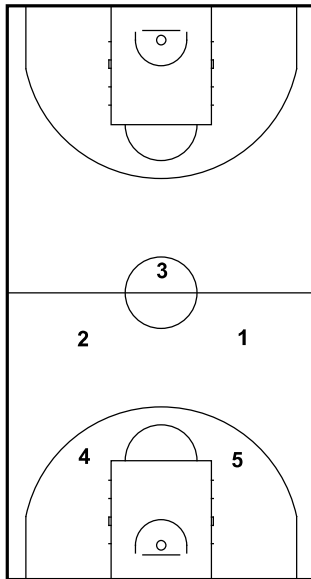
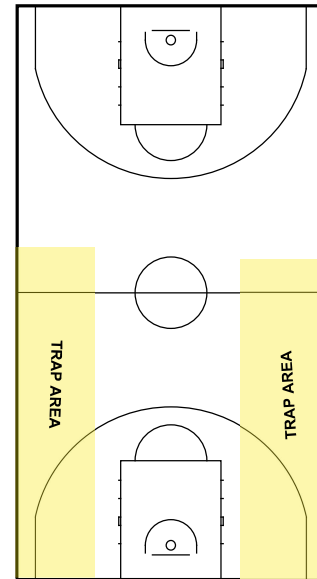


Defenses

Set Up: 1-2-2 Trap
Defense



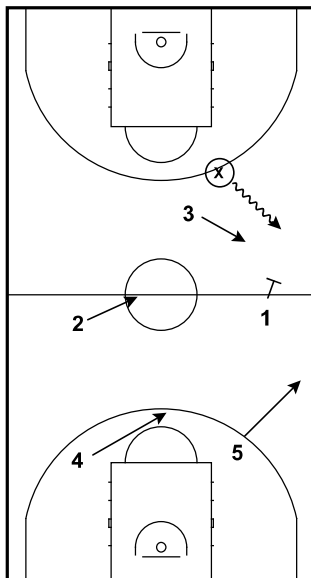
Trap Areas
Defense



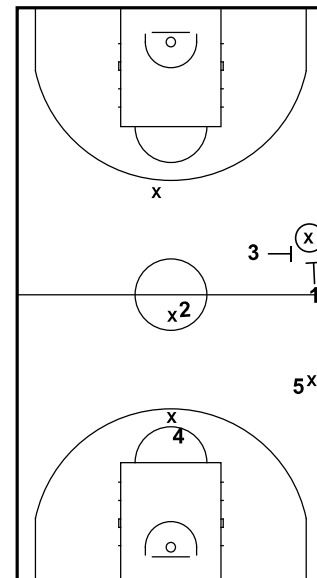
RULES TO THE 1-2-2 TRAP:

1. HANDS UP
2. NO MIDDLE
3. COMMUNICATE
4. MOVE AS THE BALL IS IN THE AIR
5. ALLOW BALLHANDLER TO DRIBBLE A FEW TIMES BEFORE APPLYING PRESSURE

Push Ballhandler to Weak Hand
Defense



Trap Rotation
Defense



The point man should try to get the ball handler to go right or left (we prefer left). Once the ball handler starts to dribble to the side line the wing must close in on the ball handler with the point man to start the trap of the press either before half court, or just past half court.

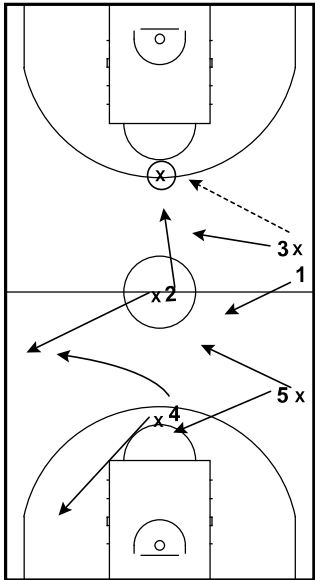
All other defenders now slide into positions to take away passing lanes and open players.

Opposite wing (2) man takes away middle. 5 man takes man away on sideline. 4 man drops to protect the rim. The defense must leave the furthest person open away from the ball. In this scenario it is the inbounder. Remember the offense has 8 seconds to get across half court.

When trapping: keep hands high. Do not put hands down. Make when coming to trap from a wing position that you put one foot out of bounds. Arrive early.

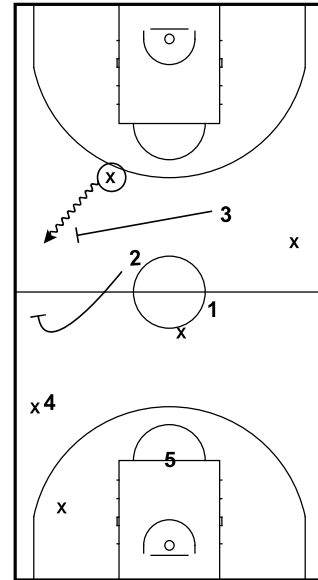
Defenses

**Ball Reversal
Defense**



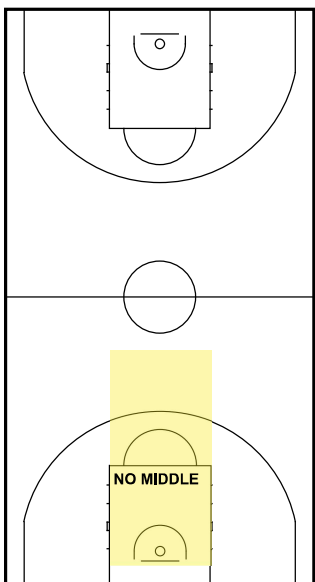
Once the ball reverses to the back man. 2 close out to contain the ball handler and send them sideline again. 5 will run to the middle to cover any open player, once 1 arrives the 5 will drop to play center field (roover). 3 leaves the trap and runs from behind to close in on a trap with 2. 4 denies the player in their area.

**2nd Trap Rotation
Defense**

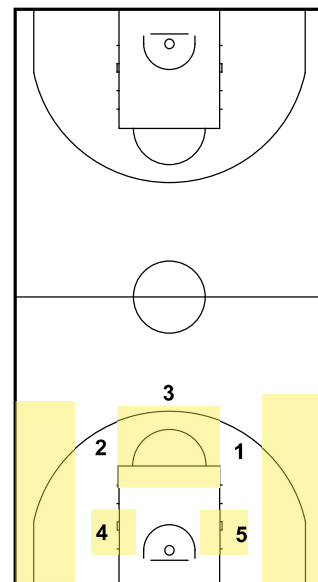


This how the reversel trap plays out in this situation.

**Ball Never Goes Middle
Defense**



**1/4 Court Set Up
Defense**

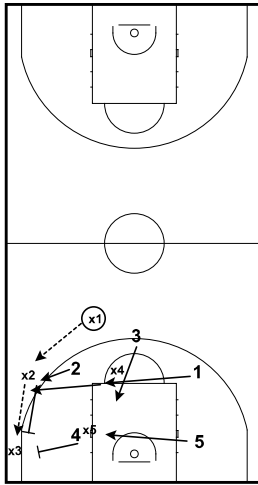


As the trap gets pushed down into the 1/4 court area, you will notice its form is exactly the same as the half court layout.

Once in the 1/4 Court layout trapping takes place along the sideline, still. Fade areas (corners), Low Post and High Post areas too.

Defenses

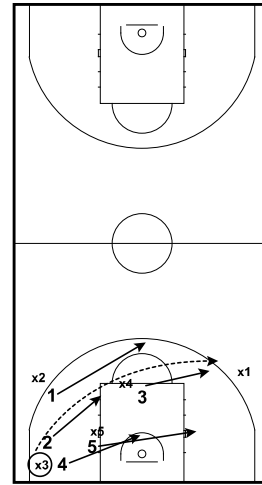
Overload Coverage
Defense



How to Cover the Overload on the 1-2-2:

- Ball is passed to x3 in the fade area.
- 4 closes out using baseline as 3rd defender. 2 sprints down and closeout the trap.
- 1 will sprint to deny x2.
- 3 slides down into high post coverage taken away x4.
- 5 is already in weakside help, and now denies x5 post entry on the trap.

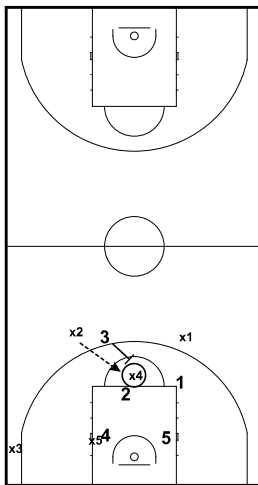
Skip Pass Coverage
Defense



If a skip does happen the diagram above shows how to close out and move as the ball is in the air.

- 3 & 5 will look to get the ball handler (x4) to dribble North-South along the sideline and establishing another trap.
- 2 & 4 must come to the middle of the floor to cut off any cutters or post players.
- 1 takes over the top of the zone, but must be aware of where the next offensive man is, not just occupying the top position of the zone.

Doubling High Post
Defense



Doubling the High Post -

- 2 or 1 will have the high post depending on what side of the floor the ball is brought up and the top defender is applying pressure or not.
- If by chance the ball is passed in high 2 or 1 will trap with the top defender. We want the ball to be swung back out to either x2, or x1.
- If the ball goes high to low, we are dead. If the ball goes to the fade area once again it is a scramble to rotate out to trap or close out the offenses options fast enough.

*BALL CAN NOT GO MIDDLE! PERIOD! END OF STORY!