

Trap Continuity Offense

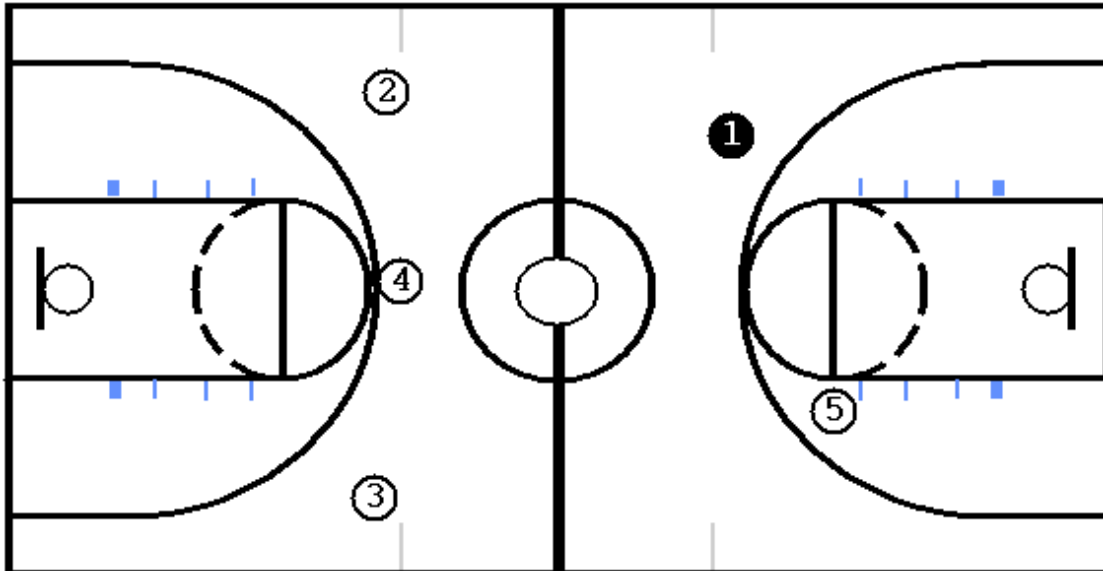


Diagram One

Diagram One shows the basic alignment used to attack a half-court trap. It is based on the numbered fast break we use to attack. #5 is our designated inbounder and usually is a post player.

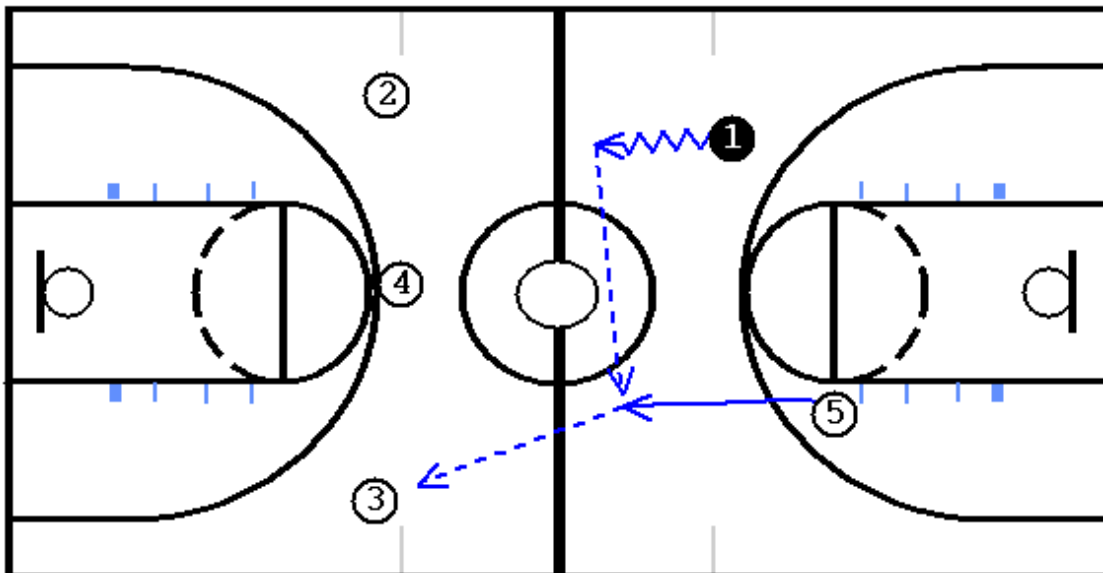


Diagram Two

Diagram Two shows our initial attack. We push the ball as rapidly up the floor as possible in hopes of scoring before the defense can organize and set up. If the defense shows signs of being organized, #1 pushes hard to the half court line to draw the defenders to the ball then passes to #5 who is opposite and behind the ball. The defense will have shifted to the ball side allowing an entry pass to be made to #3. Always maintain good spacing and line up in areas that are difficult to trap.

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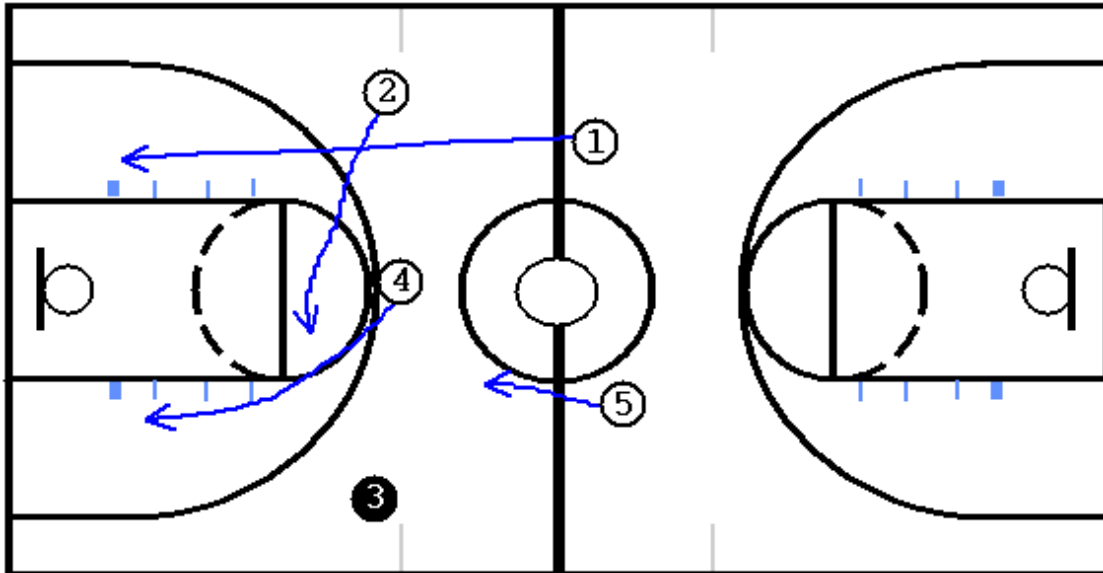


Diagram Three

Diagram Three shows the basic cutting action once the ball has been passed to a wing. #4 cuts to a position between the ball and the rim and stays in the lane area. The opposite wing, in this case #2 flash cuts into the high post area. #1 cuts all the way to the opposite block for rebounding position and to occupy the back defender of the trap. #5 steps across the half court line and maintains good spacing to stretch the defense.

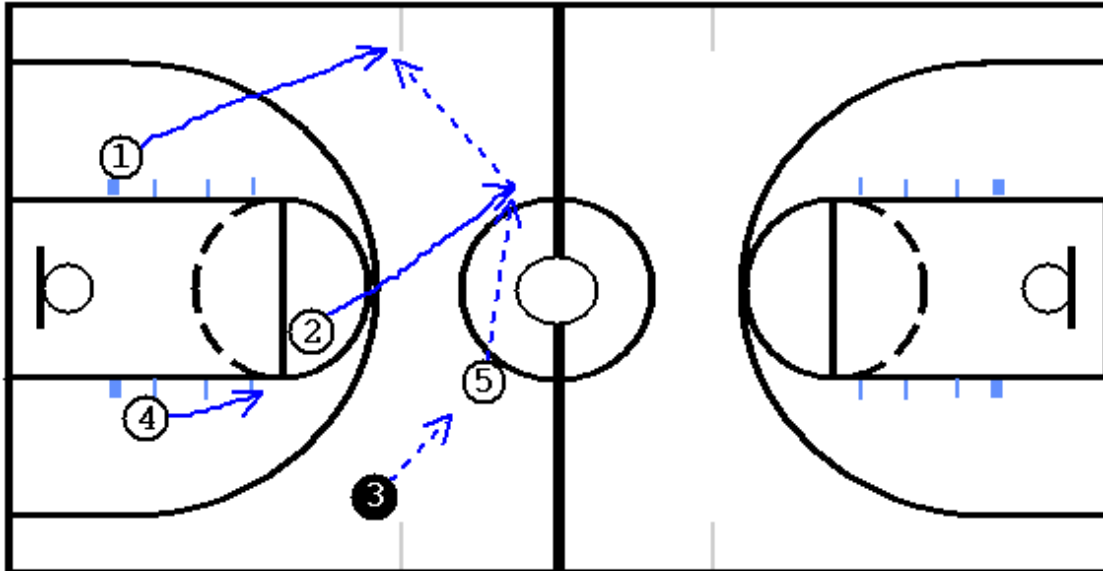


Diagram Four

Diagram Four depicts the ball reversal action. The ball is passed to #5. The high post player, #2 in this instance, steps out on the opposite side of the lane for the reversal pass. The passes and the cuts should be timed so they are quick and with little hesitation. #5 and #2 should face up and look under the net after catching the ball. #1 cuts to the wing opposite and wide to receive the pass. #4 follows the movement of the ball staying between the ball and the goal and within 15 feet of the ball.

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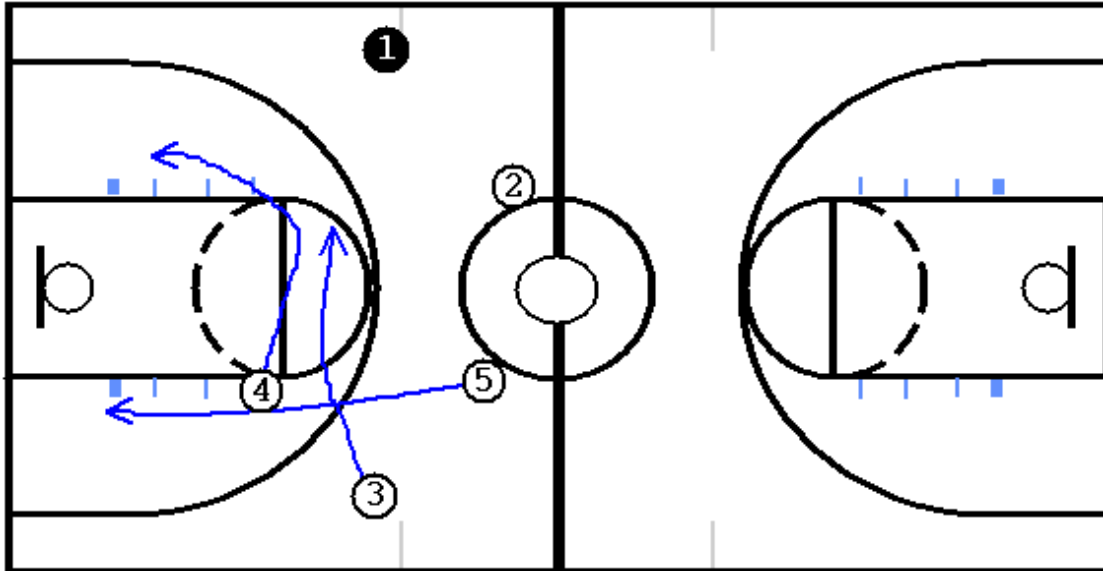


Diagram Five

Diagram Five shows the pattern used for the cutters after the ball has been reversed by passing.

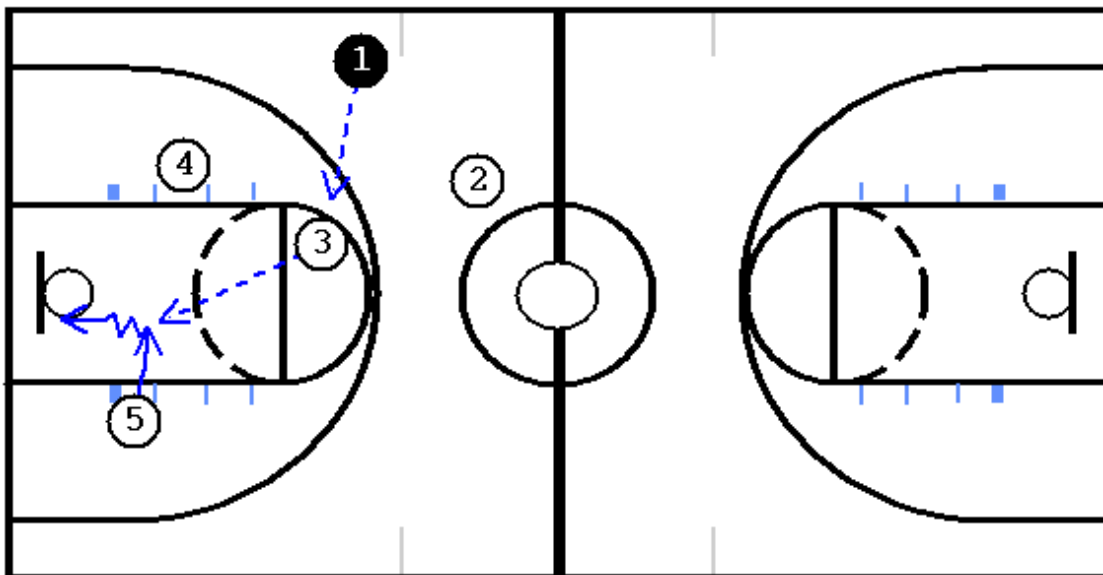


Diagram Six

Diagram Six shows options if the ball can be passed into the high post from the wing. The high post immediately faces up to the basket and looks underneath. Two options are available, #4 in the low post and #5 cutting in from the weak side.

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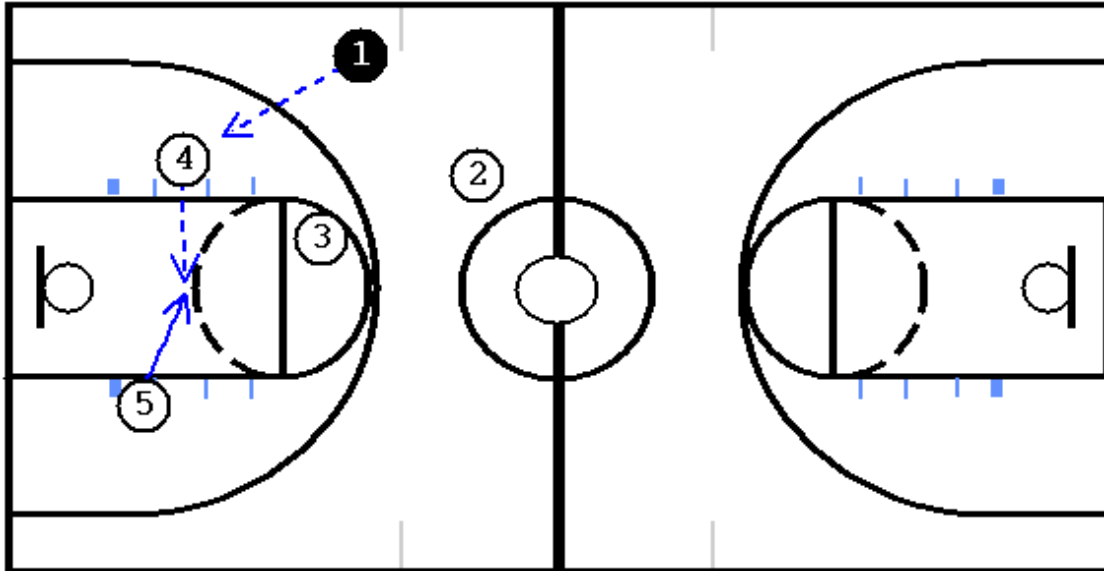


Diagram Seven

In **Diagram Seven** the ball has been entered into the low post to #4. #4 has several options the first of which is to score. The second is to hit the cutter from the weak side stepping into a hole in the defense as shown in the diagram.

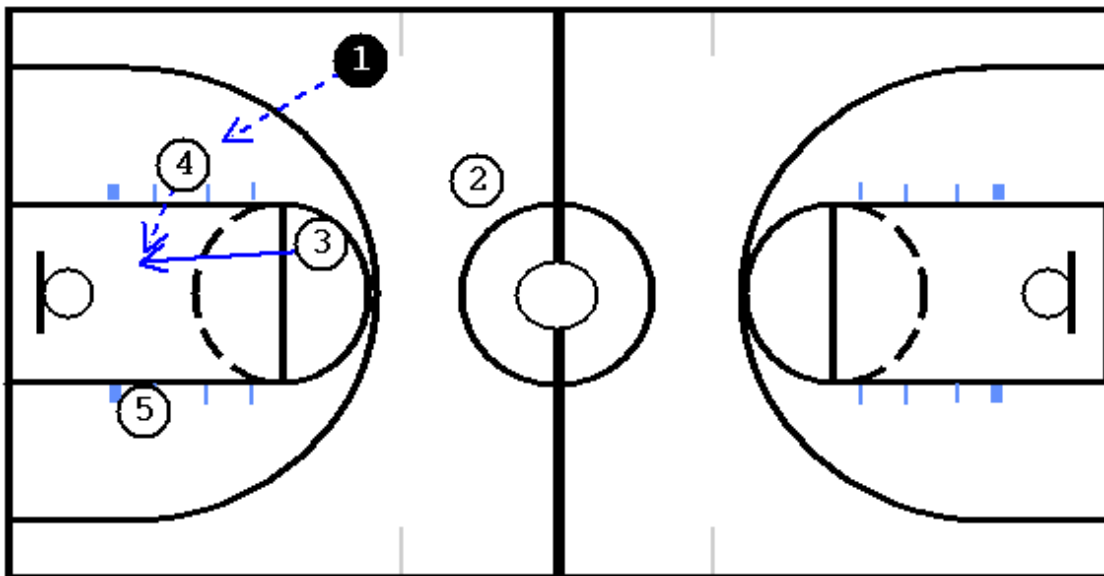


Diagram Eight

In **Diagram Eight** the third option available to #4 is depicted. The high post cuts down the lane or to an open spot in the defense in the lane for a pass.

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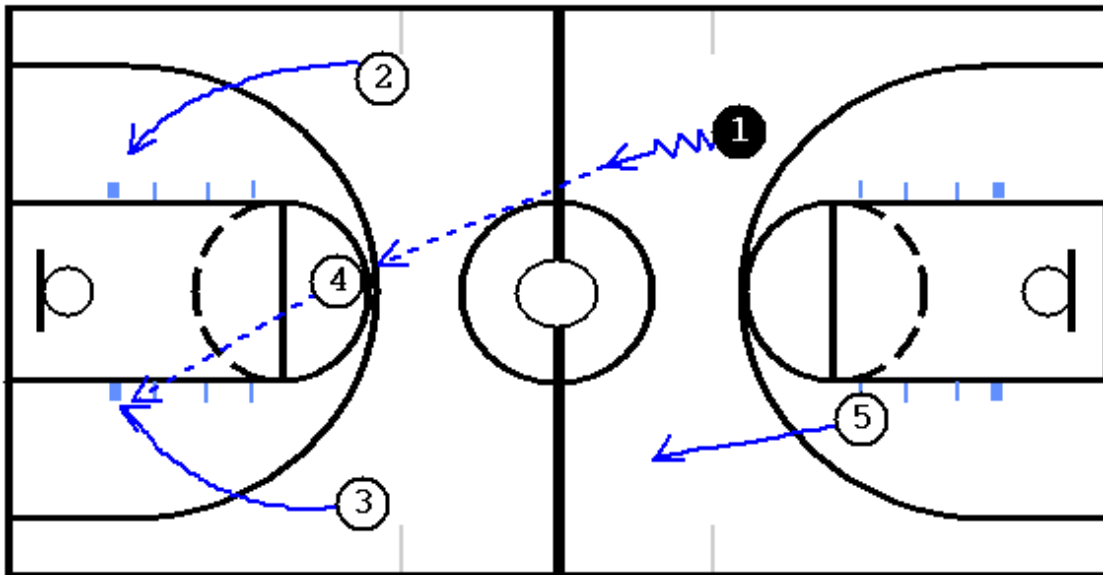


Diagram Nine

Diagram Nine depicts the cutting action if the ball can be entered into the high post directly as the offense brings the ball up the court. The wings cut hard to the goal for potential lay-ups. #4 faces up and looks opposite and diagonally first for a cutter.

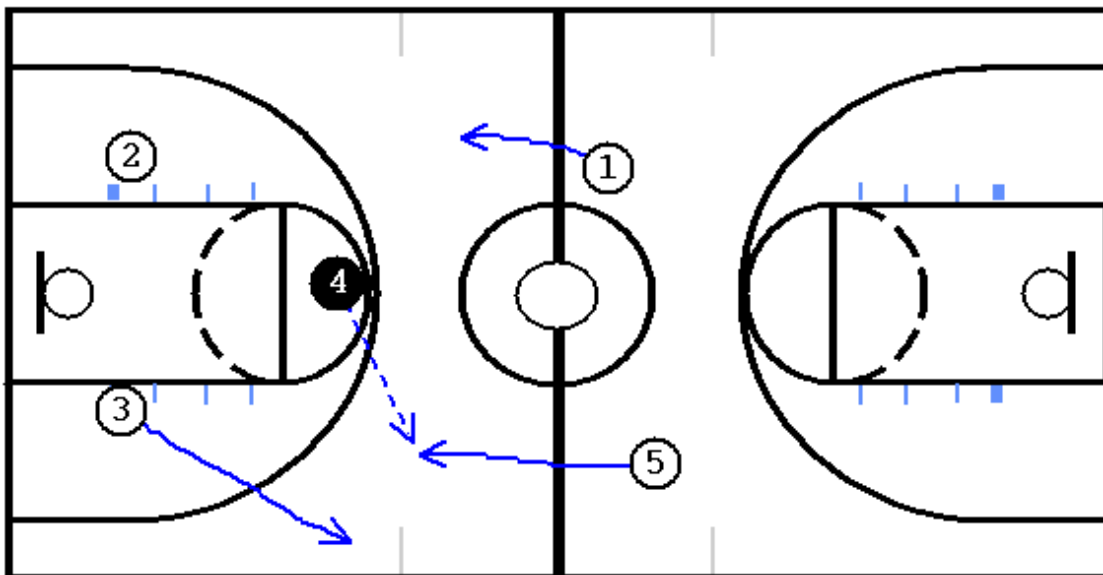


Diagram Ten

If a pass cannot be made for a lay-up the ball is passed back out to either #5 or #1. The preferred pass would be to #5 since this is opposite the direction from which the initial entry pass was made, forcing the defense to cover as much court area as possible.

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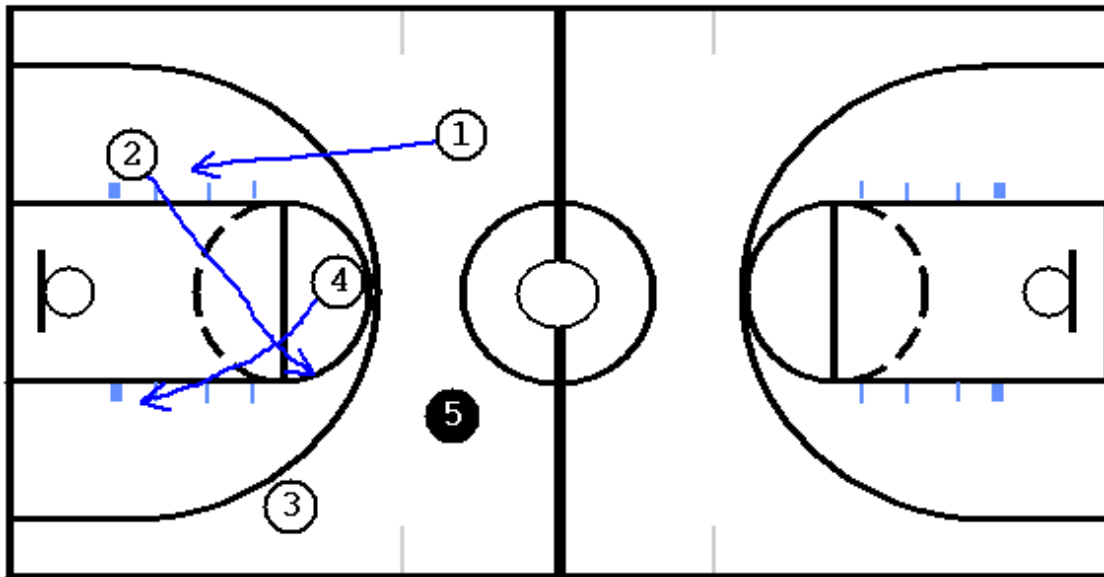
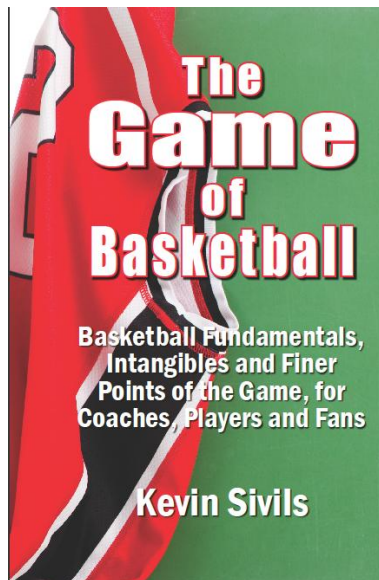


Diagram Eleven

Diagram Eleven depicts the cutting action after #4 passes the ball out to #5.

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