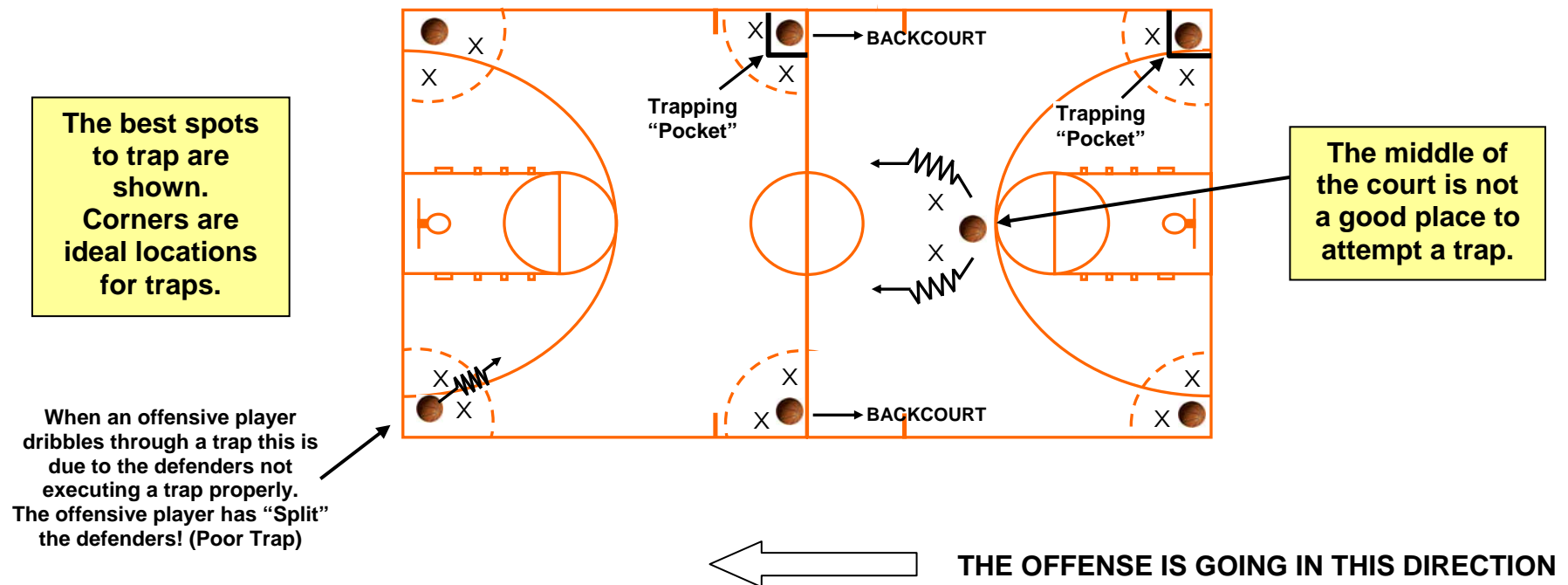


UNDERSTANDING THE BEST PLACES TO “TRAP”

There are certain areas of the court that you want to “steer” the other team into. Stay away from “trapping” in the middle of the court. “Steer” the offense to the areas marked “best places to trap” (see diagram). Keeping the ball out of the middle of the court is to the advantage of a press!



* Courtesy of AVCSS Sports Club, LLC – Please do not duplicate!