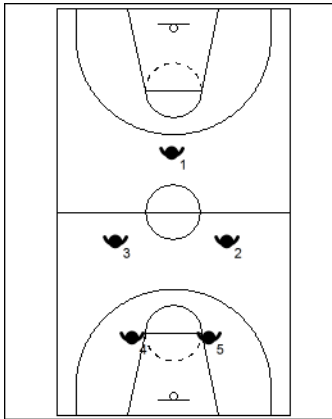


1 – 2 – 2 Half Court Trap

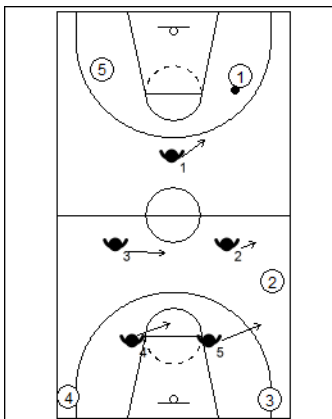
Off a score or dead ball situation



This defense relies heavily on communication and every player being active.

STARTING POSITIONS:

- Point of Zone** Start between the two circles, Keep ball out of middle channel and contain it. This player is the designated trapper
- 2nd Line** - Start just below half way, hedge and recover until able to trap, Trap aggressively Defend Middle as a priority
- 3rd Line** - Start on the elbows of the keyway locate players Defend the middle at all cost



2nd Line:

PLAYER BALLSIDE (player 2)

- Match up on any player in your area.
- Hedge and Recover between your player and the ball
- As handler progresses look for these cues to aggressively trap
 - within 2 big steps
 - dribbler drops their head
 - reverse dribbles

PLAYER SPLIT LINE (player 3)

- Defend any pass to the middle of the floor.
- Do not leave the middle until you have passed this player onto another defender.

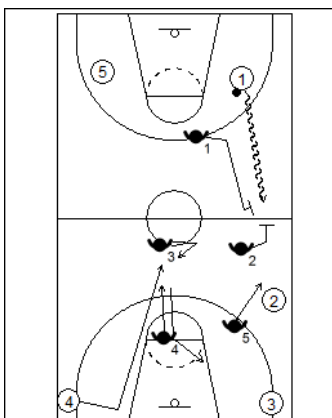
3rd Line:

DEFENDING THE BALLSIDE SIDELINE (player 5)

- Match up on any player in your area, hedge and recover if required.
- Deny the pass down the sideline where the ball is.

SPLIT LINE DEFENDER (player 4)

- Deny the ball to the middle at all cost
- Watch for flash cuts to the middle, bump and deny this
- If a player flashes through and continues to centre line must pass the cutter on from player 4 to player 3.

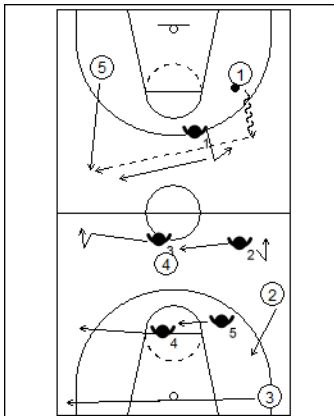


In this diagram you can see that the handler dribbles the ball down the sideline.

- Player 1 channels the ball down the sideline into the trap area
- Player 2 must hedge and recover and read cues when to trap

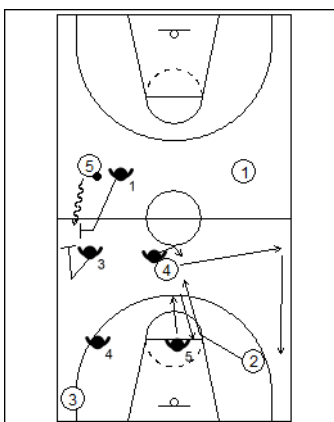
When trapping absolute pressure must be given to the ball, 2 hands actively shadowing the ball

- Player 5 must look to take away the sideline and shoot the gap for a possible steal.
- Player 3 and Player 4 must work together to keep the ball out of the middle as diagrammed Player 4 bumps cutter and passes on to Player 3 and then sprints back to help or split line position.



If the ball is reversed or changes side.

- Player 1 is still the designated channel and trap player
- Player 3 must defend the middle and wait for Player 2 to reach the middle before they can release to the ball
- Player 4 must look to sprint and defend the sideline but again must ensure the middle is defended as a priority. If a player is in the middle of the floor they must wait until Player 5 reaches the split line and defends the middle.
- Player 2 and Player 5 must sprint and defend the middle as a priority.



As the ball is dribbled into the trap area the same action applies as per the opposite side.

From here you can fall back to zone or man to man pressure. My preference is man to man as it creates more talk and enthusiasm on court.