2-2-1 Full Court Press

Purpose: Force the offense up the sideline into trapping areas. Also used to slow down opponent's transition break. It can also be used to speed up another team into quick shots, especially if they have good guard play and a poor forecourt.

Keys
1.) Keep the ball out of the middle.
2.) Hesitate when coming from middle.
3.) Turnovers will come from passes out of trap- not the trap itself- don't foul when trapping;
4.) SPRINT BACK! Stay below the level of the ball, read passing lanes and try to get back tip or deflection if trailing the play.

Note: Teams will try to break a 2-2-1 different ways. Adjustments will have to be made depending on where the offense places their players. Below is a basic breakdown of a 2-2-1 with some variations.
Top Line: They work as a "pulley system" on the top of the press. When one player is up and forcing the ball sideline, the other player is in the "top middle" spot.

Middle Line: Initially take away the middle. As ball is forced sideline they look to trap with one of the top players.

Back Line: Usually one of two types of players
1.) Athletic- anticipates well and can jump passes
2.) Player that lacks mobility- might be rim protector
*Who you have in the back will determine how you rotate

Trapping Areas: Areas just before and after half-court are hot spots for trapping.
X1: Force ball up the line
X2: On inbound- sprint to "top middle" area
X3: Anticipate dribble up sideline for trap
X4: Sprint to "middle middle"- when ball is dribble up, he should drop back to "deep middle"
X5: Anticipate and rotate UP to take away pass to 4.

X1/X3: Tight trap
X2: Take away "top middle"
X4: Sink to "deep middle" depending on location of opponents
X5: Take away sideline pass
The reverse is given up which is fine because the ball is going away from the opponents hoop and taking time. On the reversal we want to force the ball back up the sideline
If the ball is passed up the floor out of the first trap or before the first trap. We want to the player from the middle line to double back and get a second trap.

As the ball moves up the floor, the other defenders must follow suit.

X1/X2: Sprint back to position. X1: Sprint to "middle middle" spot. X2: Sprint to "deep middle" spot. X4: Will most likely drop back as the 5 will look to catch pass close to hoop.

We want players below the level of the ball.
If the ball is reversed out of initial trap

X2: HESISTATE IN MIDDLE TO ALLOW X1 TIME TO RECOVER TO MIDDLE

X1: Sprint to middle!
X5: Drop back to "deep middle"
X4: Take away sideline pass- we want to go UP to take that pass away instead of going across. The benefit of going UP is if we can't get the steal/deflection we are still in a good position for a trap from

X2: Force ball up sideline to trap with X4
X5: Step up to take away pass to 5
X3: Sprint back to "deep middle"
X1: Get below the level of the ball
Variation #1: Deny the inbound pass.

Allows for opportunity to X1 or X2 to get a deflection or steal.

Can also force other team into 5 second violation or call a time-out.

In-bounder might force deep pass that can be intercepted by middle or back line.

Great change up after a time-out or off from a free throw when opponent isn't expecting it.

X3/X4: Deny passes to middle and make them throw over the top where X5 can play free safety.
Variation #2: Top line trap
X1/X2: Trap first pass
X4: Sprints to take away other guard

Still giving up the reverse pass

On reverse: X2 take an angle up the sideline where he can trap with X4. X4 might have to take a similar angle and turn ball handler back to X2.
Rotation after the second trap.

Variation #3: This can be used if you have a player that lacks mobility and you put him/her in the back.

Only change: Instead of X4 dropping back to middle, he/she instead takes away sideline pass. Once the ball is entered to the 1, X4 must cheat to middle, once the ball dribbled up the sideline into the trap, X4 sprints to take away sideline.
Rotation of first trap.

Offensive adjustment: If a team keeps only two players back.

In this situation- in-bounder goes middle.

Note: 1 or 2 could flash middle too.
If ball is passes to 1, X4 must PINCH middle to help X2 take away middle, especially if middle player (3) is at half court or in the frontcourt.

On reverse pass from 1 to 2. X2/X4 HESISTATE to allow for X1 and X3 to PINCH middle.