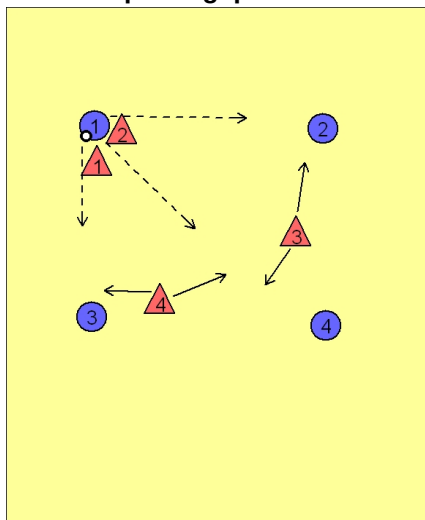


4 on 4 trap and gap



*The same rules and concept as in "3 on 3 trap and gap" apply, however the space used should be slightly larger. In this game, players will begin in a box formation again allowing the trap to form. There will now be 2 gap shooters and three possible receivers.

What's different?

- The options become a little more complex for the offense.
- The Defense can begin to work together in covering the angles and rotating to the open player.

It might be an option to teach the offense to split the trap with their pivot to open up lane for direct pass across.

This further progresses the concepts involved in a zone trap while still working on their passing and decision making skills.