



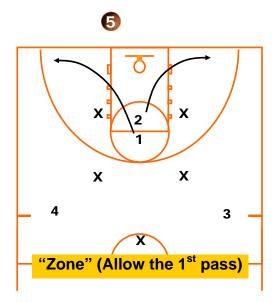
2 Types of "Full Court" Presses



Basically there are two types of presses: The "Zone" set, and the "Denial" set. Both the Zone and Denial sets have specific purposes, but with the younger age groups switching from "one set to another set" during a game can cause "confusion" for the other team.

Basic Set "Zone"

This zone set allows the first pass to come in and be caught. This allows the defense to see the ball, and set up their traps.



Basic Set "Denial"

This denial set is basically a full court man to man "denial" defense that does not want the ball to come into play easily.

