

2-2-1 ZONE PRESS:

#1 POSITION:

- 1. Invite the pass into the corner area on your side. Make the receiver catch the ball as deep in the corner as possible.**
- 2. If the ball is not inbounded in three seconds jump in front of your man and try to force a 5 second count.**
- 3. When the ball is inbounded, play the one half man to the outside utilizing man to man principles with special emphasis on containment.**
- 4. If the receiver STARTS TO DRIBBLE, contain him so that #2 can come over for the double team.**
- 5. If the receiver DOES NOT DRIBBLE, advance on him cautiously or hold the position while faking at him. Try to make him put the ball on the floor.**
- 6. If the receiver is trying to throw a forward pass, apply enough pressure so that he will have to throw a lob or a bounce pass. Prevent him from, throwing a straight, hard pass.**
- 7. Do not let the offensive player escape up the sideline. If he dribbles to the sideline, cut him off. #2 will immediately apply the double team from the blind side. If the dribbler does escape up the sideline, chase him from behind and try to deflect the ball on toward a teammate. If a teammate slows the dribbler down or forces him to stop, look to apply the double team.**

#2 POSITION:

- 1. MUST PREVENT PASS FROM BEING INBOUNDED FROM YOUR SIDE OF THE FLOOR.**
- 2. When the ball is passed into #1's area, move over quickly to prevent a return pass to the inbounder stepping into the court.**
- 3. Look for the double team on the man guarded by #1. The best time to apply the trap is just after the player has started his dribble but before the first bounce hits the floor.**
- 4. If the offensive player dribbles toward the sideline (away from you) immediately apply the double team from behind.**
- 5. If the offensive player dribbles toward the middle, it is your responsibility to stop him from splitting you and #1. If he is dribbling hard – stop him right away and set the trap. If the dribbler is sizing up the situation, the inbounder will likely move away toward your sideline. Without allowing the split, stay with the inbounder for a instant and then spring the double team. Vary your tactics.**
- 6. If a pass is made out of the double team back to the inbounder you must hustle to re-establish your position. Select the proper angle to contain. DON'T RUN AT THE MAN.**

7. If a one-two pass is made to a man below the free throw line extended, we want you to cut him off on the sideline. You must select the proper angle and turn the man back to the middle for a possible double team.
8. If the one-two reverse pass is made to a man above the free throw line extended, you should chase the ball and look for a double team with #4 who should be in a position to cover the man with the ball.
9. If the offense IS able to inbound the ball on your side of the floor you must quickly re-establish your position one half man to the outside of the offensive player with the ball. You would then reverse roles with #1.

#3 POSITION:

1. You are responsible for the area behind #1, from the center line to the key area when the ball is out of bounds on your side of the floor.
2. Prevent anyone in that area from receiving a pass either from the inbounder or the inbounds receiver. You must intercept or deflect any lob or slow passes made into that area. If a receiver does catch the ball in your zone cover him with man to man principles.
3. If a dribbler gets by #1 up the sideline, you should fake at him and retreat. You are trying to slow him down. Then look for the right opportunity to double team with #1 who is running the play down from behind.
4. If there is no man in your area, look for someone flashing in and then cheat towards the center of the floor or the area that is being attacked.
5. If the ball is inbounded on or reversed to the opposite side of the floor, your area becomes the middle of the floor.
6. Should the ball be advanced up the opposite sideline so that #4 moves up to double team with #2, you would rotate to #4's position and play the side line area looking for the interception. #1 rotates back to the middle of the floor.

#4 POSITION:

1. Responsible for the middle of the floor to your left as you face the inbounder and for the area on your side from the center line to the foul line or deeper in case #2 is pulled over.
2. As soon as the ball is inbounded to the opposite corner you become responsible for the middle of the floor area between the foul circle and the center circle.
3. With the ball in #1's area, you should be aware of the offense bringing a third man back to receive the pass. You should force this man to catch the ball below the free throw line extended or intercept any pass to him beyond that point.
4. If the one-two pass is made to this player below the foul line extended you are to fake at him and retreat. It is the responsibility of #2 to get over and cut

him off at the proper angle. Your job is to slow him down. You again assume responsibility for the sideline area behind #2.

5. If you are unable to intercept the one-two pass made from above the free throw line extended, you are to cover that player and #2 is to run him down and double team from behind.
6. If the dribbler (on the opposite side) advances the ball up the sideline so that #3 moves up to stop him, you would rotate to the #3 position and play the sideline area looking for the interception.
7. If the ball is inbounded on your side, you maintain responsibility for the sideline area around the half line.

#5 POSITION:

1. You must convert quickly from offense to defense as soon as the ball goes through the basket. Sprint to the center circle (or farther) as fast as possible and direct the defense from there.
2. Must talk to the people in front of you.
3. Push up as far as possible without giving up the basket.
4. Shade the side of the floor that the offense is bringing the ball.
5. Be alert to intercept any long passes.
6. Guard the basket. If a guard is driving, invite him in and wipe the ball off the backboard. **KEEP THE BLOCKED SHOT INBOUNDS.** If a big man is coming, pressure him to make a play or slow him down until help arrives.

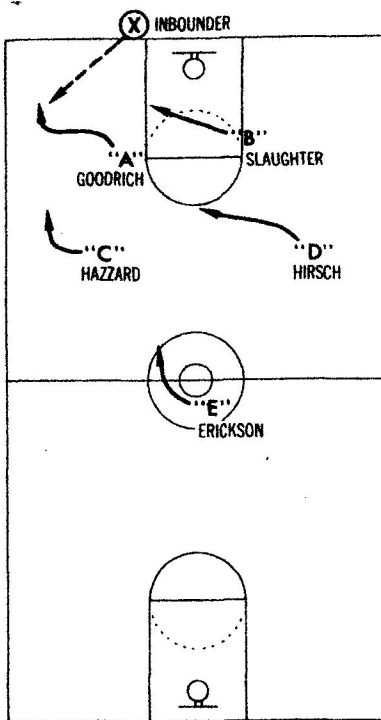


DIAGRAM #1.

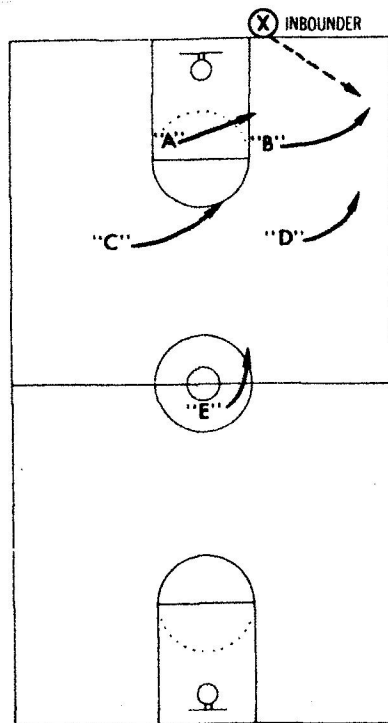


DIAGRAM #2. UCLA Zone Press

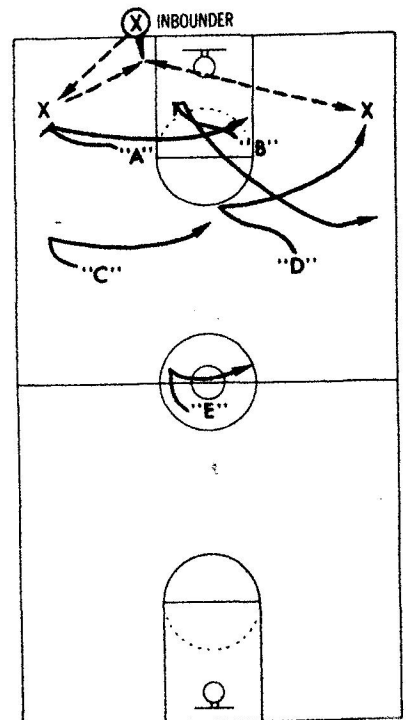


DIAGRAM #3.

SECOND THE ADJUSTMENT OF THE 2-2-1 TO THE 2-1-2

-----A-----B

-----C

-----D-----E

1. If the ball is inbounded on A's side of the floor, A's responsibilities are the same. B's are the same. C is responsible for the territory that D had. D has the responsibility that C had, and E moves too and has the same responsibility that he had in the 2-2-1.
2. If the ball is inbounded on B's side of the floor, A & B exchange responsibilities. C is responsible for the same area as he was in 1. (above), and D & E exchange responsibilities.

THIRD - THE ADJUSTMENT OF THE 2-2-1 TO THE 1-2-1-1:

-----A (on the ball)

-----B-----C

-----D

-----E

1. If the ball is inbounded on A's side of the floor (left). B assumes the duties of A as in the 2-2-1. A assumes the duties of B. C assumes the duties of D. D assumes the duties of C. E assumes the duties of E in the 2-2-1.
2. If the ball is inbounded to the other side of the floor. A has the same duties as in #1. B and C exchange duties. D and E's duties remain the same.

UCLA'S ALL-COURT PRESS

By John R. Wooden
UCLA Head Basketball Coach

The full value and effectiveness of the full-court press, which has proved so successful at UCLA over the last two years, is difficult to assess, but there are some principles to be kept in mind that give one an insight into how it operates and what it can do.

First to be remembered is that the press is a gambling type of defense and requires continued effort and limitless patience if it is to pay dividends.

All players must be well grounded in the individual defensive fundamentals. Since I feel that these must be taught through the use of the man-to-man defense, our freshman team uses only a man-to-man press, but does use the principles of the zone defense when away from the ball.

The press can speed up the game and, perhaps, force an opponent out of their normal style of play. Thus, it also can cause disharmony and disunity in the team play of the other team. As a matter of fact, the principal value may come from demoralizing the opposition and upsetting their game.

I coach my UCLA players not to reach in to attempt to take the ball away from an opponent, but play position and force errors when the opponent hurries. This cuts down fouling and helps to establish the proper philosophy.

We try to permit only lob or bounce passes forward. Passes back toward your offensive basket will not hurt, but crisp passes the least bit forward toward the basket you are defending can cause trouble.

Our players are taught to turn and sprint toward the defensive basket and to pick up the man in the most dangerous position whenever the ball passes their individual line of defense. Strong side men should be alive to "two-time" as they go back, and the weak side men should be alert to intercept.

However, I would like to stress that we do little "two-timing" as far as trying to take the ball away, but stress body position to force errors.

Regardless of the type of zone that we set up initially (2-2-1, 1-2-1-1, 1-3-1, 2-1-2), we use tight man-to-man principles if the man in your zone has the ball, and floating man-to-man principles, depending upon how far from the ball your man is in the other areas. If no opponent is in your zone, move closer to the zone that is being attacked.

Results often come in spurts, so apply immediate pressure after acquiring the ball through an error. Often they will try to make up the loss by "hurrying" and will make more errors. Our 1964 team had at least one "spurt" in a period of approximately two minutes duration in all 30 games in which we outscored the opponents from 10 to 20 points. Sometimes it did not come until the middle of the second half, but we would usually have at least one spurt before the end of the first half.

Players must realize the necessity and value of and be willing to make the necessary sacrifices to attain and maintain top condition.

In addition, they must also be unselfish in regard to scoring since oftentimes the scorer, when you capitalize, will not necessarily be the player who caused the error.

It's interesting that the requirements for the No. 5, or deep, position are about what all coaches look for in all players. An outstanding player at this position is essential. He must be quick, alert, courageous, unselfish, able to "read" the man with the ball, be very good at handling the deep defense when outnumbered and a fine rebounder who can get the ball out quickly. He must be very aggressive, with judgement that prevents committing himself too soon, and--above all--a player who really loves a challenge.

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April 6, 1970

Mr. Bill Mountjoy
Basketball Coach
Colonial Heights High School
3600 Conduit Road
Colonial Heights, Virginia 23834

Dear Coach:

Many thanks for your words of commendation and congratulation.

In regard to your question about the 1-2-1-1 zone press, as soon as the ball is inbounded it moves just as the 2-2-1 with #1 taking the place of #2, #2 taking the place of #1, #3 taking the place of #4, #4 taking the place of #3, and #5 in approximately the same position. Of course, we crowd toward the ball in either set up.

Best wishes.

Sincerely,

A handwritten signature in cursive script that reads "John Wooden".

John Wooden
Head Basketball Coach

JW:dh