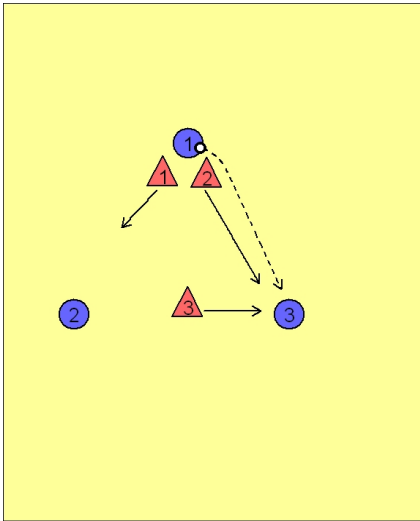


3 on 3 trap and gap



*Set the players in a triangle about 15 feet apart.

The offense must allow the trap to form on the ball, and can then pass to any of their other two teammates. The defense is trying to get deflections in the trap without fouling. The third player or "gap shooter" is trying to read the ball handlers body and eyes to cheat and get a steal. After a pass the gap shooter will close out hard on the ball. The closest player to the trap will then sprint to form the next trap and other player becomes the gap shooter. Can play for 45 second sets before switch. Could also keep score: Deflections = 1 point, Steals = 5 points

May also be done by allowing the offense to move within a confined space.

Important points

Offense: Must:

A) Learn different types of passes (hooks, curls etc) to get around the trap.

B) Learn the value of pass fakes and the use of the pivot to create an angle for the pass.

C) Learn very quickly that bounce passes and lob passes are too slow.

D) Learn to see the defense outside of the trap.

Defense:

A) Reading defenders g

B) Getting deflections

C) Playing a trap situation.

**Notice in the beginning of the animation how the gap shooter tries to read the positioning of the ball and get a jump on where they pass might be. A great teaching point for the defense!