ANIMAL PRESS PRINCIPLES

Intentions

1. Create havoc every trip, forcing turnovers, rushed decisions, and fast shots.
2. Confuse the opponent by switching the number of wolves, foxes & bears frequently.
3. Make it difficult for opponents to run their offense.
4. Wear out opponents by playing at a pace they can't sustain for an entire game.
5. Prepare players for the next level by equipping them to transition quicker and play faster.
6. Get more players in the game without penalizing the best players (by increasing the number of possessions per game so there are most possessions to be shared).

Options

1. You can run the animal press off made baskets and missed shots, or just made baskets.
2. You can adjust the animal press to be a full-court, 3/4 court, or 1/2 court press at any time.
3. You can fall back into a trapping man-to-man, regular man-to-man, or any zone defense.

Roles and Responsibilities

Wolf Responsibilities:

1. Put extreme pressure on the ball and/or the players in the first quadrant - between the free throw line and the baseline (or wherever the ball is being inbounded on the sideline).
2. Attack whoever has the ball or deny the next pass.
3. Blind any player who gets the ball so they can't see open teammates.
4. Chase down any player who beats them on the dribble and poke the ball free from behind.

    * Optional - Wolves can guard the inbound passer or not (you can mix this up).

Fox Responsibilities:

1. Defend the second quadrant - from the 3-point line to half-court (starting at the 3-point line).
2. Prevent any passes to players in their quadrant.
3. Trap any dribbles who attack their quadrant on the dribble.
4. Rotate back to protect the rim if a pass goes over their head.

Bear Responsibilities:

1. Defend the last two quadrants - between half-court and the key, but start at half-court.
2. Intercept any baseball passes or passes advanced up the sideline.
3. Protect the rim if the ball is advanced on the dribble.
4. If two offensive players go deep, the bear must still be ready to intercept the ball-side pass.