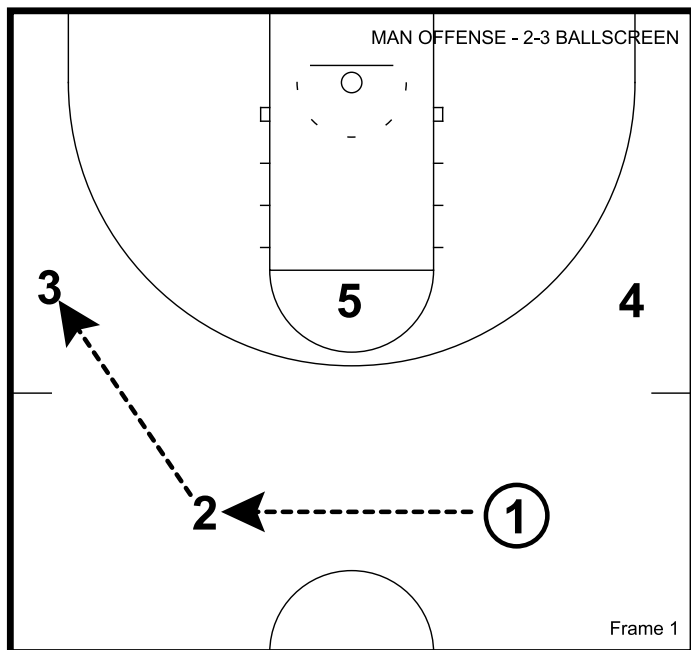
5 has dribble-at action with 2.
2 can receive hand-off or go backdoor.
If 2 cuts backdoor and is not open, 5 throws back to 1.



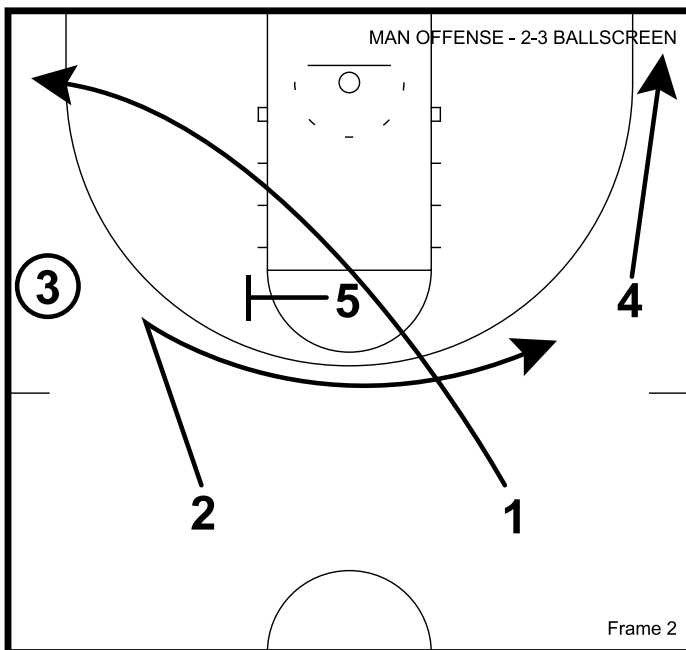
5 then sets down screen for 2.



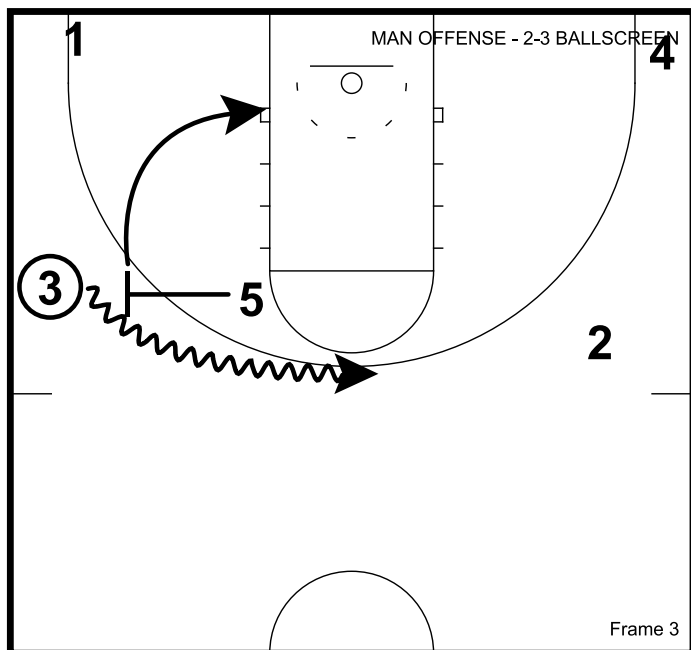
MAN OFFENSE - 2-3 BALLSCREEN



Ball is swung all the way to the 3.



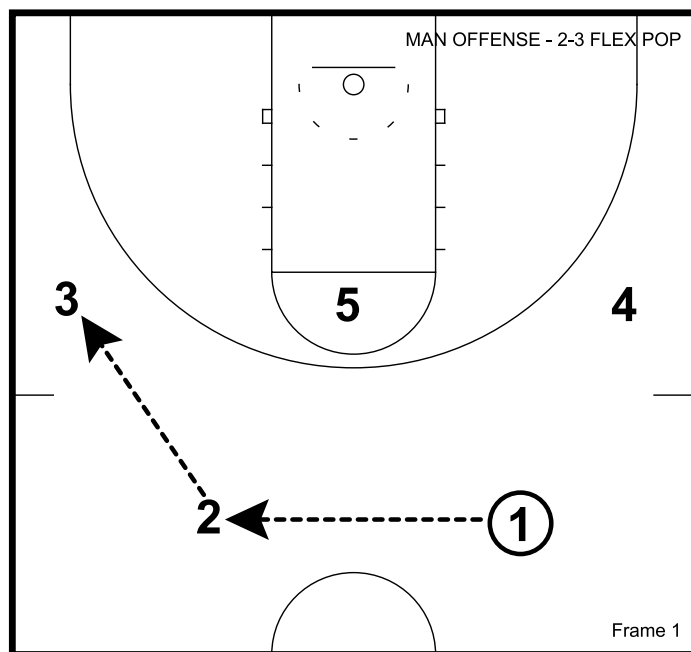
1 ballside corner cuts off 5.
5 sets flare for 2.



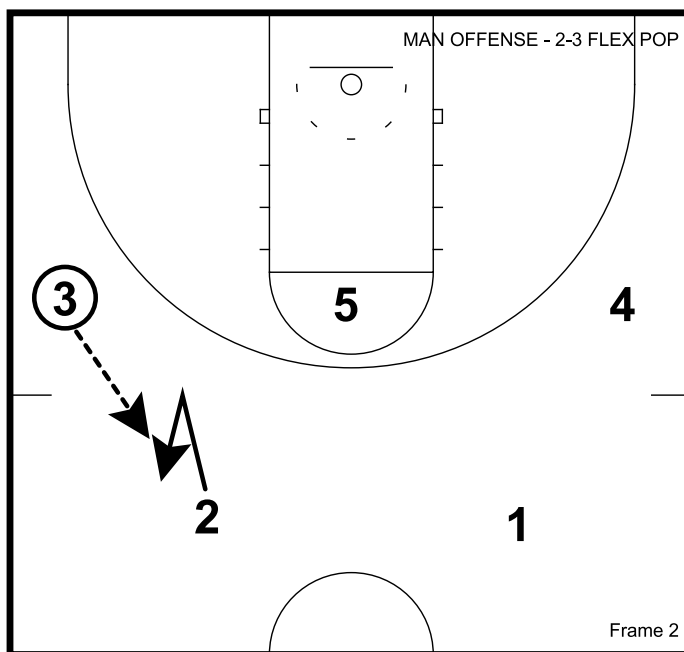
5 then sprints into sideline ballscreen and roll with the 3.



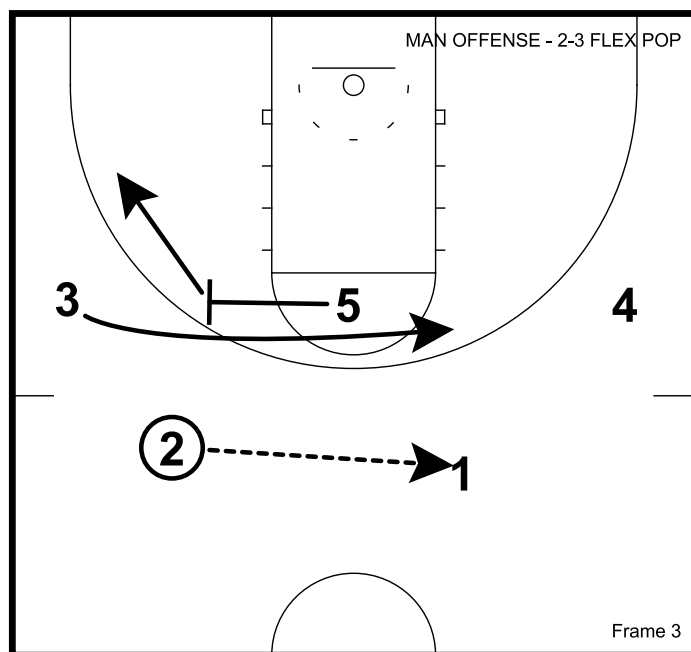
MAN OFFENSE - 2-3 FLEX POP



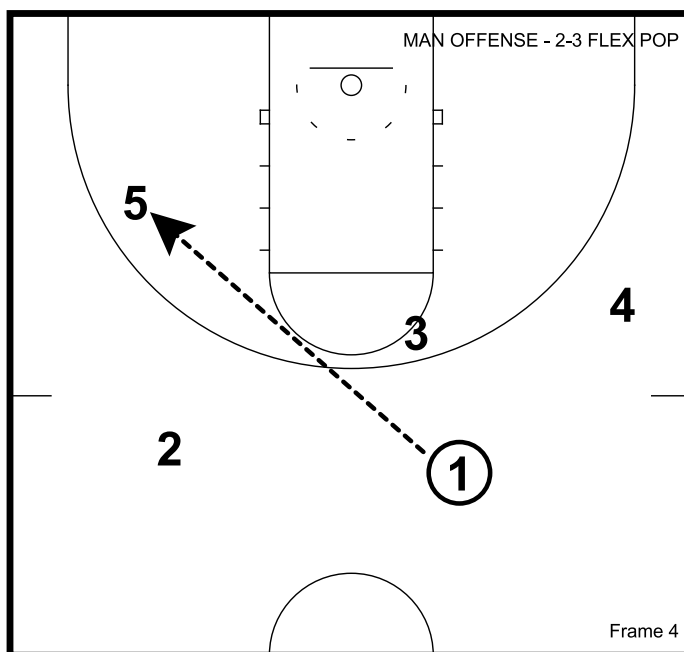
Ball is swung all the way to the 3.



2 acts like he is going to corner-cut, but he replaces himself.



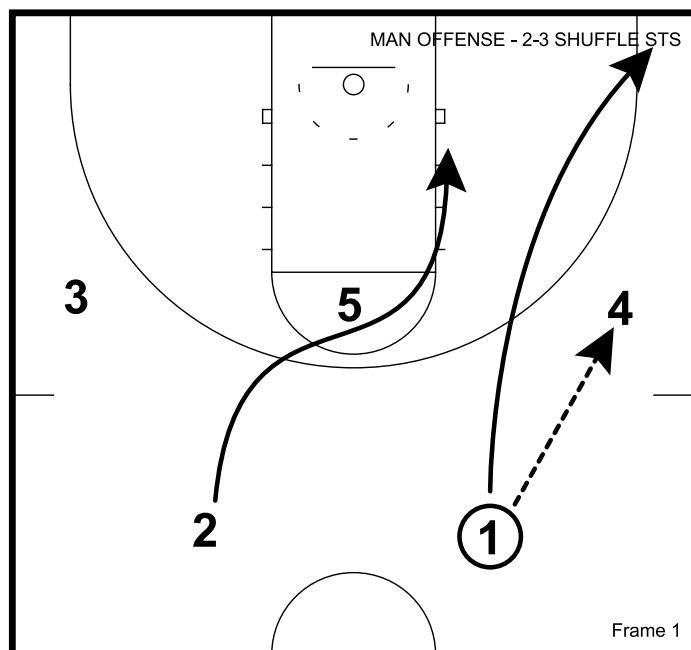
5 sets an Iverson-type screen for 3 and pops.
2 swings to the 1.



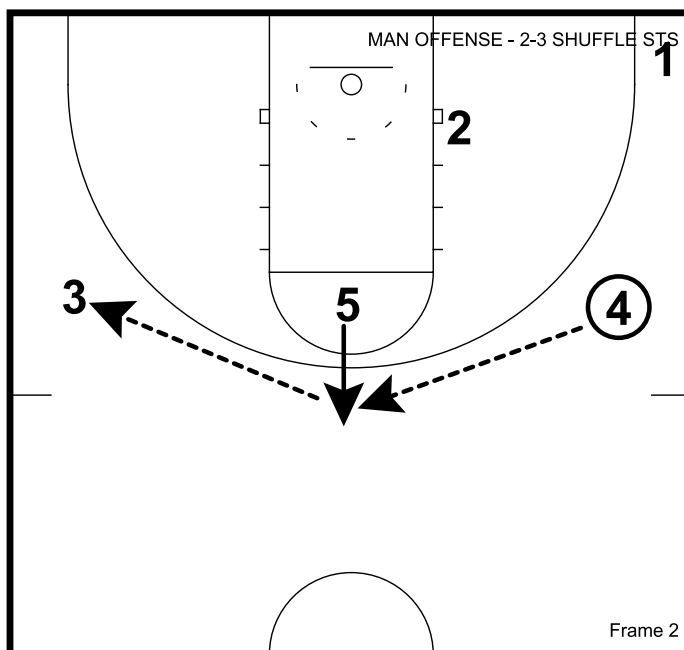
1 looks for the skip pass to the 5 on the pop.



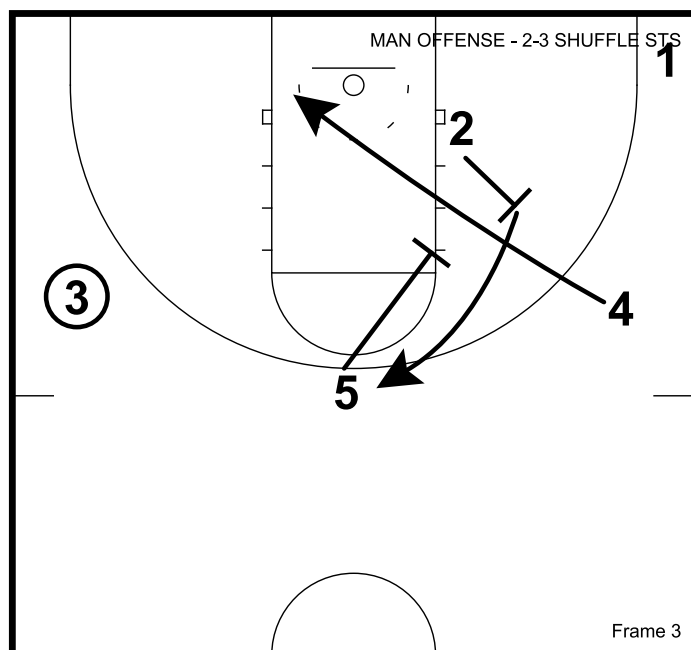
MAN OFFENSE - 2-3 SHUFFLE STS



1 passes to 4 and corner cuts 2 makes a cut over the 5 to the ball side block



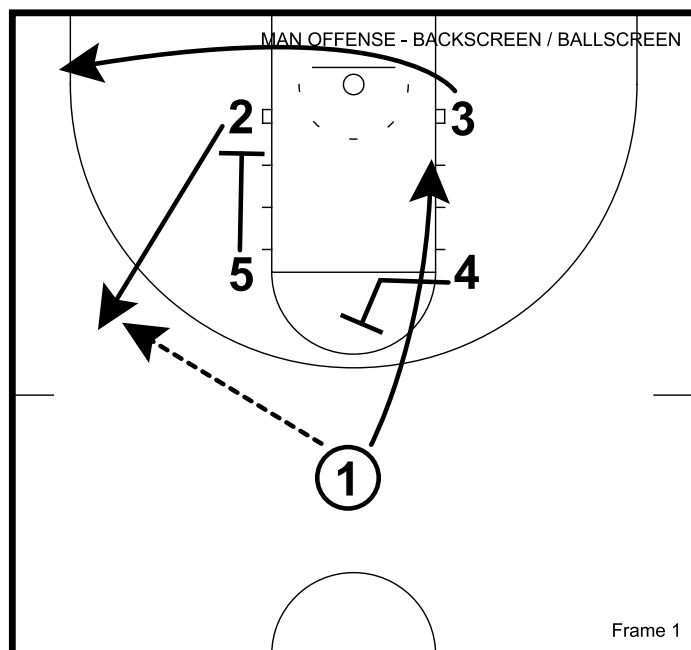
4 reverses the ball to 5. 5 then reverses the ball to 3



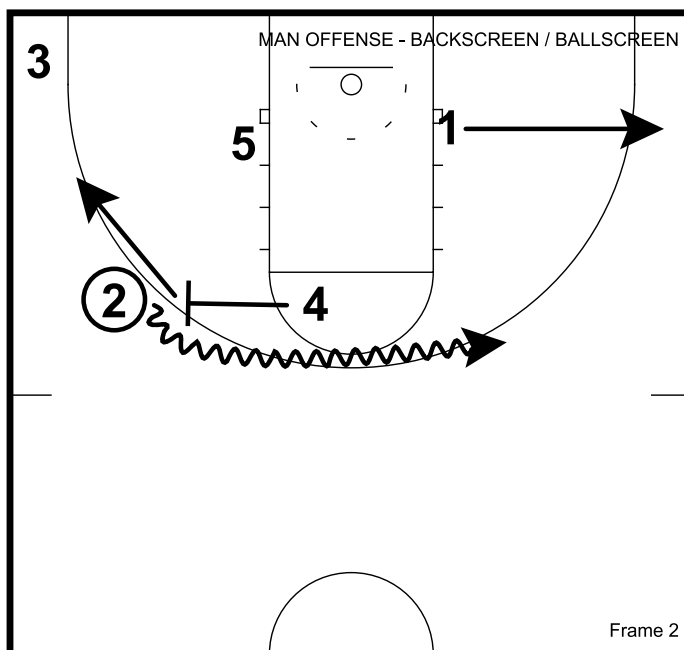
2 sets a shuffle screen for 4 5 sets a pin down for 2 for the Screen the Screener Action



MAN OFFENSE - BACKSCREEN / BALLSCREEN



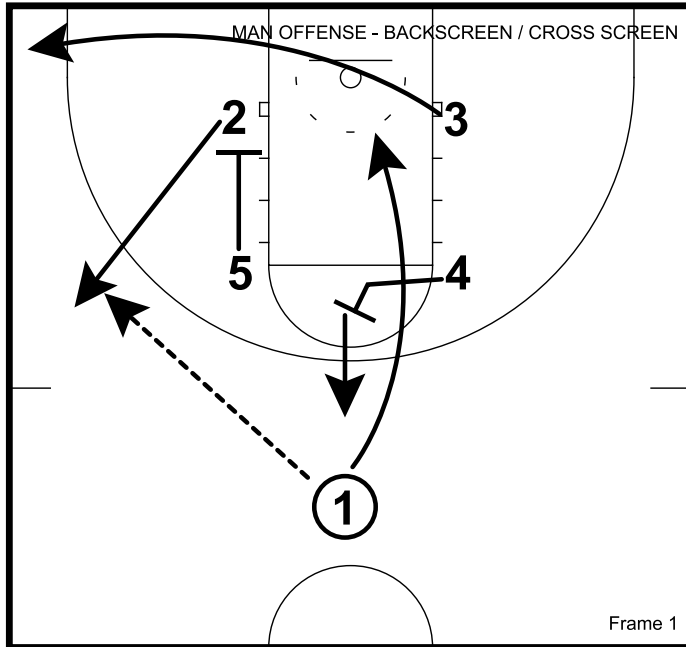
Box set. 2 receives downscreen from 5.
3 cuts to ballside corner.
4 sets the backscreen for 1 basket cutting.



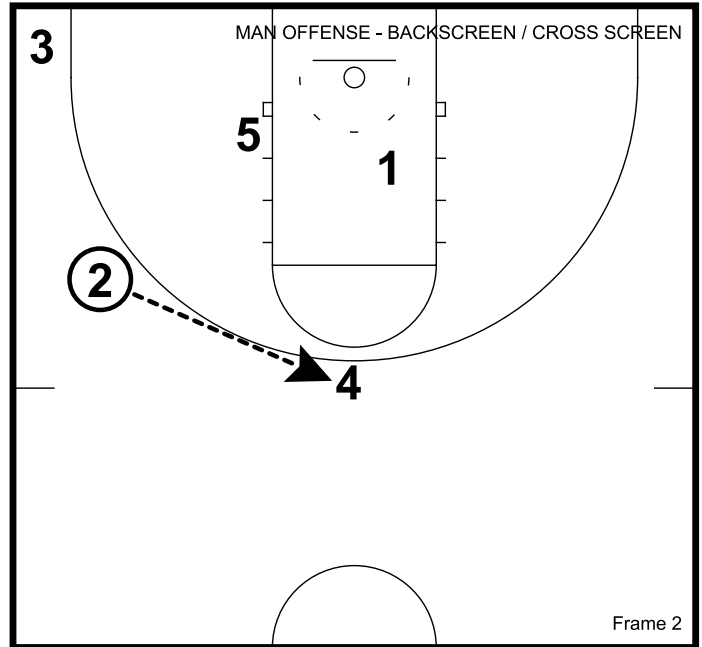
4 then sprints to the sideline ballscreen with the 2 and pops.
2 has cleared side to drive and/or kick to 1 spacing.



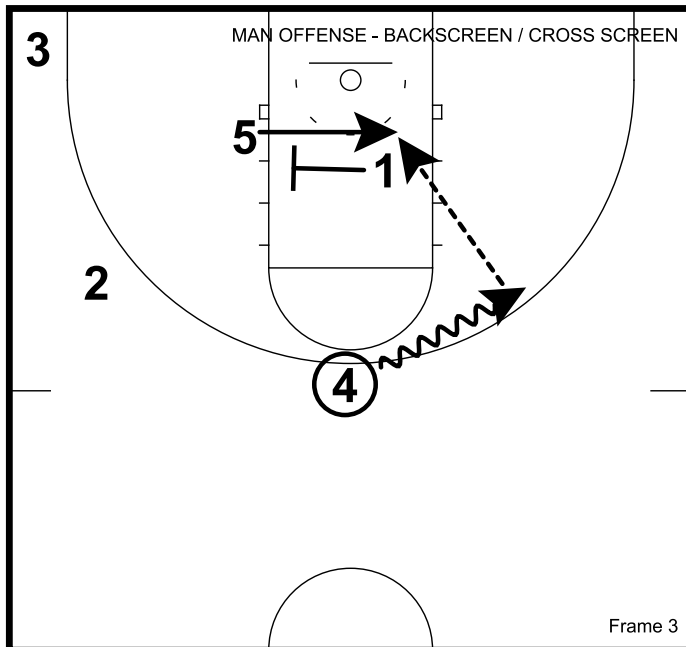
MAN OFFENSE - BACKSCREEN / CROSS SCREEN



Box set. 2 receives downscreen from 5.
3 cuts to ballside corner.
4 sets the backscreen for 1 basket cutting.



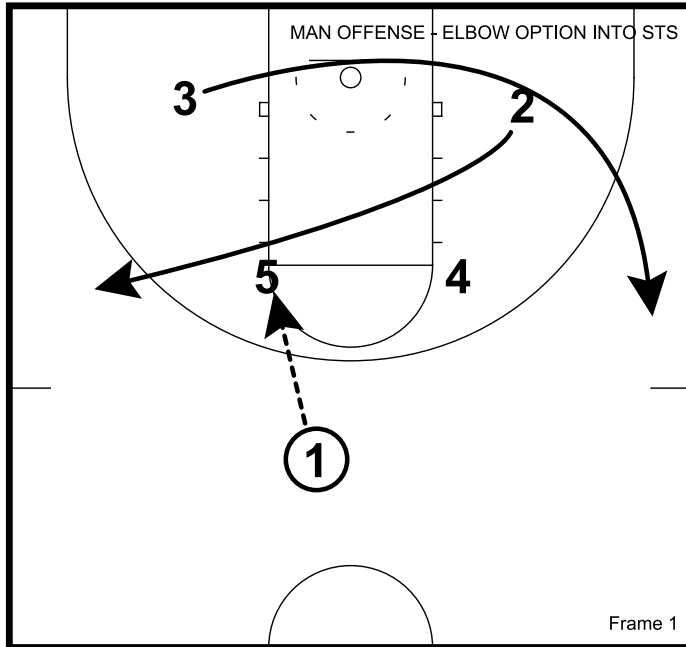
2 swings the ball to the 4 at the top of the key.



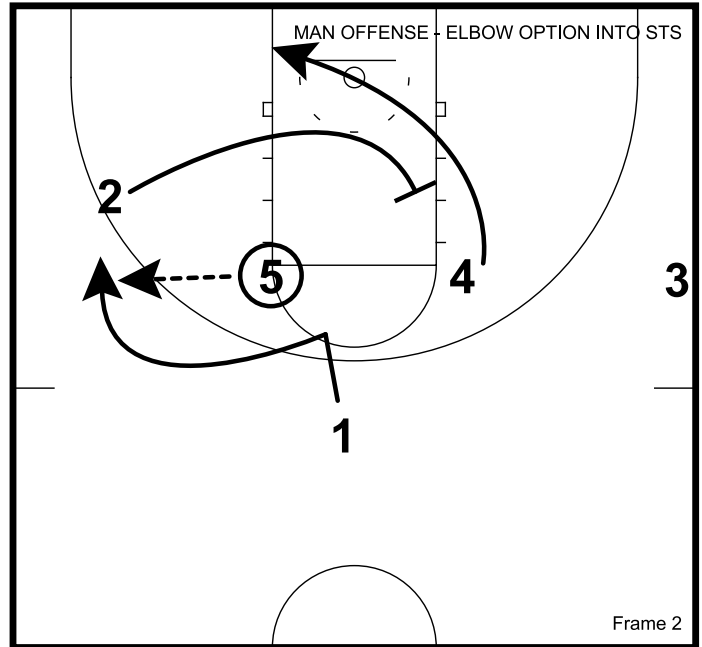
4 dribbles over while 1 sets the crossscreen for 5.



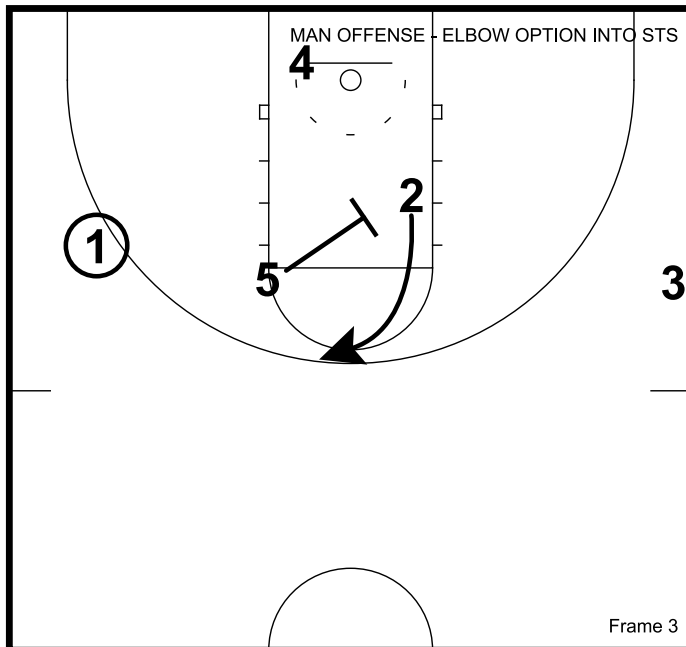
MAN OFFENSE - ELBOW OPTION INTO STS



2 zipper cuts off 5 at elbow.
3 cuts away.
1 will hit 5 at the elbow.



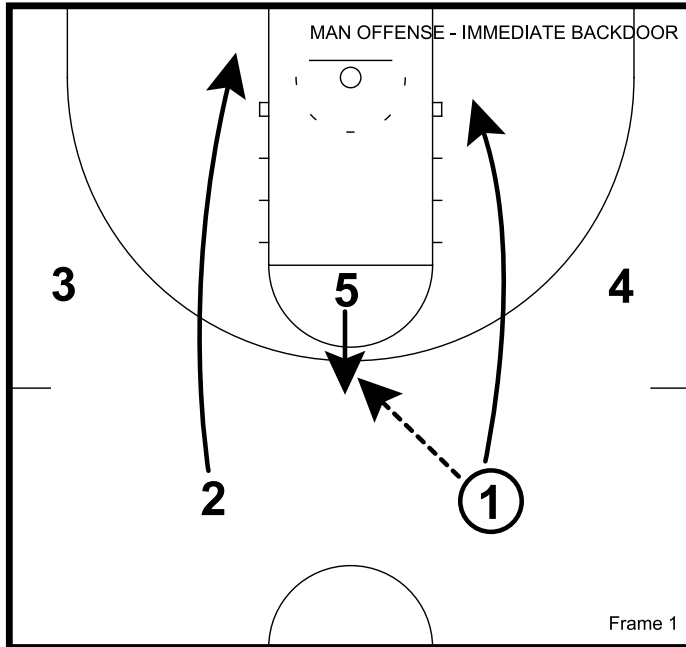
1 cuts off 5 to ballside wing.
Meanwhile, 2 sprints to set the diagonol for the 4.



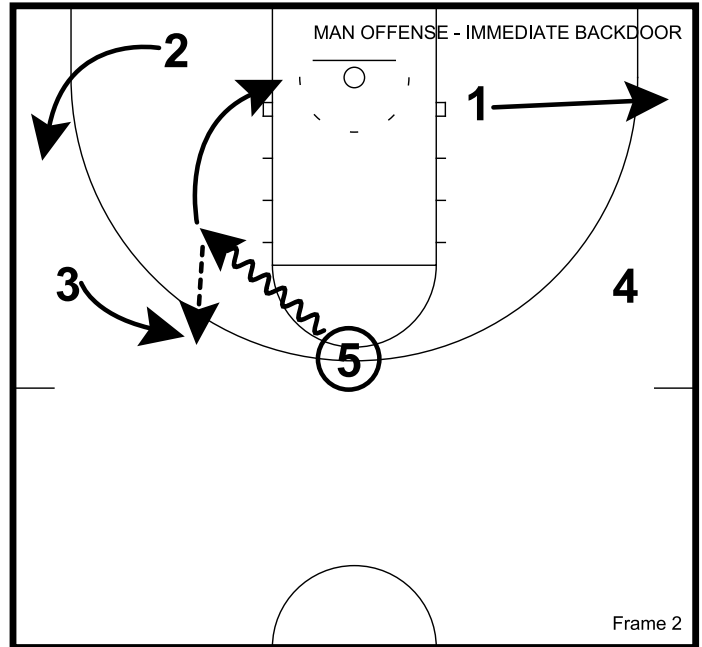
5 then cleans up the 2's defender with the downscreen.



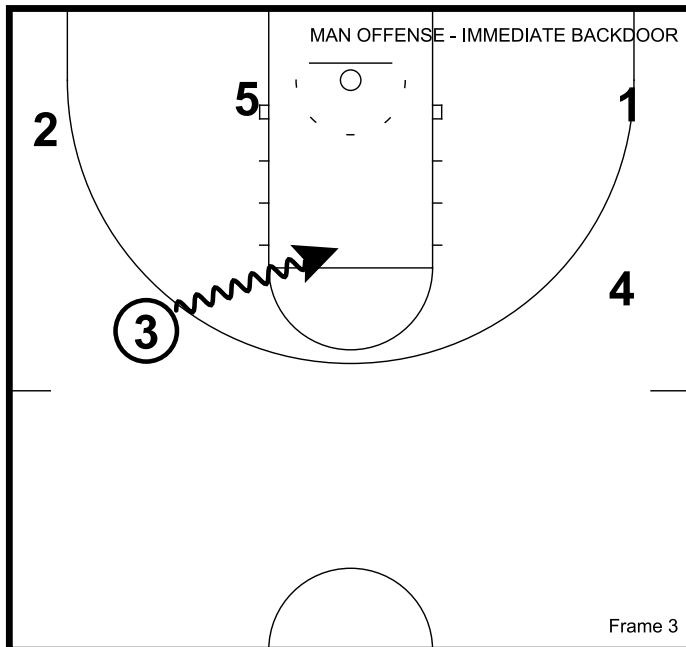
MAN OFFENSE - IMMEDIATE BACKDOOR



1 hits the 5 at the top of key.
1 and 2 both cut to their respective blocks.



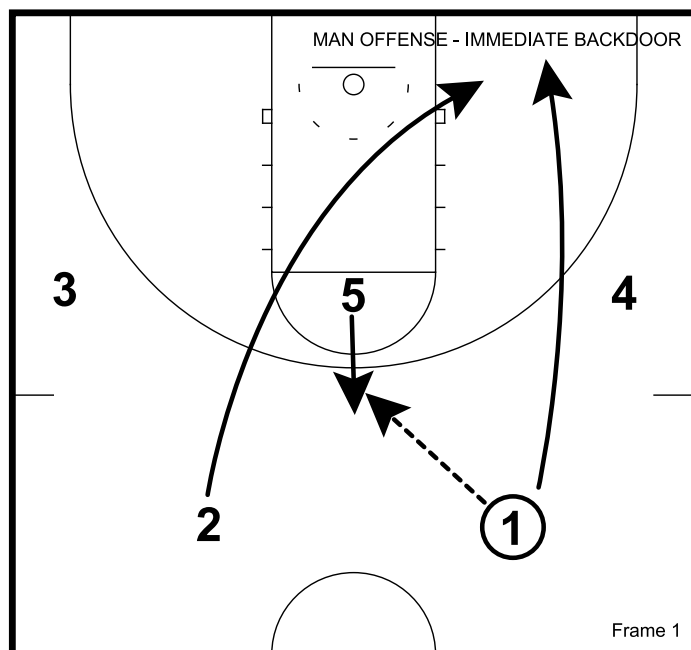
5 dribble handoffs to the 3 and rolls, 2 trades behind.



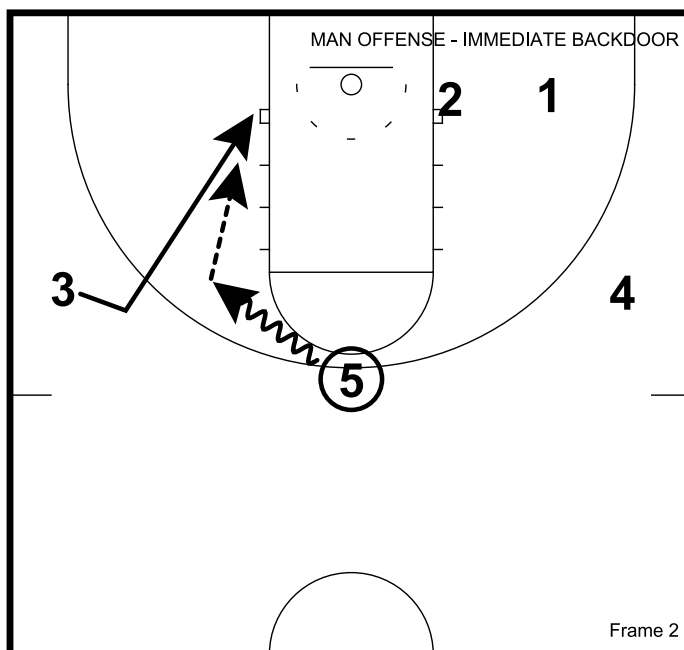
3 can look to drive, then spray and play.



MAN OFFENSE - IMMEDIATE BACKDOOR



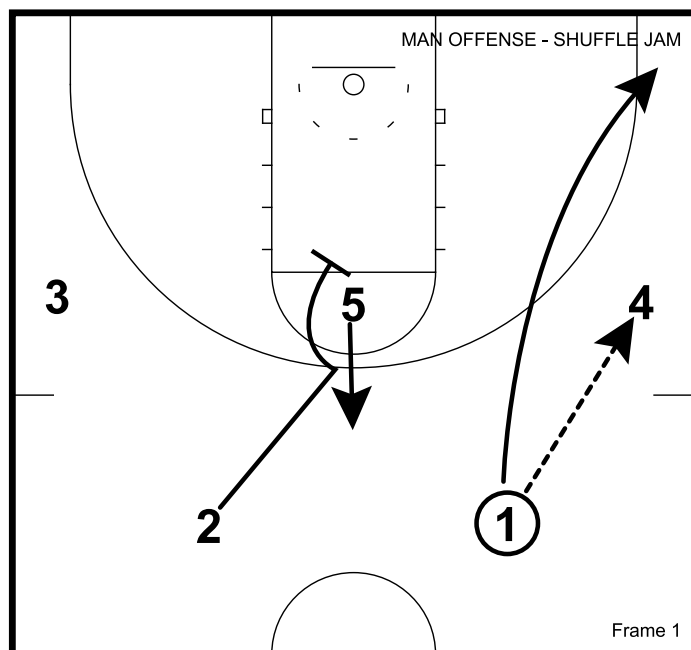
1 hits the 5 at the top of the key. Both the 1 and the 2 cut to the corner opposite the 3.



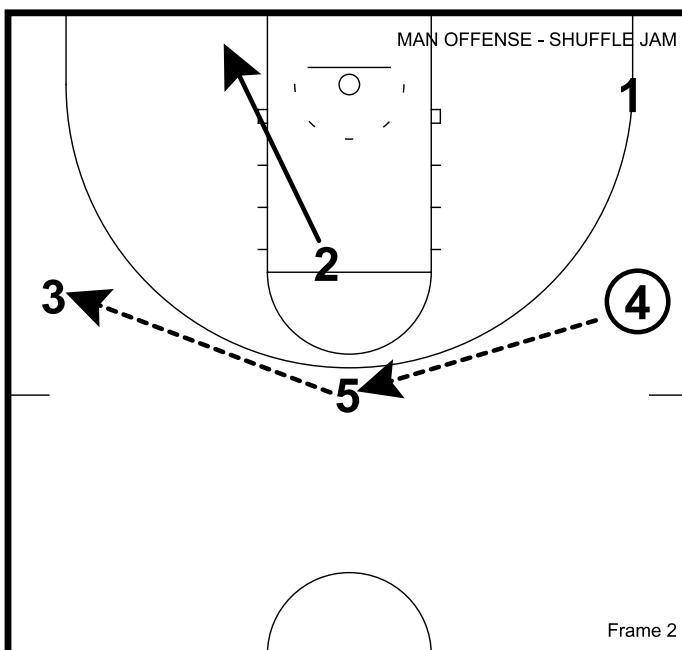
5 dribbles at the 3 on the backdoor.



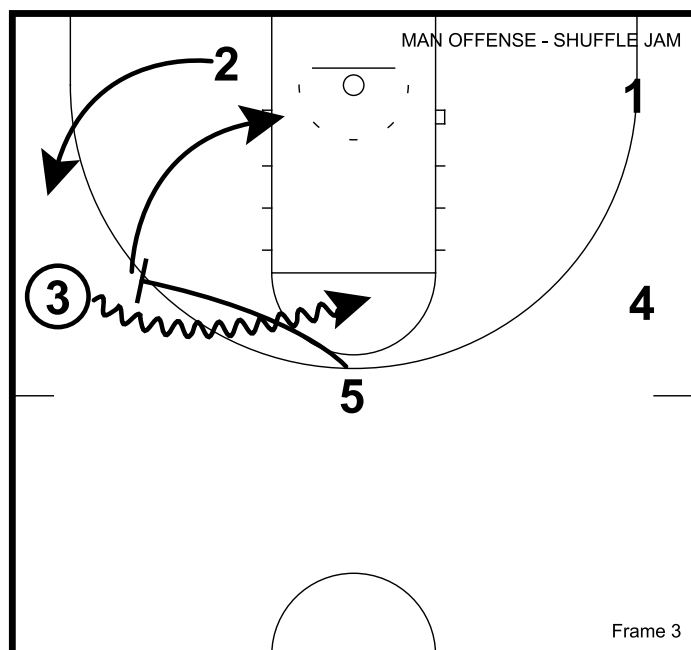
MAN OFFENSE - SHUFFLE JAM



1 hits the 4 and corner cuts.
2 screens to get the 5 open at the top of the key.



Ball is reversed all the way around to the 3.



5 follows his pass into sideline ballscreen trade action.

