

Trapping the Wing - "Fist-2" or "Fist-3"

If you have quick athletes, you can try this defensive stunt. See the diagram to the left. X1 will pick the O1 up high and try to force O1 to dribble to the side of the defensive call... "Fist-2" to the right, "Fist-3" to the left. We start the opposite low defender X3 in the middle almost under the basket, so he/she can quickly rotate to the right block. X4 can start "cheating up" toward the wing. X2 lets the pass go to O2. Then X2 and X4 quickly close-out on O2 and double-team. X1 denies the pass back to O1, X5 denies the high post pass, and X3 denies the pass to the block.

It's "one trap and out". If the offense breaks the trap or passes out successfully, we just drop back into our usual 2-3 zone.

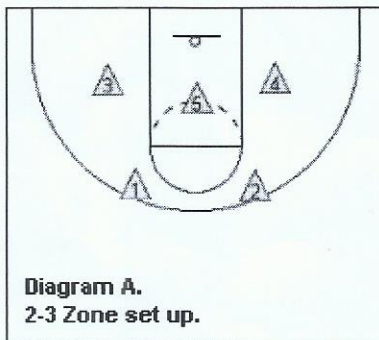


Diagram A.
2-3 Zone set up.

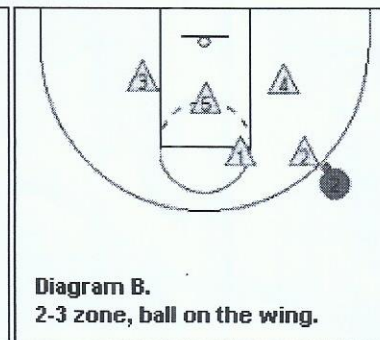


Diagram B.
2-3 zone, ball on the wing.

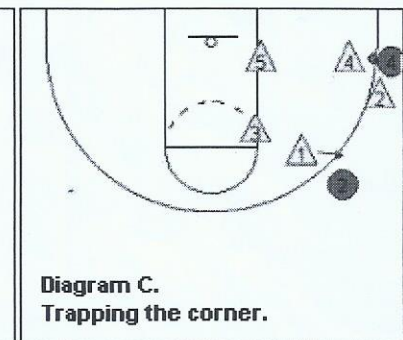


Diagram C.
Trapping the corner.

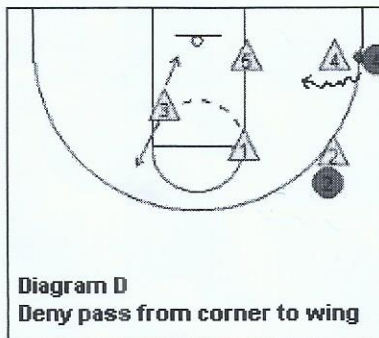


Diagram D
Deny pass from corner to wing

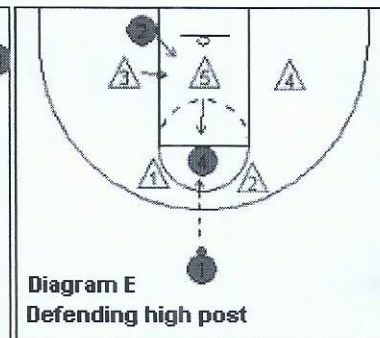


Diagram E
Defending high post

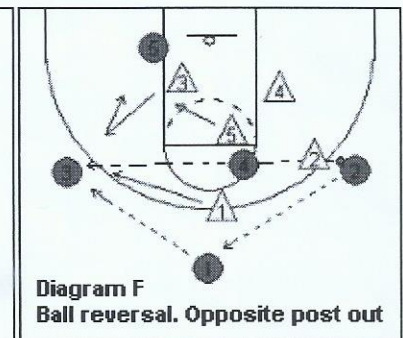


Diagram F
Ball reversal. Opposite post out

Ball in the corner, or short-corner.

See Diagram D. The outside low defender on the ball-side will cover the corner and short-corner. It's imperative that the middle X5 defender quickly drop to the ball-side block area to prevent a inside pass there. Here, X2 denies the pass back to the wing (their best shooter) while X1 covers the ball-side elbow (high post). Depending on the offense's strengths, we may instead have X2 sag inside the paint to help prevent O4 from dribble-penetrating (arrow).

See diagram C. The corner is a trapping opportunity if you have the quickness to do it.