

Level 1-Basic Inbound Press Break

A common problem for our young teams when confronted with strong man-on-man defence is being unable to inbound the ball due to quick, athletic defenders being “on them” every step of the way, causing turnovers and exhaustion!

The first thing to remember is to not crowd the area you are trying to inbound to.

Teach your players to create space. A common and effective set-up for inbounding after your opponents have scored and you are being confronted by a full-court press is for your 2 tallest players (the 4 and the 5) to immediately go to opposite corners of the half-way line on the defensive side. Have your two best ball-handlers on the court meet at the free throw line, with your strongest passer in-bounding. Then have one guard set a screen or pick for the other enabling them to get separation from their defender. Another way to get separation is to use a V-cut (see link below).

Remember that if all 5 players and their defenders are running madly around your defensive key, that's 10 players causing mayhem where you are trying to inbound. It is a turnover waiting to happen, and even if you do successfully make the 1st pass, there is no space to pass into and a double or triple team is likely to occur.

So have them rehearse their set-up immediately on recognising you have to inbound and draw some defenders away from the contest and also be an outlet pass if your opponents fail to pick up the 2 tall at half-court. They can recognise that they are “open” and run to the passer.

Once you have completed the 1st entry pass a common error is for the player who receives the ball to immediately turn and start dribbling, usually straight into a defender, jarring the ball loose or resulting in a tug-of-war!

Have your players practice catching the ball, then immediately turning into the triple-threat position, protecting the ball by holding it firmly in two hands at hip-height behind their body away from the defender or by “chinning” the ball. “Chinning” is holding ball with elbows wide, directly under the chin and above a shoulder. Then introduce a defender who must try to deflect the ball while the ball-handler pivots.

[Basic pivot drills](#)

[V-Cuts](#)