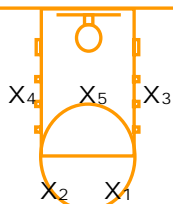


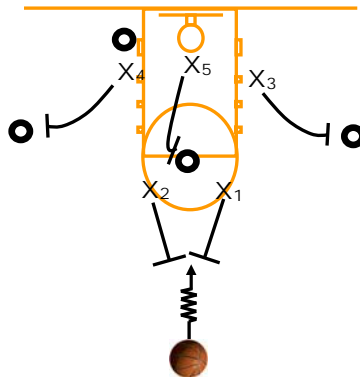
A Simple Trap for the Younger Players - The 2-3 Trap!

With the younger teams you can run certain defenses that can catch the other teams off guard (but these defenses probably would not work at the high school level). This 2-3 trap is a very good starter trap defense to teach to a beginning group of players. Coaches should name it something that is more towards their play scheme (Ex: defenses – colors, offenses – numbers). The best time to call this play is when the other team sends in their weaker ball handler to bring the ball up and/or after the other team has made several substitutions. This will catch the new players off guard and allow your team some easy “steals” (if executed properly). Go for it!

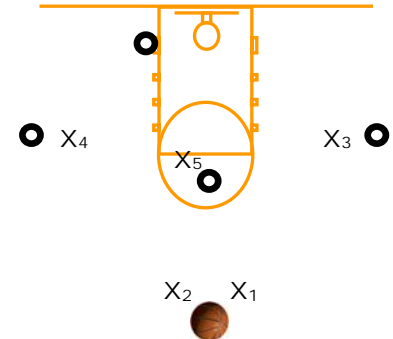
The Basic Set:
The players line up as shown. Notice that the players are lining up higher than a regular 2-3.



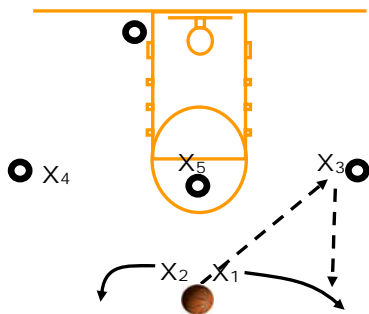
On the coaches signal the two guards (X1, X2) trap at the top (high), the Center X5 covers the player that is up near the free throw line, and X4 / X3 need to get to the high wings quickly!



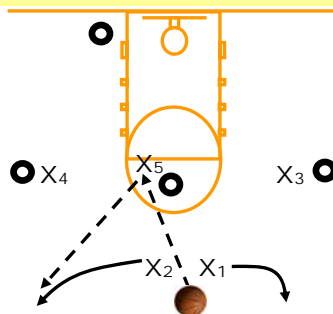
The two guards should be careful not to reach, but rather “force” the offensive player to pass “up and over” the defense allowing defenders X5, X4, and X3 easy steals. X5 should stand to the side of the player they are guarding!



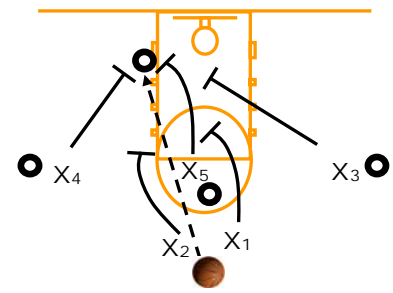
Situation 1: The player passes to the high wing and X3 steals the pass. The two guards should start the “fast break” and X3 should pass up court quickly!



Situation 2: The player attempts to pass to the player at the free throw line, but X5 steps in front of the player and steals the pass. The two guards should start the “fast break” and X5 should pass up court quickly!



Situation 3: The pass is made to the player standing on the “block.” If this occurs, every player should drop down quickly to help protect the basket! The “trap” is now over!



Notes Regarding the 2-3 Trap:

- Trapping in the middle of the court should only be attempted with the younger age groups. Players should be taught that the 2-3 Trap (trapping in the middle of the court) is the exception, and not the rule!
- The trap does not work if any of the players do not hustle to their spot and / or if the two guards do not execute the trap up high!
- If the trap is not successful: All players should quickly drop down to defend the basket (get in a regular 2-3 defense).
- Every player must move to their spot on the coach’s signal (as a group, not individual players).
- X5 must stand to the side of the player they are guarding, not directly in front or back. X5 must be able to drop down to guard the player under the basket if the pass is made low (anticipate the pass low).
- All defenders should be ready to execute on the coaches signal. But, at the same time the defense should not allow the offense to see that the trap is coming (Surprise the offense!).