

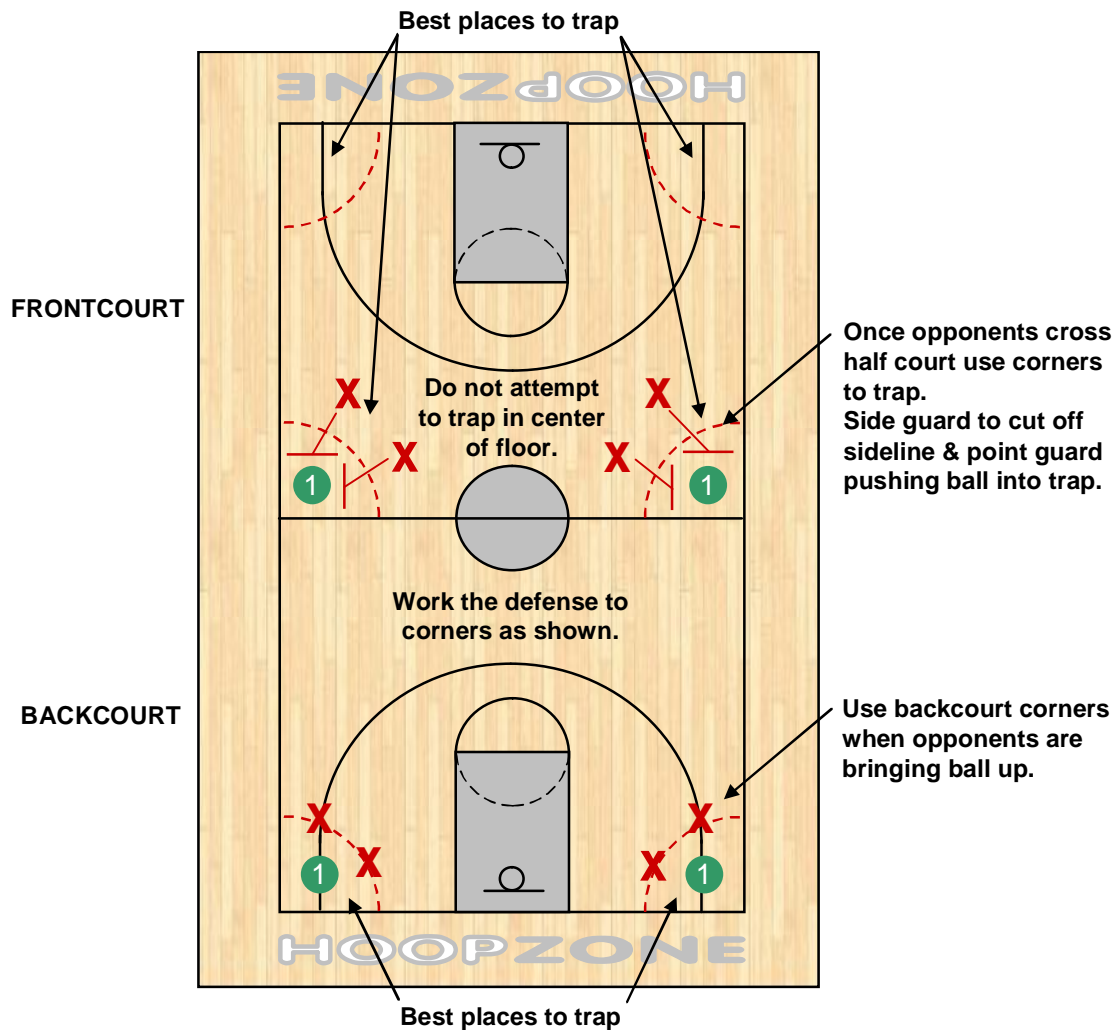
TRAPPING



Trapping is the act of two defenders steering and manipulating a ball handler into an area where they must stop and pick up their dribble. The trap should take place in corner areas that make it tough for them to pass. The trap consists of one defender steering the ball handler, and the other defender cutting off the sideline to form the trapping. Never attempt to trap in the center of the floor.

Trapping provides an extremely effective method for executing basketball defense by creating a situation where the offense is unable to pass, shoot, or even dribble the ball. With proper mechanics and good communication, any team can improve their trapping technique and establish an unstoppable defense.

Our diagram below shows the proper locations for trapping on the floor.



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