

Use this Quick Hitter Vs. a Total Denial Press:

Coaches, I know what you're thinking, who in their right mind would set up a defense like this and allow the offense an easy opportunity to score? It happens a lot, especially with the younger teams. Your youth basketball team must be ready for this opportunity when the time comes.

I have used this successfully with the younger age groups in AAU basketball, and even seen this done at the middle school and high school levels.

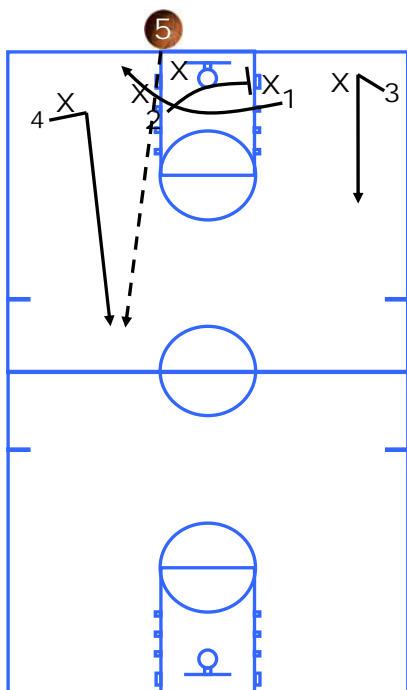
Coaches must be ready for this situation – it can change the outcome of a game very quickly or you can miss out on the opportunity!

Blue #2

How it Works:

The 5 slaps the ball and yells "break." The 4 and 3 jab step forward then break up court. The 2 sets a screen for 1, and both the 1 and 2 stay at this end of the court until the ball is passed in.

The 5 passes the ball over the 4's head (away from the sideline); make the 4 catch up to the ball with a good lead pass.

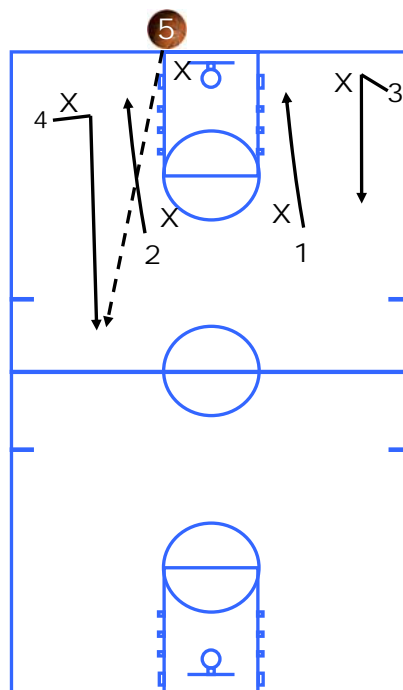


Blue #3

How it Works:

The 5 slaps the ball and yells "break." The 4 and 3 jab step forward then break up court. The 2 flashes to the ball (or can set a screen for the 4 – then flash to the ball), and the 1 also flashes to the ball (or can set a screen for 3 – then flash to the ball).

The 5 passes the ball over the 4's head (away from the sideline); make the 4 catch up to the ball with a good lead pass.



Important Player Position Notes:

- * The 5 player should have a strong, accurate arm.
- * The 4 and 3 players should be fast, athletic players, and must be able to make lay ups consistently.
- * The 1 and 2 players must stay to help out if the long pass cannot be made to the 4 or 3.
- * Player 3 is the second option, and should be ready to receive the ball if it is passed their way.