Run and Jump PRESS
Notes from Forrest Larson – Simplified Run and Jump Press DVD
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Main thoughts:
- This is a switching/match up m2m press
- On the catch, jam the ball, make them dribble
- On sideline dribble, beat sideline and trap from the middle
- On middle dribble, Jump and Run
- The easiest time to Run out of the run and jump is when the ball gets picked up

Coaching Nuggets
- Get them leveled off
- Make reads as you go.
- Coaches cannot make players afraid to rotate. No fear of rotating. Lot’s of talking, call the number of the guy you have. In a breakdown situation – take the closest man. Then match up into the pack.
- When the ball is caught inbounds, ALL defenders must get below the ball shade towards the middle of the court.
- Switch all screens
- When trapping – keep your arms high to make them pass over you and to get deflections
- Do not bring trappers up from the front court
- You can install a system where the jumper calls the runners name, and THEN the runner goes.
- After a made basket, THE CLOSEST person to the ball takes the inbounder.
- Most times, you are OK if the catch the ball up front. Once they do, jam them and rotate.
- If you get stuck with a LITTLE on a BIG, you must front at all times.
- If you have a really slow player, try them on the ball. And then “slide them back” as the ball moves up the court.
- This works well with packline defense in the half court. Ball pressure and play the gaps
- On the back side rotations – protect the basket FIRST, worry about pressure SECOND
- When starting out – drop the press at ½ court and go man
- It is all about commitment – BELIEVE IN IT!
- Practice your rotations all the time. Rotation is everything.
- At the start of the press, it is sort of like a zone match up – get to the 3 pt line and then matchup – you do not have a specific player to match up with in the press.
- Don’t have a FEAR of getting beat
- Using the whistle to stop/freeze play is a good idea to point out positions and rotations
Larson’s Concepts –

1- **Pickup the basketball – 4 ways of starting the “press”**
   - **On the ball, all out denial** – play solid denial
   - **On the ball, side-by-side** – play to the side, let them inbound
   - **On the ball, cat and mouse** – on ball defender turns around to stop the inbound
   - **Off the ball** – take the guy on the ball, put him at FT line ball side, and they take fly outs

   If the offense screens – go under or over, - Or... if switching, the screened guy must JUMP inside the screener to prevent the easy inbound
   Against a good PG – double team the PG with the inbounder

2- **Ball pressure – Get in their grille, make them dribble.**
   Never give up a straight line drive – need to fan the ball out to sideline, or make them change direction – force sideline then trap,
   Or – change direction to the middle and then Jump and Run

3- **Always trap the dribble – NEVER trap the pass.**
   The trapper only traps the basketball, when the ball cannot see him coming. This is usually when the player is dribbling to the sideline, or when the player is making a change of direction move.

4- **NEVER be behind the line of the ball.** Helpers are BACK IN THE GAP. Once the ball is dribbled, they go for the trap.
   DO NOT HUG YOUR MAN. Stunt at the ball as if you are coming to trap. If the guy can see you, do not trap.

5- **Have a SPRINT mentality.** When you are on the help side, sprint to the paint to make a play. SPRINT out of the trap. – Do NOT TURN and LOOK – just sprint in the direction of the ball. SPRINT out of the trap.
   In breakdown, ie. Straight line drive – SPRINT BACK TO THE PAINT. DO NOT STEP UP... SPRINT BACK TO THE PAINT

6- **Floor positioning** – 1 pass away, be IN THE GAP to trap or run and jump
   2 passes away, shoot the gap, rotate to next logical receiver. When you rotate, that guy is now your man. The others need to rotate and pick up the closest man. Common mistake – rotate late will hurt you. There is NO IN BETWEEN – either stay with your man or Rotate.

   Basically leave the man furthest from the ball open.

   If the ball gets to the middle of the floor on a pass – it is crucial that everyone SPRINT back to below the ball (most likely to the paint)

   The press does break down – need to be prepared for that.
**DRILLS** –

**1v1 Full Court** (5 min per practice) – create ball pressure – get up in his face, take away the comfort zone, run this for 5 minutes. Create a change of direction. (Guard ur yard might work here) NEVER give up on the play, if you get beat – level off, or tip the ball. Play pt for turn, pt for a beat, point for no score, point for a score – loser runs.

**2v2 Dummy** (5-7 min per practice)

**Sideline Trap**

Sprint out of trap
When the ball goes sideline, Beat the ball sideline (x1) and then trap it (x2).
SPRINT out of the Trap.

X1 - get in the grille. Force the ball sideline. Level the dribbler off, or try for a turn
O1- 2-3 dribbles
X2 - starts in the gap, on the dribble to the sideline (DO NOT HUG YOUR GUY)- come and trap.
O2 - cut diagonal for the pass

On the trap-
Hands active, trace the ball, try for a defection - DO NOT TRY TO STEAL THE BALL.
On the Pass - X1 sprints back and tries for the ball.
X2 - sprints too, because never want to be below the line of the ball in the press
**MIDDLE** - If the ball comes to the middle, Run and Jump it.

**Frame 1**

As the Ball comes Middle-
X2 - Jumps the dribbler
X1 - Runs to X2's guy (Sprints)
Run and Jump!

**Frame 2**

X1 RUNS to O2
X2 gets in the gap, above the ball
(Needs to sprint there)
When the Ball goes sideline, and the pass comes back without O2 going diagonal, X1 runs to O2. On any pass back, the original defender jumps to the next guy – ie – takes the man his trapping partner was guarding.

Frame 1

If ball goes sideline.
X1 levels off (Beats to sideline)
X2 traps

Frame 2

On the lag pass -
X1 RUNS to O2
X2 Runs to the gap
DRILL 2v2 Trap

Situation - more game like – play 2v2 with ON and OFF the inbounder

If playing ON, once the ball in inbounded, X1 needs to either trap right away, or drop below the ball.

ON - Side by Side:
X1 covers the ball
X2 plays on the side, to allow inbounds and force sideline

X1 - beats sideline
X2 - traps
Play 2v2
DRILL 2v2 Dummy OFF
– X1 is WAY off the ball, at the FT line. Not a denial call here.

X1 and X2 need to know who has sideline responsibility. Drill this.

X1 - is OFF the ball, really off the ball. Not in denial, but ready to trap.
X2 allows ball to come in

X2 forces sideline
X1 - cuts off sideline with the trap
Drill - 3v3 Inbound – Deny inbounds, defend (ie switch) screen, stunt at the ball (ON – Deny)

Note – if team is beating you with great diagonal cuts, go to OFF and put the OFF guy in the middle. The Off guy switches onto the cutter.

OFF
X1 switches onto O3 to deny the diagonal cutter

X2 takes O1
DRILL 3v3 Inbound
ON – CAT – X1 is ON the ball, but they are facing away. X1 faces the floor, not the Inbounder. X1 helps in the denial. When pass is made, Run to below the ball. As soon as ball is on the floor, look to trap.

X1 faces the floor, not the inbounder.
X1 actively helps deny the inbound pass
ON - Deny
Switch the screen
Defend the diagonal cut

X3 now has O2
X2 guards the diagonal cut
X1 drops back below the ball
DRILL - 4v4

Diamond – On sideline, trap and rotate. On middle, Run and Jump and rotate. Everyone in the press is on a string. As X3 comes to trap, X4 is “pulled” up to O3. As ball takes 1 dribble to sideline, sideline defender is coming to trap. BALL PRESSURE is key to stopping the really long pass. It stops the kid from being able to look up, and it stops the kid from having time to wind up for the pass.

In a diamond.
If ball goes sideline, the opposite guy comes for the trap
X4 rotates up to look for seal
X3 stays 1 pass away, denying

Run and Jump when the ball changes direction and comes back to the middle
When X3 leaves, X4 rotates up
When X1 sees X4, X2 takes O4
X2 stays denial on O2
DRILL 5v5
Diamond – full court. Same as 4v4, but now 2 people back to start.

X3 comes to trap
X5 rotates up
Note that X4 splits the area between O5 and O4

If this pass gets made, then X4 takes O5
And, X2 sprints to paint
DRILL 4v4 BOX (2 guard front) MIDDLE – practice the rotations. X1 reads X4 and then X3. X3 wants to shoot the gap. If the ball is reversed, then X3 needs to take O4.

X3 is in denial
If X4 stays back, X1 RUNS to O2
If X4 rotates up, then X1 RUNS to O4 or O3
DRILL 4v4 BOX (2 guard front) SIDELINE – If the ball goes sideline – BEAT sideline, and then trap. Do not bring the X3 guy up to trap. It is a BAD idea to bring the X3-like defender up for the trap.

Sideline
X1 beats sideline
X2 Traps
X4 rotates up
X3 rotates middle
DRILL 4v4 Florida
- defend the diagonal - Deny and then sprint to take it away

3 hard cuts to the ball then defend the diagonal
O2 gets the ball, O1 clears out for him.

X1 must then decide when to run & jump or trap. 
X2 MUST get into the guy and make him dribble. The quicker the guy dribbles, the easier it is for the X1 trap to come.
Press Break down – Sprint to the paint and get the ball stopped.

If the press breaks down. Sprint to the paint and then stop the ball. This is sort of a packline mentality, it seems.
Drill 3v2 Breakdown – after the 2v3, come back 3v3 with the press on.

On the breakdown:
- Sprint to the paint
- Stop the ball
- Match up
**DRILL 4v3 Breakdown.**
X4 rotates out, and X3 or X2 Must pick up the ball.

In this set up:
X4 needs to pick up perimeter player.
DRILL 5v5 w/ trailers

Coach passes, then sprint to score. After score, match up into the press.
DRILL 5v5 Circle Transition

Players circle
Coach lays the ball in
Practice On, Off etc...