

Monster Press

I. Preliminary Drills

A. Man-man fundamentals

1. Stance, palm toward man with ball, thumb down
2. Slide, don't bounce
3. Drop step, pivot
4. Cut them off, make them turn
5. Contain with body, contest with hands

B. Floor position

1. Divide floor into five lanes
2. No more than two lanes away from ball
3. Ball moves, you move "Jump to the ball"
4. Stay ball level

II. Press terminology

A. First digit = where press starts

1. 4= full court,
2. 3= $\frac{3}{4}$ court, etc.

B. Second digit = type press

1. 1 = man press,
2. 2= zone
3. 3 = specialty

C. Third digit = what we are doing,

1. 0 = hedge or fake,
2. 1 = switch
3. 2 = trap
4. 322 = pick up $\frac{3}{4}$ court, zone, trap