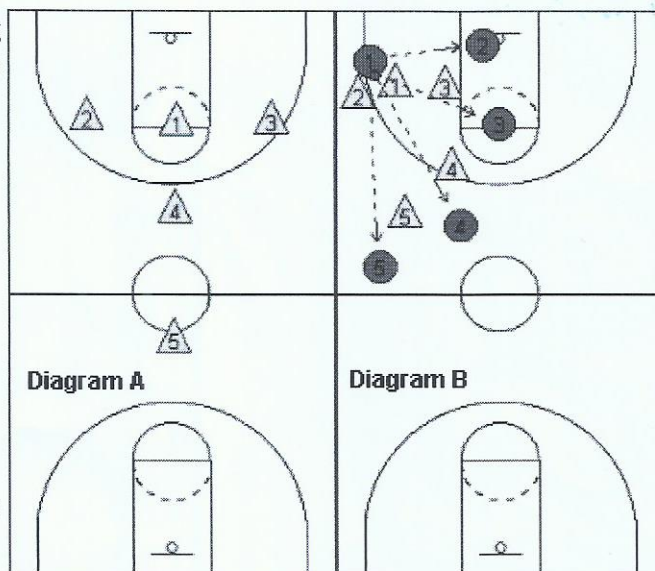


1/4 = 0.25

Basketball Defense - 3-1-1 Zone Press

The 3-1-1 zone press features three defenders across the free throw line area, one just beyond the 3-point line in the center, and one down-court in "prevent" (see Diagram A). This press matches up well against teams that use a three-across, or 3-up, press offense.

There are two ways of playing the in-bounds pass. In the first method, the in-bounds pass is not contested, but allowed to an offensive player near the corner (try to deny a center pass). The middle and outside defender on the ball-side immediately trap the ball-handler, while the other three defenders cover the gaps between the other four offensive players, trying to deny or intercept the pass (see Diagram B). In covering the gaps, the defenders should stagger, or position themselves halfway between two passing lanes. They should watch the ball-handler's movements and eyes in order to anticipate where the pass will go. Once they see the commitment in the passer, they should quickly move into that passing lane and get the interception.



A second method has one of the three front line defenders guard the passer, and then stay with the passer after the in-bounds pass has been made. This is to prevent the pass back to the offensive player who in-bounded the ball. The other two front line defenders trap the ball, and the other two defenders play the gaps between the offensive players.