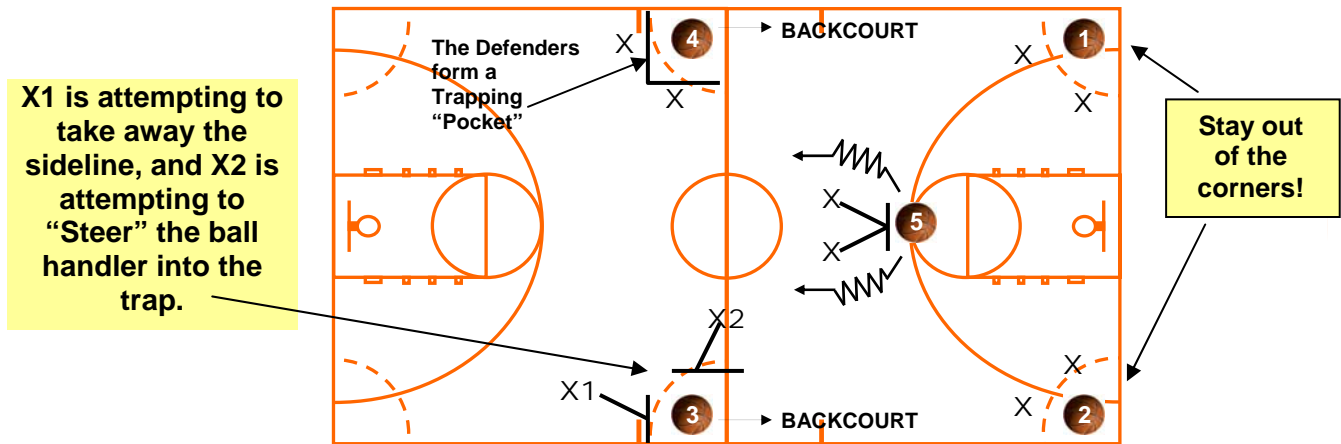


BEWARE OF THE "TRAPS"

Understanding how to "break the press" goes hand in hand with understanding how to "press" – teach your players where the defense wants to "trap" the basketball (these are the areas to stay away from). Even though teams can have that one player that can dribble through traps all by themselves – coaches must make sure that their players understand that – It is the pass, not the dribble that beats the press!



Player 5 should be able to easily dribble past the defenders attempting to trap in the middle. Stay away from the corners and get the ball to the middle. If a player decides to dribble the ball, they should be dribbling to the middle of the court – one of the worst mistakes that a player can do is "pick up their dribble" (which means to stop dribbling for no reason – especially when two defenders are attempting to trap them).

