

PRESS OFFENSE 1

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: ATTACK THE PRESS

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa spaces the floor before the pressure can load to one side.
- 2 The first receiver presents a clean target instead of standing behind a...
- 3 The ball is advanced immediately to get the press moving backward.
- 4 The next receiver sprints ahead into open space on the opposite side.
- 5 The advance pass beats multiple defenders without using a dribble.
- 6 Once the ball crosses the pressure line, Iowa attacks before Nebraska can...
- 7 The middle of the floor stays available as a safety valve and reversal option.
- 8 The goal is not simply to survive the press — it is to turn pressure into an...

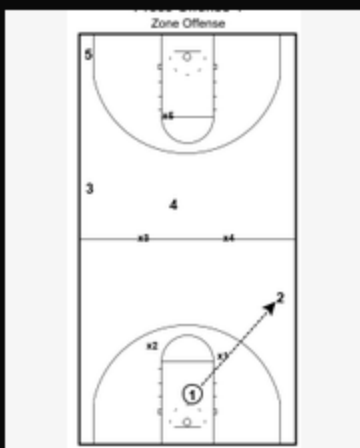
ADVANTAGE FRAME — 36.1 2ND HALF



THE PRESS COMMITS TO THE BALL. IOWA ADVANCES IT INTO OPEN SPACE BEFORE THE DEFENSE RECOVERS.

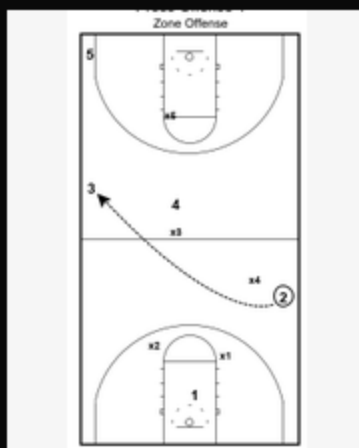
ACTION BREAKDOWN

1. ORGANIZE THE FLOOR



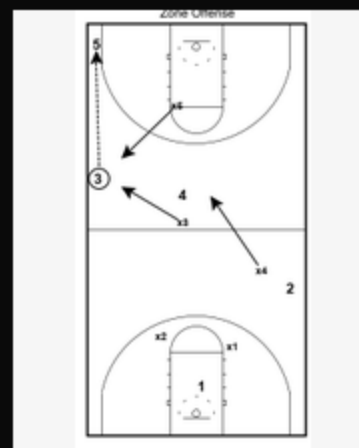
Iowa creates full-court spacing with outlets on both sides and a middle safety. The press cannot load everyone to the ball without exposing space elsewhere.

2. ADVANCE THE BALL



The next pass is made ahead and across the floor. This forces the press to turn, run and defend more space than it wants to cover.

3. ATTACK THE SPACE



After the pass beats the first wave, the next players sprint into the open floor. Iowa is now attacking a recovering defense instead of a set press.

PAUSE HERE

This is the moment to attack the press, not just escape it. Nebraska has committed bodies toward the first catch, but Iowa already has a receiver sprinting into open space ahead of the pressure. The ball should move faster than the defense. The advance pass turns Nebraska's aggression against itself and creates numbers before the press can get matched up again.

COACHING INSIGHTS

WHY IT WORKS

Pressure defense depends on shrinking the floor around the ball. Quick advance passes make defenders cover distance instead of trapping in a crowd.

DEFENSIVE REACTION

Nebraska sends defenders toward the first receiver and begins retreating once the ball is advanced. That retreat opens space behind the pressure.

OFFENSIVE READ

Do not over-dribble. If a teammate is ahead of the defense with a clean passing lane, move the ball immediately and make the press turn.

COACHING POINT

Catch facing up the floor. See the next receiver before the ball arrives. The best press offense plays one pass ahead of the trap.

STEAL THIS IDEA

Against pressure, teach players to think forward first. Every pass that advances the ball forces the defense to turn and run. If the press has committed two defenders to one area, there is almost always open space somewhere else. Find it early and attack before the defense can recover.

DNA TAKEAWAY

DON'T DRIBBLE INTO PRESSURE.

PASS AHEAD OF IT.

ATTACK BEFORE RECOVERY.