

1-3-1 Three Quarter or Half Court Trap

This zone pressure defense uses basic zone principles in forcing opponents over three-quarter or half-court areas in order to confuse the opponent and disrupt their offense.

This defense is used to:

1. Surprise the opposing team.
2. Upset their composure.
3. Make them wary and overly protective of the ball.
4. Disrupt patterned offenses and force bad shots.
5. Decoy them into trap or double-team situations.
6. Force them into blunders.
7. Speed up pace of the game when the opponents wish to play at a slower pace.

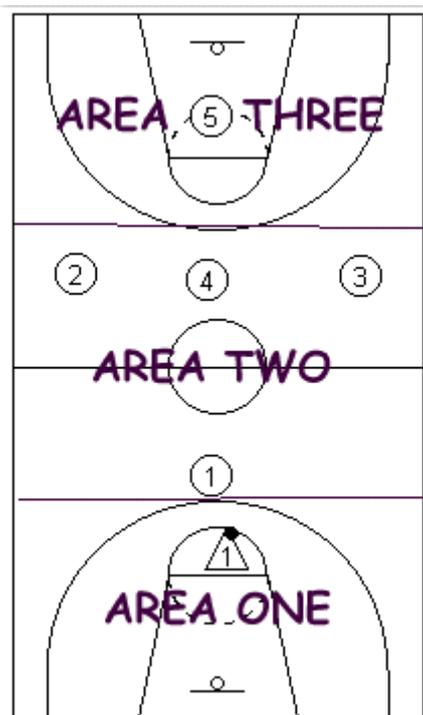
Defensive positioning and movement are based on offensive ball and player movement. Instead of sliding, in many cases the defenders must sprint to their new positions because to play a zone pressure defense, the players must cover a far greater area than do the players in a normal defensive alignment. Even though a team may not often have occasions to use this 1-3-1 trap, several advantages ensue from its perfection. For instance:

- By practicing this defense in actual game conditions, your players understand the principles enough to attack an opponent's zone trap successfully.
- It is an excellent team conditioner.
- It generates enthusiasm and good team defensive attitude.
- It conjures up team defensive play by making players aware of its importance.
- It is a good secondary defense that may be used as a primary defense under certain circumstances. For example:
 - It compensates for height disparity when the players on the defensive team are smaller than their opponents.
 - When a team is behind with a need to catch up quickly.
 - When an opposing big man becomes a defensive problem.
 - It is effective for a team with a speed advantage.
 - When the opposition plays a set pattern to force them out of their basic offense.
 - When playing against poor ball handling teams.
 - It forces the opponents into a running, pressure type game.
 - Whenever aggressive pressure must be continuously applied.
 - It helps a fast-break offense by speeding up the game.
 - Whenever the defensive team is composed of small, quick personnel.
 - discourage opponents in the effectiveness of their offense.
 - When the opponent has a strong pivot attack.
 - If used for a few minutes near the end of a half, it is an effective deceptive tactic. This might cause the opposition valuable intermission time postulating attack methods for a defense that may not be used again.

Coaches should not expect an immediate or quick return from zone-pressure tactics. Returns may be slow in coming, but they will accrue when the tactics become effective. Your teams should keep zone pressure on opponents after they make mistakes so that other mistakes will follow. As setting up any zone pressure defenses take time, the defense should only be initiated at the following points in a game:

- After a basket or successful free throw by your team.
- When the opponents have the ball out of bounds and are slow in getting into position to inbound it.

- After a time-out, especially if the defense has not been used before.
- At any time as a surprise maneuver. It is especially effective at the beginning of a game, quarter, or halftime.



Defensive Reference Areas For Full Court or Three Quarter Court Zone Pressure -

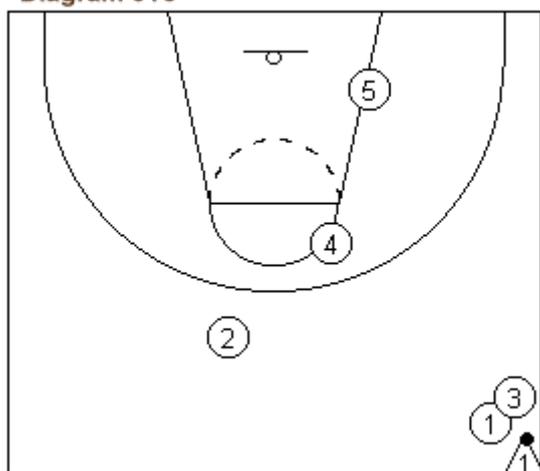
Area Three is from the basket to the front court hash mark.

Area Two is from the frontcourt hash mark to the backcourt hash mark.

Area One is from the backcourt hash mark to the end-line.

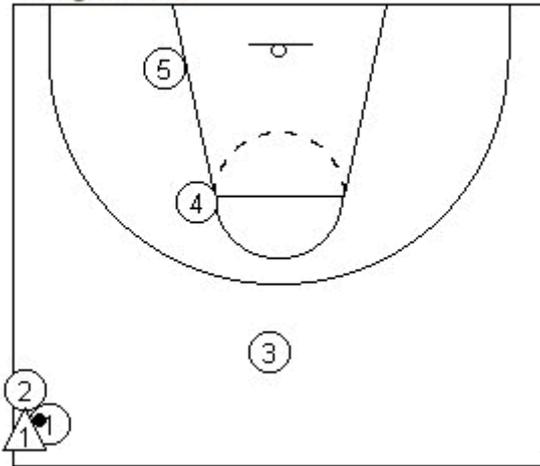
The most efficient way to apply the 1-3-1 Zone Trap is to pick up at the beginning of area two and force the ball toward either sideline where a player with the ball could be trapped immediately after crossing the ten-second line as illustrated in Diagram 3T5 on the next page.

Diagram 3T5



First Trap is sprung immediately as ball is dribbled across the 10 second line. This is done in a manner where the sideline and 10 second line become two more defensive teammates. Defenders 1 and 3 should cross each other's leg so the offensive player can't split you. It is vital that 1 and 3 do not slap or try to grab the ball. Instead they should keep their hands up, thus forcing a lob pass out of the trap that will allow an interception by players 2, 4, or 5. Player 2 looks for a cross court pass, 4 denies a pass to the high post, and 5 denies the low post.

Diagram 3T6



First Trap on Opposite Side of Court is sprung immediately, too as illustrated in this diagram. Here, 1 and 2 trap the ball while 3 and 4 cross the court where the deny passes into the posts, looking to make interceptions. 3 also looks to intercept any cross court passes out of the trap.

If the opponent escapes this trap, teach your players to drop back below the line of the ball and continue to defend with a 1-3-1 trapping anywhere on the court; however, you could limit the traps to only the four corners. Here are diagrams showing how the baseline corners are covered using the standard 1-3-1 zone defense:

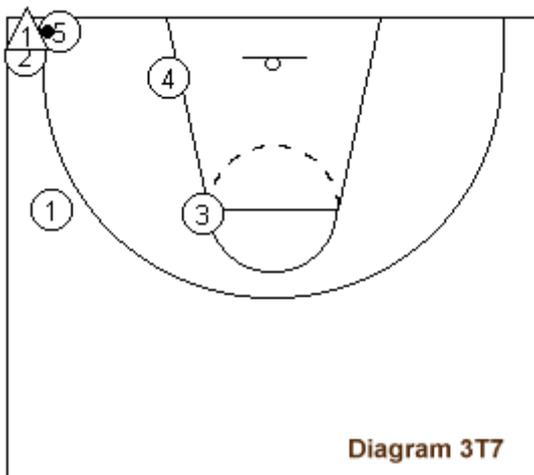


Diagram 3T7

Defensive positions when ball is in baseline left corner.

Players 2 and 5 trap the ball, defender 4 denies low post, defender 3 denies any pass to the high post, and player 1 plays to intercept any pass back out the trap.

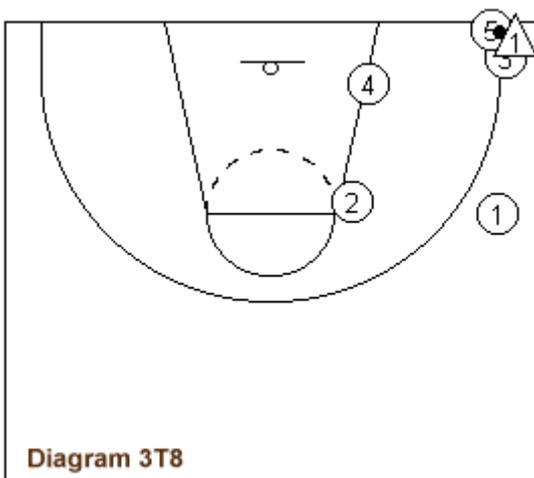


Diagram 3T8

Defensive positions when ball is in baseline right corner.

Players 3 and 5 trap the ball, player 4 denies the low post, player 2 denies high post, and player 1 plays to intercept any pass back out of the trap.