1. JLINK command check the JTAG or SWD connection
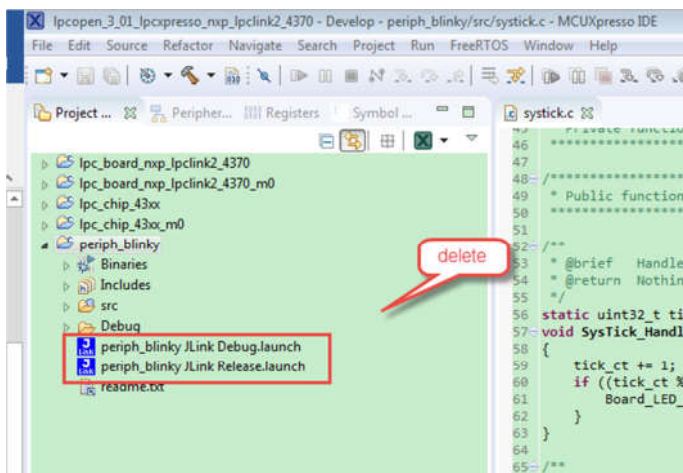

2. delete the debug item in MCUxpresso IDE
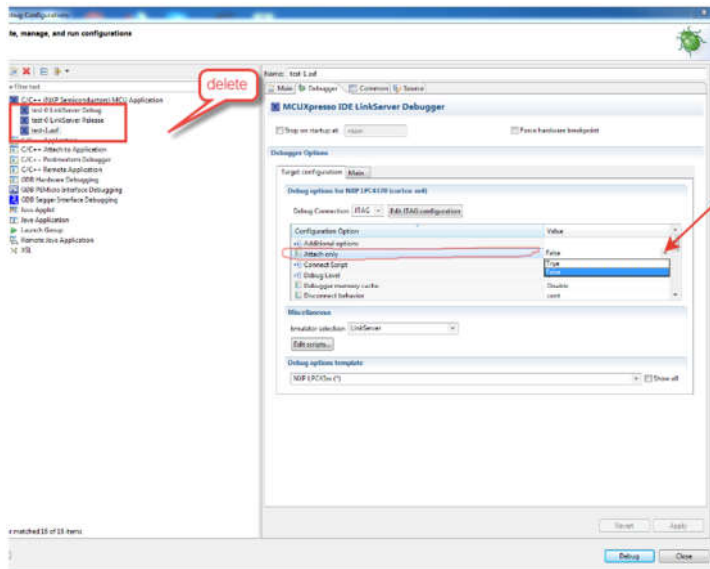
3. Build the project
4. Debug
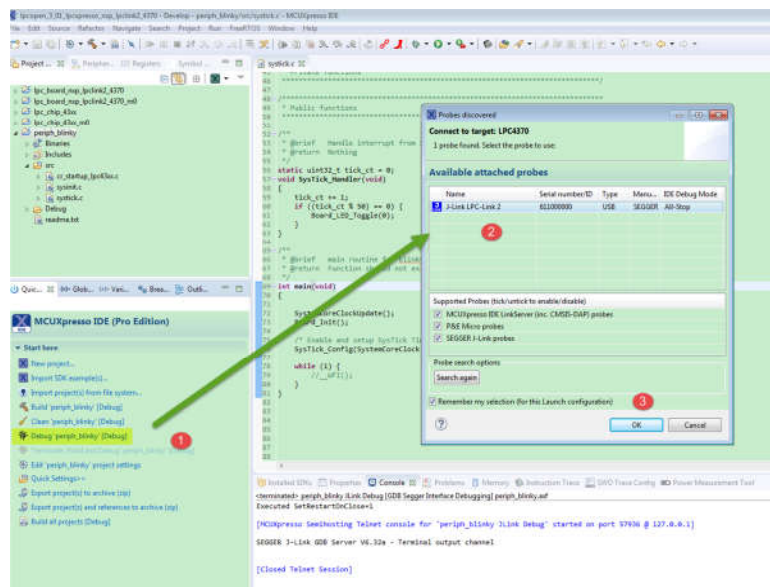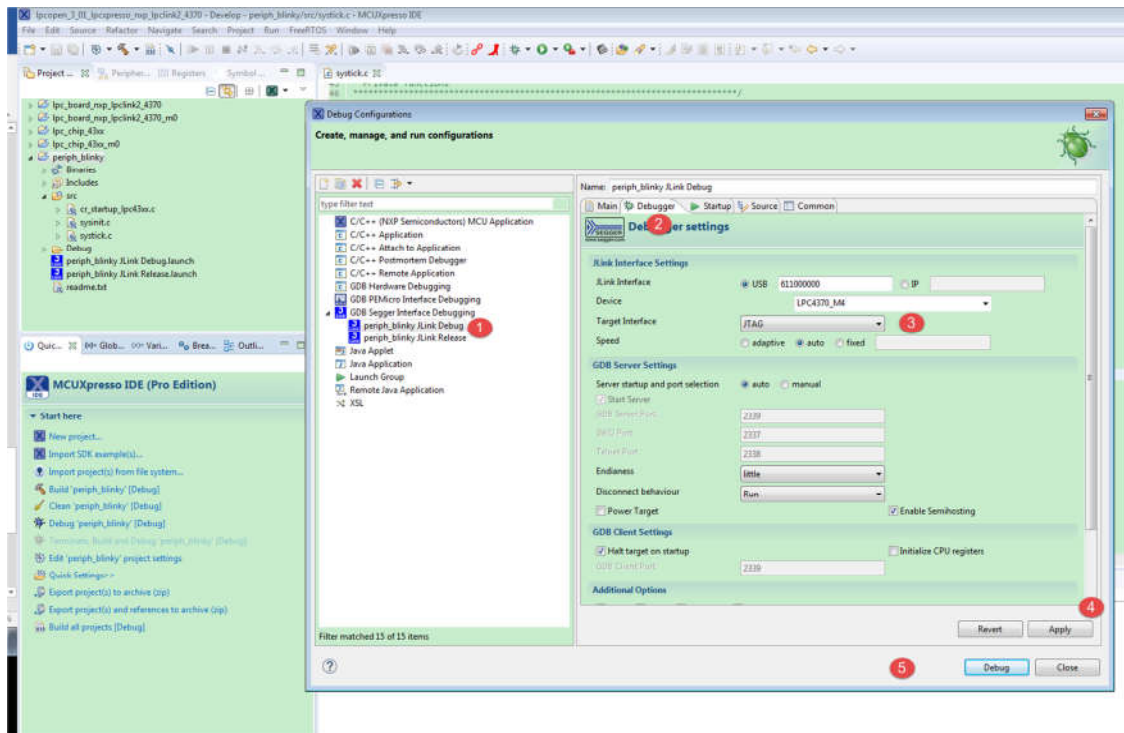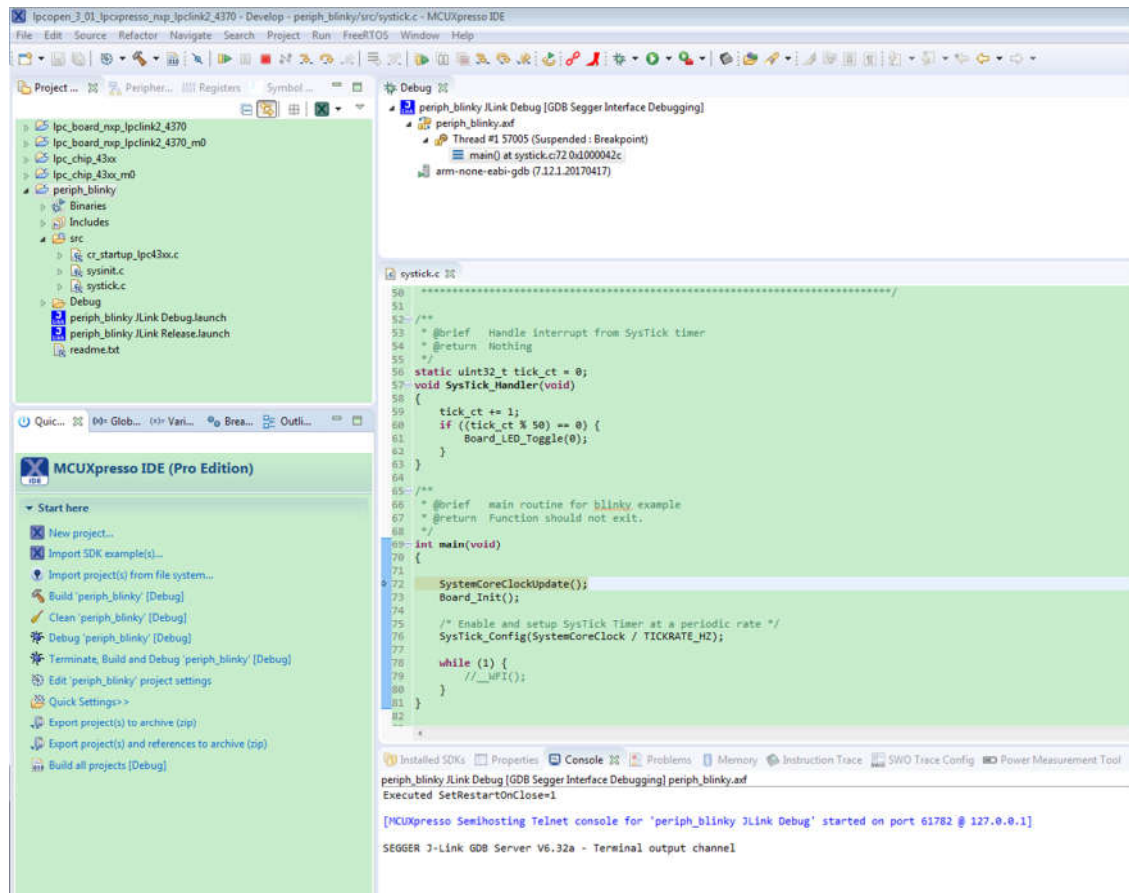

It's default in SWD, if you want to use the JTAG. Open debug configurations window

You can find I can enter the debug mode with the JTAG

Please follow me to do it again.