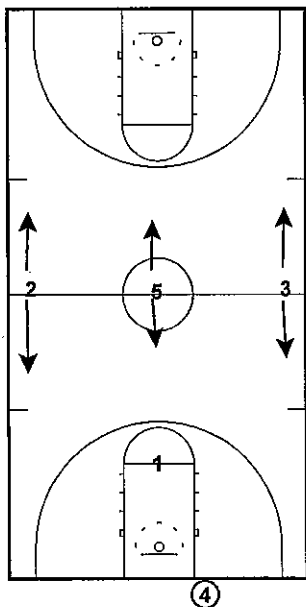


Detroit

1-1-3 Press Break
Offense



1-1-3 alignment

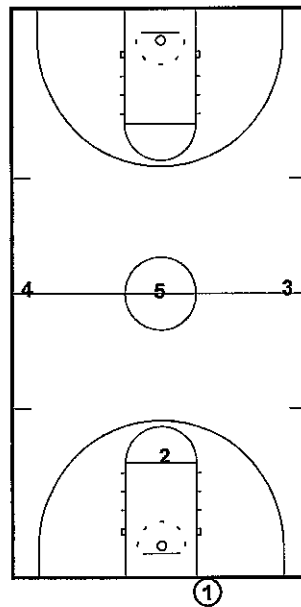
* Second level (3 across) will outnumber their second level vs. a Diamond 2-2-1 or 2-1-2

* ideal entry pass is to second level

* Players stay in lane and have advantage breaking situation

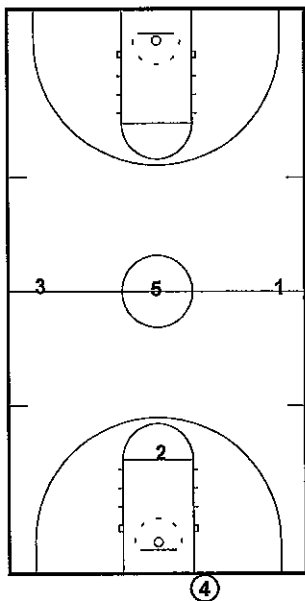
* very effective vs. man because 1 has sideline to sideline to operate

1-1-3 Press Break
Offense



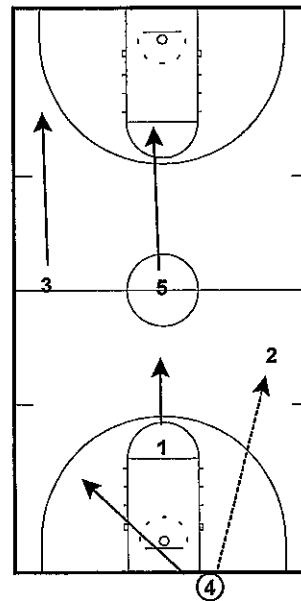
Start 1 as inbounder if you plan to pass back

1-1-3 Press Break
Offense



Start 1 on second level if you feel you can complete that pass

1-1-3 Press Break
Offense



EXAMPLE ENTRY

* 2 comes forward to catch

* 5 rim runs

* 3 cuts to rim

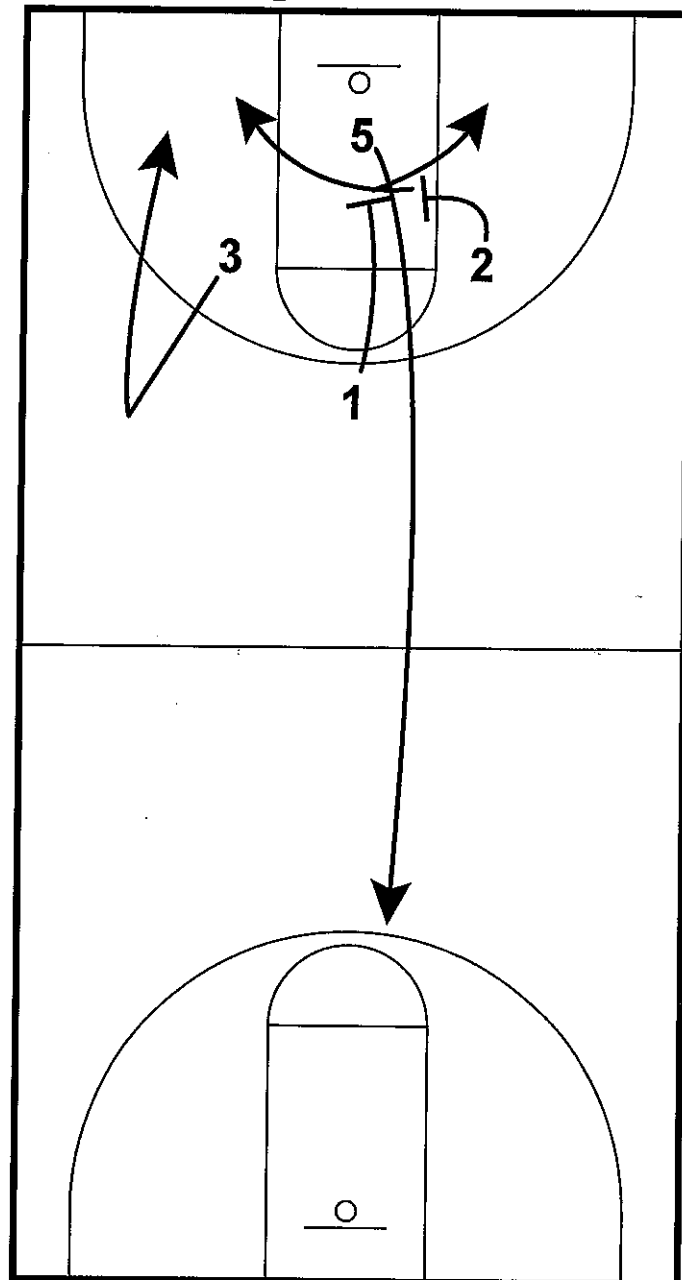
* 1 hustles up middle for passback if needed

* 4 trails opposite

Emory

Press Breaker (end of game) Unknown

④



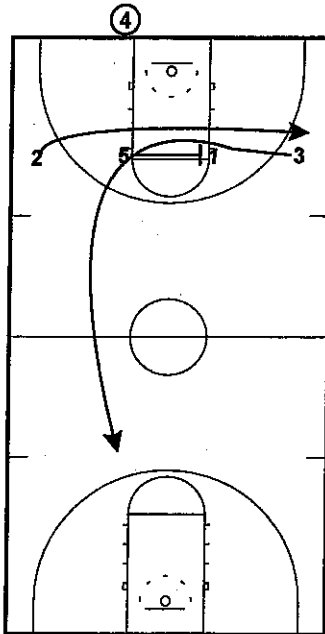
3 takes herself long then flashes to the ball. 1 downscreens the 5 out. 2 screens the 1 to weakside block then flashes to the ball.

Note: Positions on the floor are all interchangeable and depend on personnel.

All Contents Proprietary

Flagler

Line
Press Breaker

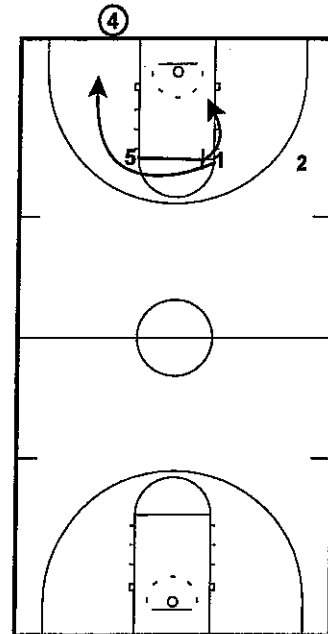


You would want the best long distance passer to inbound the ball. It was our 4. 4's **FIRST OPTION** is 3 curling around 5 looking to go long in the open court. As 3 is cutting, 2 is cutting at the same time looking to replace the 3, this can be a decoy but if 2 is open, that is an option as well. Then 5 will set a screen for 1.

All Contents Proprietary

Flagler

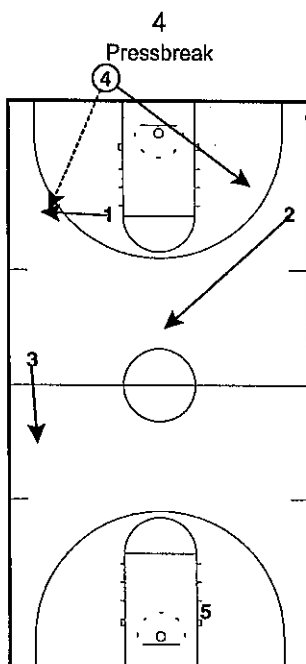
Line
Press Breaker



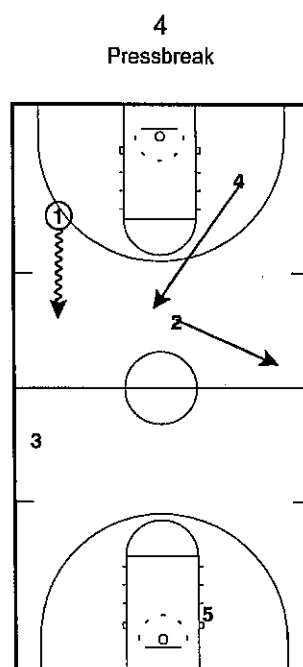
4's **SECOND OPTION** is to look for the 1 cutting to the ball. The **THIRD OPTION** is to hit 5 on the roll back to the ball. Once 4 inbounds the ball to 1, 4 will become the safety and stay behind the ball as a release, 2 and 5 will clear out, 4 can screen on the ball to relieve pressure off of the 1.

All Contents Proprietary

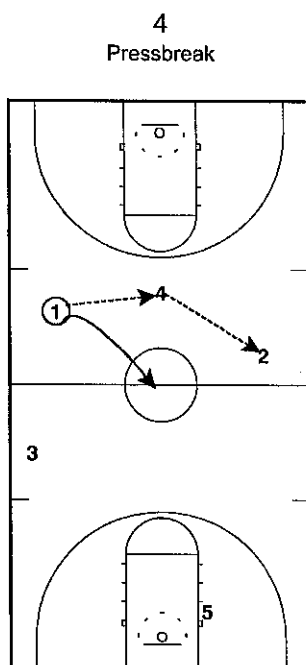
Niagara



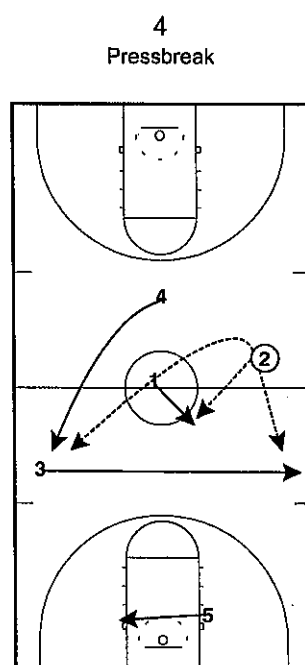
- 4 passes to 1 on the wing
- 4 sets back in as reversal
- 2 cuts to middle of the floor
- 3 does down the sideline



- 1 dribbles up the sideline
- 4 cuts to the middle of the floor
- 2 goes back out to half court

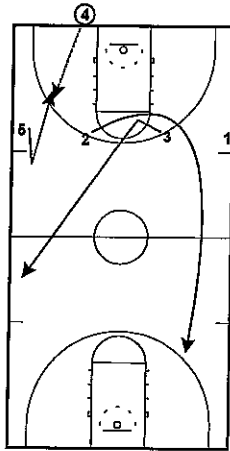


- Ball gets reversed to 2
- 1 flashes to the middle

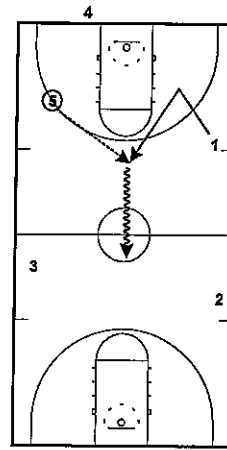


- 2 has the option to:
 - hit 1 in the middle
 - hit 3 after she sprints across to ball side
 - hit 4 over the top on opposite sideline
- 5 moves to opposite block for spacing

Press Break - 4up
PRESS OFFENSE

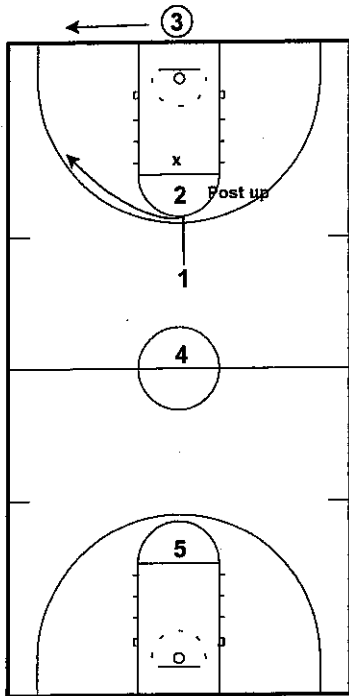


Press Break - 4up
PRESS OFFENSE

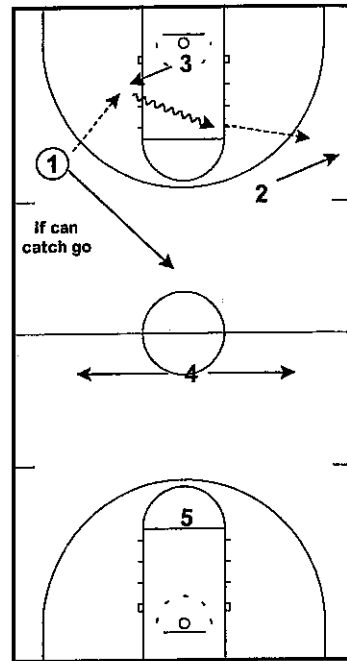


Press Breaker

Frame 1



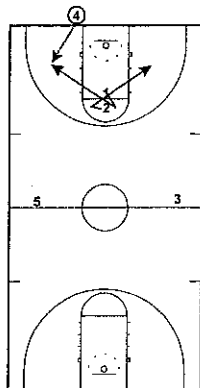
Frame 2



4 goes with ball
Fake pass to make pass

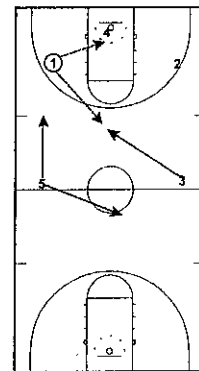
Easy Press Offense

Frame 1



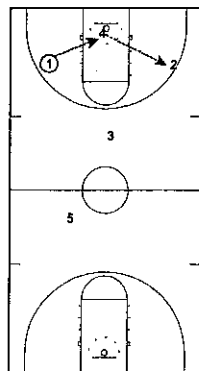
4 takes the ball out. the 1 and 2 stack it up and fake one way and go the other.

Frame 2

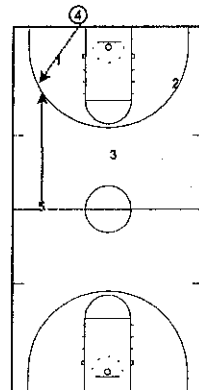


1 looks to pass it to the 3 flashing middle, if it's not open then pass it back to the 4. The 5 will dive to the block if the 3 receives the ball.

Frame 3



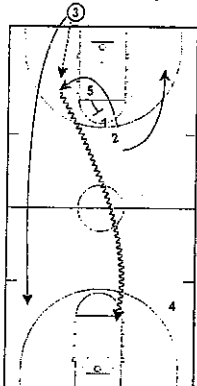
Frame 4



If no one is open then the safety is the 5 flashing to the ball side.

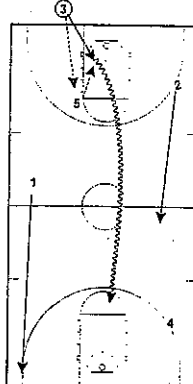
Press Offense

PO: JAY
Press Offense



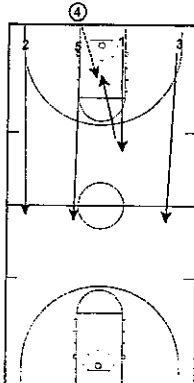
5 sets screen for 1, 2 breaks to ball

PO: JAY
Press Offense



4 flashes back to the ball if all is denied and then she can pitch back to the in-bounder. Inbounder attacks and uses screen

PO: 4 down
Press Offense

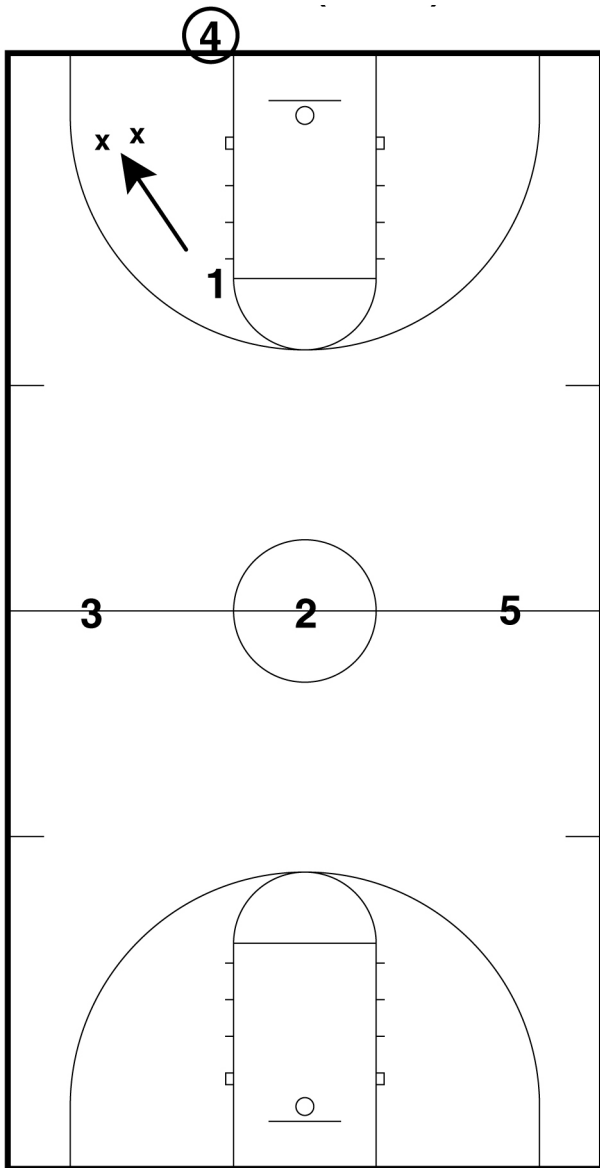


everyone sprints long, 1 comes back to the ball.
Everyone going long must be looking over their shoulder for the ball

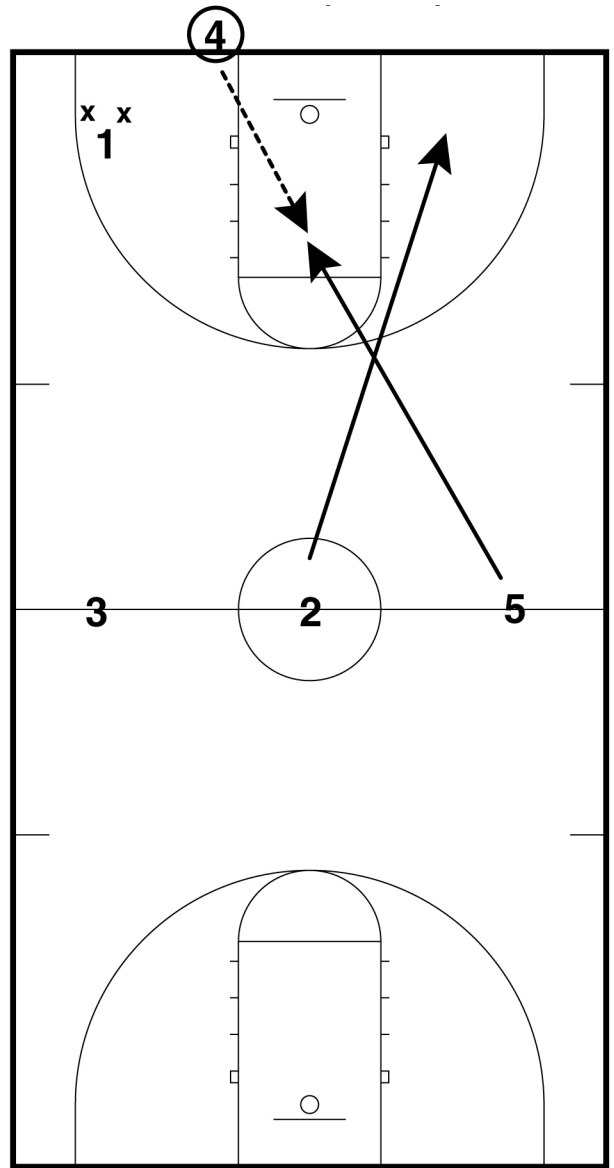
Press Break: Double

Submitted by Kirsten Moore, Westmont College

This is a late game or special situation press break versus a man-to-man defense when the defense is doubling your point guard. The goal is to not just break the press, but to get a quick scoring opportunity on the back end.

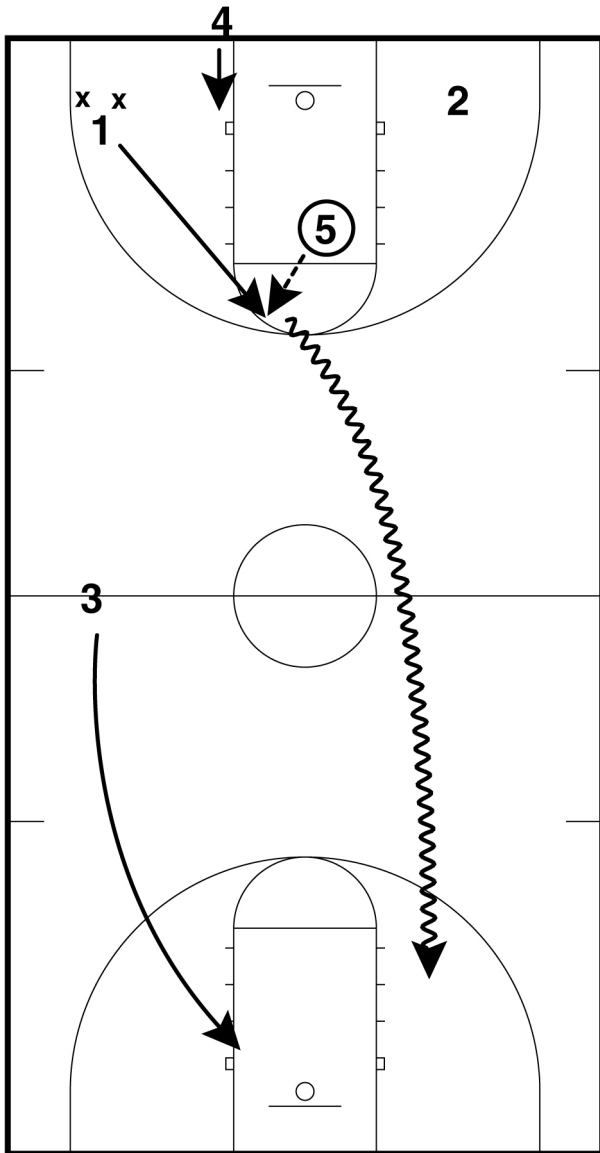


Put your scorer in the Player 3 position at half court. Player 1 breaks to the ball calling to get the ball and taking defenders with her.

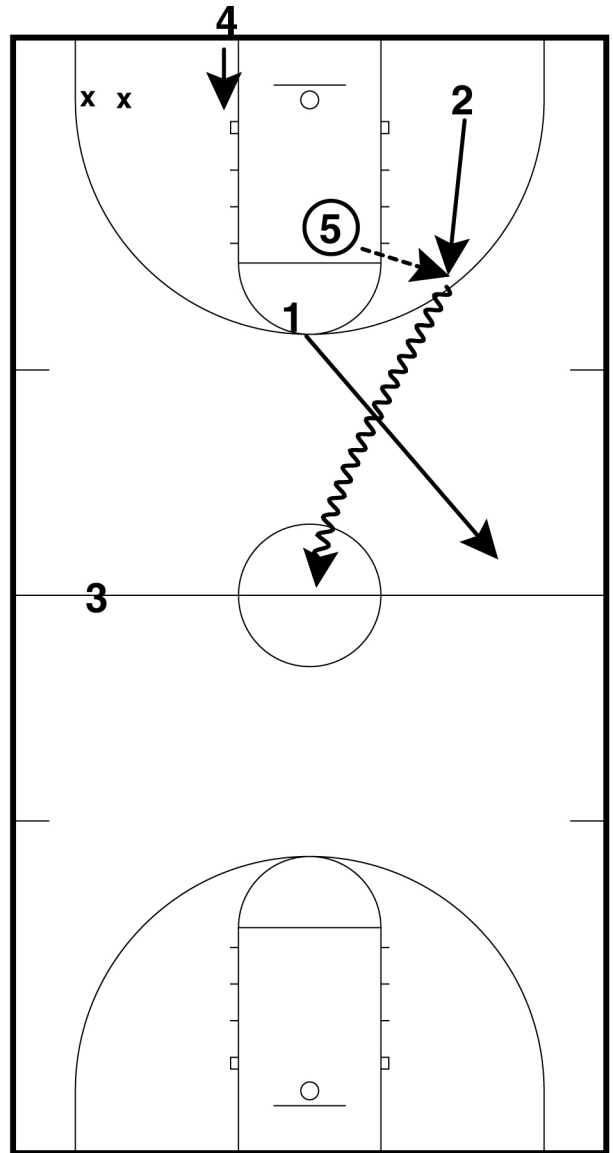


Player 2 cuts to weakside calling for the ball. Player 5 cuts right off of the back of 2 to get open in the middle of the floor. Pass to Player 5.

Press Break: Double



Option 1: Player 1 cuts to the middle as the pass is going to 5. Player 5 makes a quick pass to 1. Sprinting up the floor, Players 1 and 3 have a 2-on-1 transition opportunity.

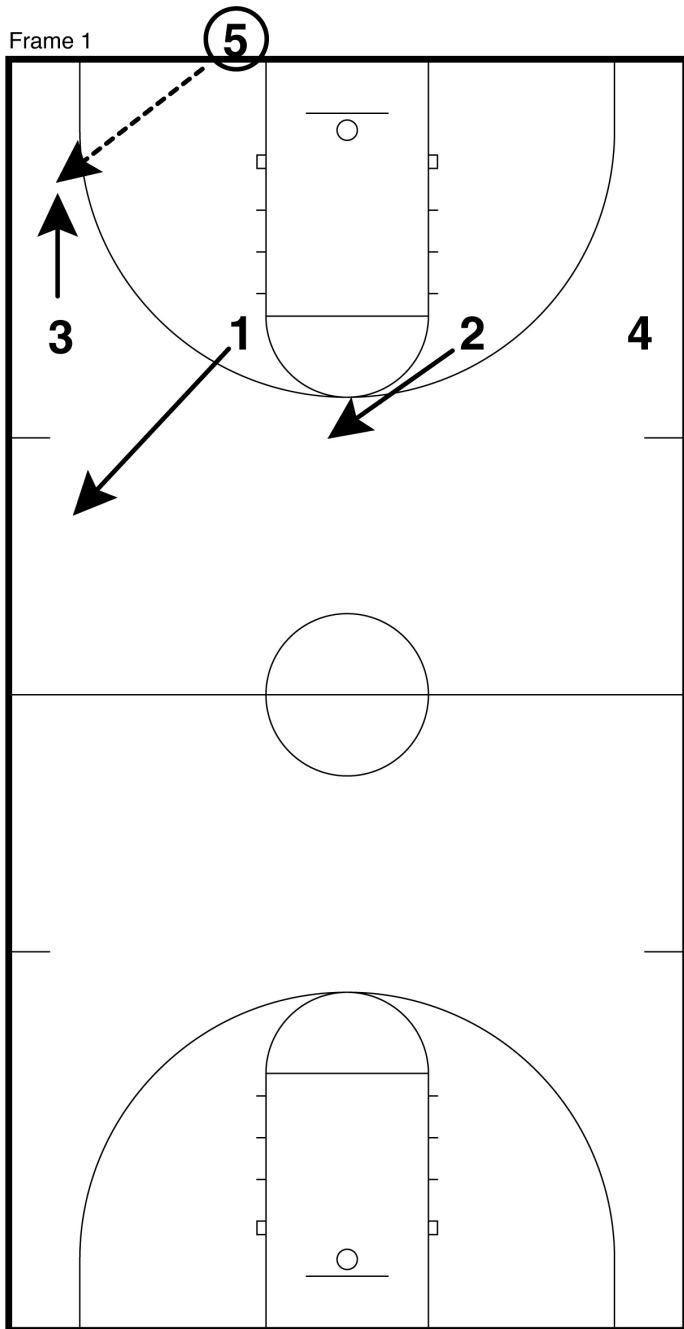


Option 2: If Player 1 is not open on the cut, then Player 2 makes a second cut and pushes the ball up the middle in transition.

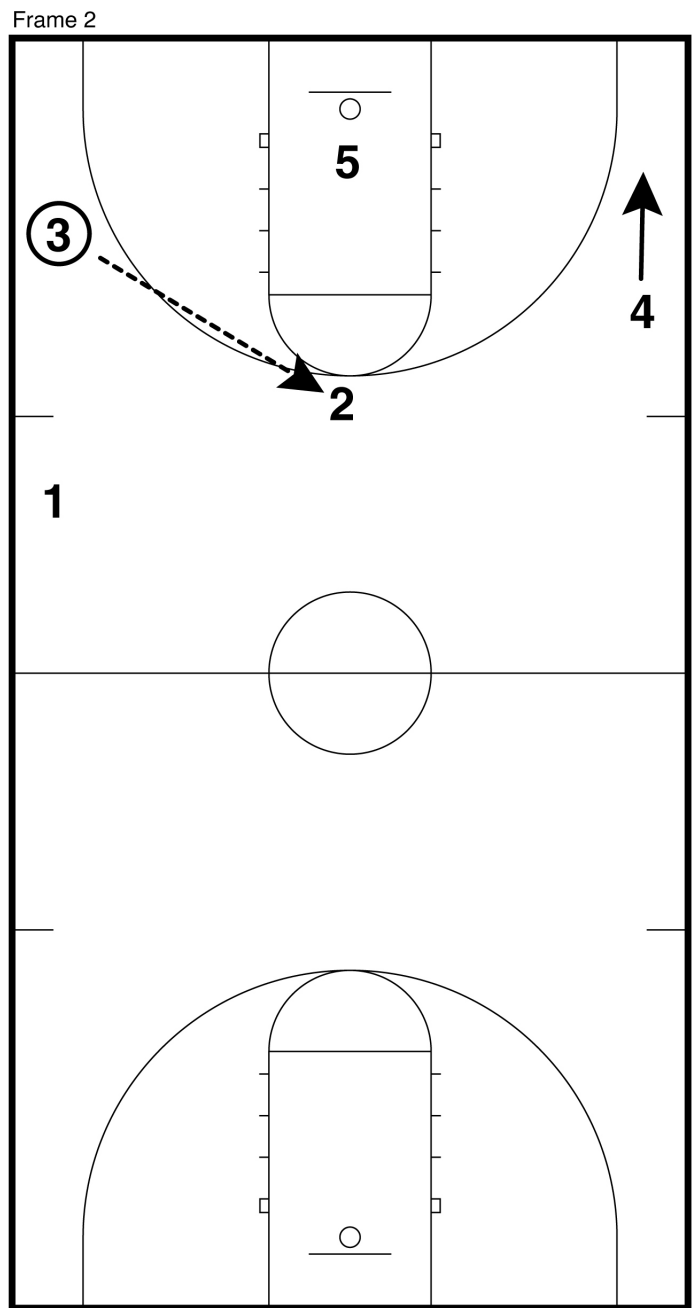
Press Break: Middle

Submitted by KiKi Baker Barnes, Dillard University

This press breaker is used against a zone press. The objective is to get the ball to the middle of the floor.



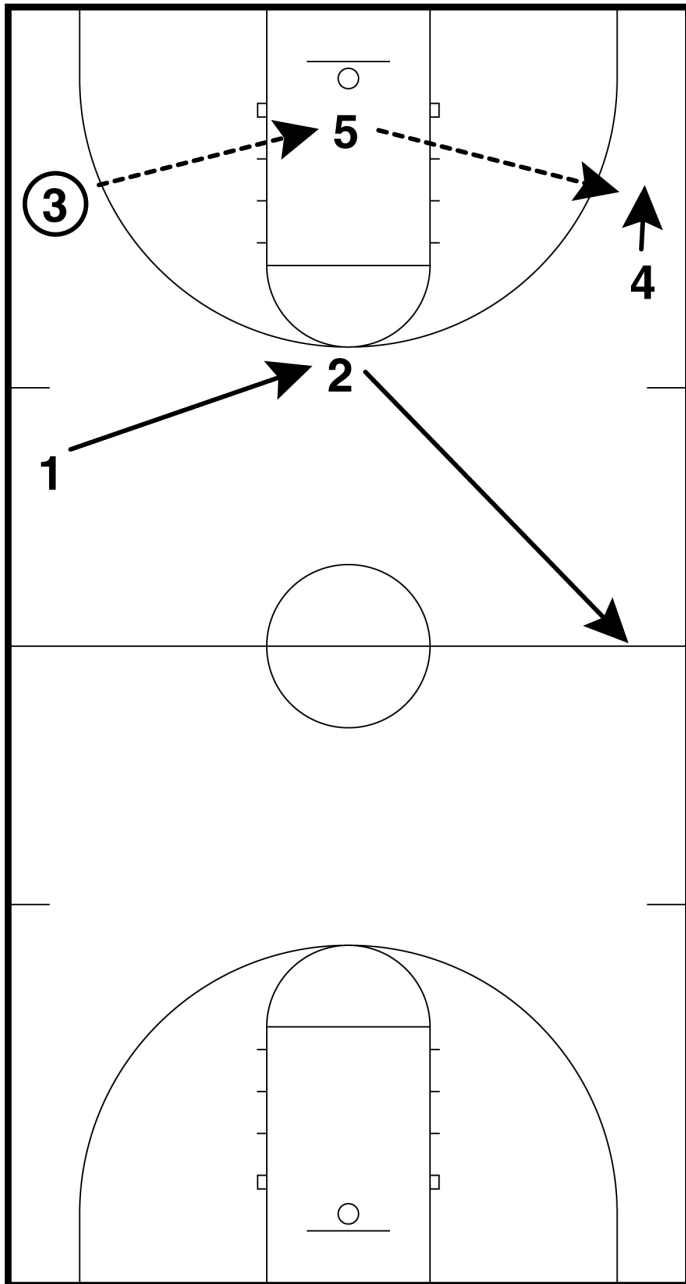
Player 5 has the ball and looks to inbound ball to 3. When Player 5 passes the ball to 3, 1 cuts to sideline and 2 cuts middle.



Player 3 looks to hit 2 cutting to the middle.

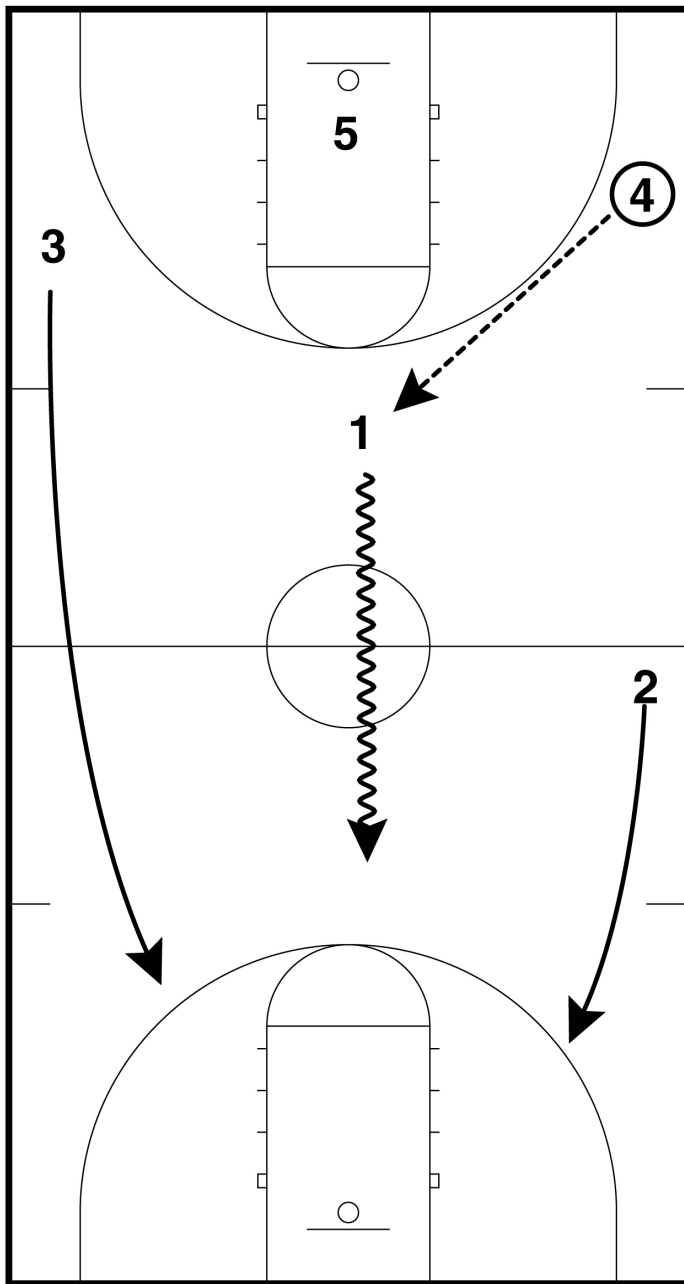
Press Break: Middle

Frame 3



If Player 2 is not open, 3 looks to reverse ball to 5. Player 5 then reverses ball to 4. Player 2 cuts to sideline and 4 looks to hit 1 cutting middle.

Frame 4



Player 4 passes to 1 in middle and now you have a 3-on-1 or 2 situation.