

2-2-1 Zone Press Adjustments

Here are a couple of variations on the 2-2-1 zone press.

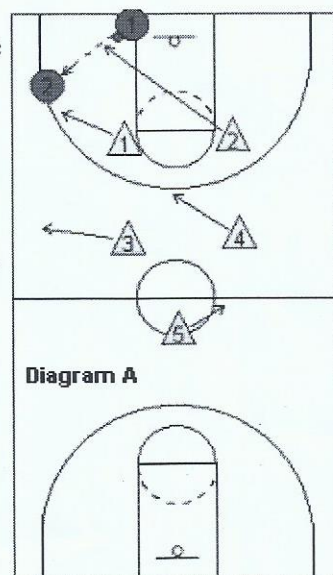
2-Up Zone Press

The "2-up" zone press is used against teams who have their best ball-handler make the in-bounds pass, and then step in-bounds and receive the pass right back. We want to keep the ball out of the hands of the best ball-handler, and have someone bring it up who is not comfortable in that role, thereby increasing the chance of a turnover.

See Diagram A. In this case, the X2 defender will deny the pass back to the in-bounder, and will play him/her man-to-man, in full denial. The other four defenders essentially play a zone.

X3 will prevent the sideline pass, and X4 prevents the middle pass.

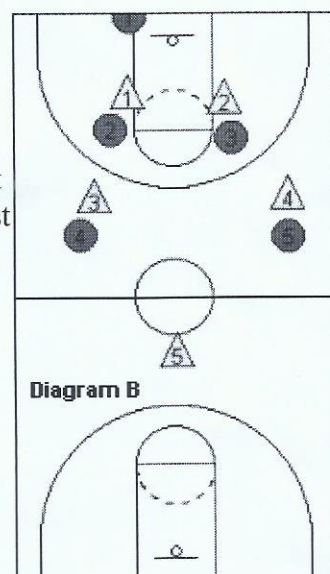
The weak side of the court is open and X5 might be able to anticipate a long cross-court pass there, or a long down-court pass. Long passes are often thrown out-of-bounds, or are intercepted. But again remember, all zone presses have an element of risk, and are a gamble.



2-2-1 "Deny" Defense

With this full-court press, we try to deny the in-bounds pass and get the 5-second call. This can be used against a team that tries to make the in-bounds pass to their best ball-handler. See Diagram B.

In this defense, don't guard the passer. Instead, place your X5 back in "prevent", to protect against the long pass and lay-up. The other four defenders match up with the other four offensive players and play full denial, trying to prevent the in-bounds pass. Until the ball is passed in-bounds, you have a 5 on 4 situation, with five defenders and only four offensive receivers.



The offense may try to screen to get a man open. Be