

# Press Principles & Rules

## Principles

### 1. Contain the ball

- A. Don't Reach
- B. Don't Try to Steal the Ball

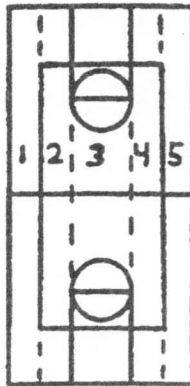
### 2. Floor Position

- A. Two lanes away
- B. Ball Level

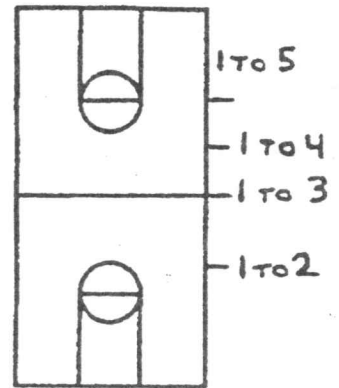
### 3. Rotation

- A. Trap, Switch, or Hedge out and back (Never in and up)
- B. Depth Lines

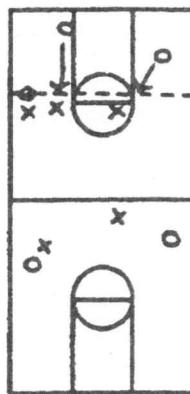
Side to Side



Depth Lines

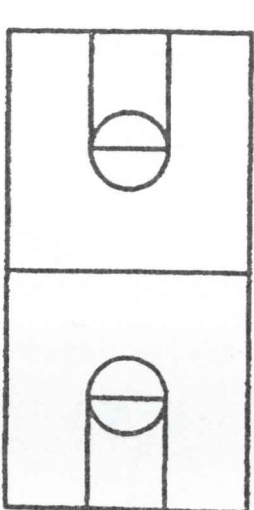


End to End



B  
o  
l  
l  
  
L  
e  
v  
e  
l

### Defensive Coding System



4/4	400	10	Man Press	0	Hedge or Fake
3/4	300	20	Zone Press	1	Switch
1/2	200	30	Speciality	2	Trap

### Players Position

