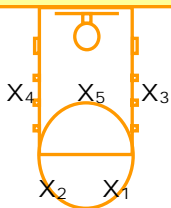


# "2-3 Trap" - A Simple trap for younger players!

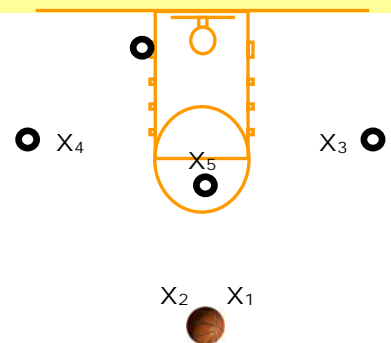
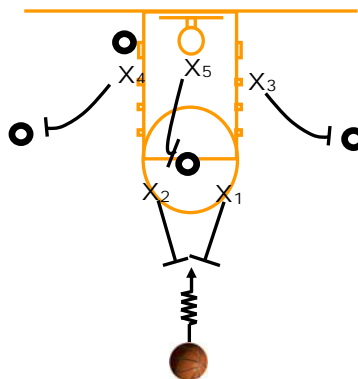
With the younger teams you can run certain defenses that can catch the other teams off guard (but these defenses probably would not work at the high school level). This 2-3 trap is a very good starter trap defense to teach to a beginning group of players. Coaches should name it something that is more 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.

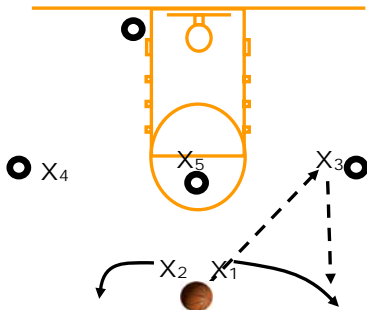


On the coaches signal the two guards (X1,X2) trap at the top (high), the Center X5 covers the player that is up near the free throw line, and X4 / X3 need to get to the high wings quickly!

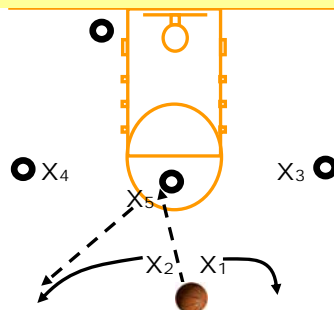
The two guards should be careful not to reach, but rather "force" the offensive player to pass "up and over" the defense allowing defenders X5, X4, and X3 easy steals. X5 must get to the player near the free throw line, and X4 / X3 need to get to the high wings quickly!



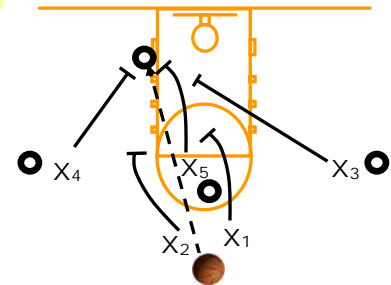
**Situation 1:** The player passes to the high wing and X3 steals the pass. The two guards should start the "fast break" and X3 should pass up court quickly!



**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:

- 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 made, 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!
- X5 must stand to the side of the player they are guarding, not directly in front or back. They must be able to get back to guard the player under the basket if the pass is made low.
- Players should be ready to execute, but do not allow the offense to see that they are getting ready to trap (Surprise the offense!).

