

Attacking

**Junk
Defenses
and the
1 - 3 - 1
Half Court
Trap**

By Jamie Angeli

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Introduction

Often times you can feel the tension in the gym when the opposing team / coach recognizes that the other team has decided to play you with an unusual defense. A defense they have not seen often, and worse yet, a defense they have not spent any time, or any substantial amount of time, preparing for in practice.

Another reason for panic, is the very nature the other team decided to use the Junk Defense in the first place...that you truly are a one-horse team! This book certainly can't do anything to develop the "weaknesses" of your current roster, but hopefully it can help you maximize the abilities of the players you do have on the court by improving your offensive alignment and attack strategy.

In essence, the Junk Defense tells the offense, "find someone else to beat us — your best player is not going to be that guy".

When teams are successful employing the Junk Defense, you can usually attribute it to two reasons:

- 1) The other players did not "step up" and provide offensive help.
- 2) Your team was not prepared to attack the defense.

Again, we can't do much about reason #1, but we hope that the information included in this book will help eliminate reason #2.

In this book we will look at ways to attack both the Box and One and the Triangle and Two Defense. We will provide you with a few options for continuity offenses against each as well as some set plays and quick hitters that promise to deliver great scoring opportunities.

Before moving forward, I think first it is important to look at some "*Things to Consider*" when attacking the Junk Defense.

Things to Consider When Facing the Box and One

1. Don't give up on the player being denied. He can still create scoring opportunities for your team with and without the ball. Use him!
2. Don't panic. With some patience and a few ball reversals, the box and one will break down.
3. By screening for the man being denied, it will create help situations and momentary confusion for the defense and drastically move people out of position, creating easy scoring opportunities for the man being denied or your other players.
4. Don't forget to keep your basic zone offensive principles. Great spacing; post touches; attack from behind and the middle of the zone; use pass fakes, skip passes and dribble penetration.
5. Don't be afraid to substitute when you see the box and one defense. I'm not talking about taking out your best player, rather, add some better scoring post and / or perimeter players to offset the defensive philosophy.
6. If the team stays in the Junk Defense for an extended period of time, please consider resting the player on a possession or two. You don't want to wear him out running him off of screens each possession. I would venture to guess, fatigue to your best shooter would play right into the defensive strategy.
7. As with attacking any zone defense, push the ball down the floor for early, quick baskets — before they can set the “junk”. Often times it is harder to find and deny your best shooter early in transition. By pushing the ball, you have an opportunity to get your best player the ball for early scoring chances.



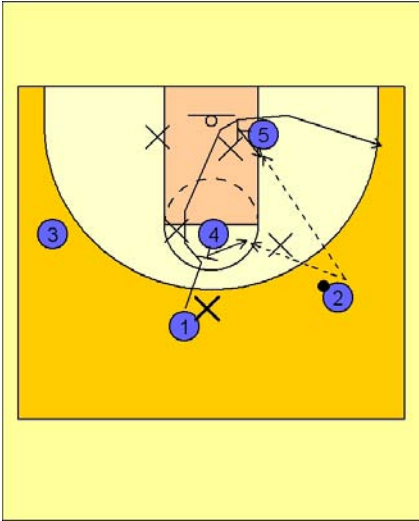
Box and One

Continuity

Offenses



Box and one offense (1)

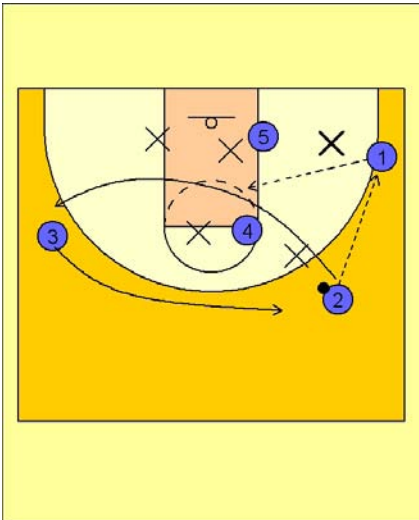


Box and One Continuity Offense (1)

#1 is the player being denied in the box and one defense.

The ball starts at either wing. #1 receives two screens, from #4 in the high post and #5 in the low post as he makes his cut down the lane and out to the ball side corner area.

#2 looks into #4 and #5 as #1 comes off the screens should the zone defender in their area help on #1.

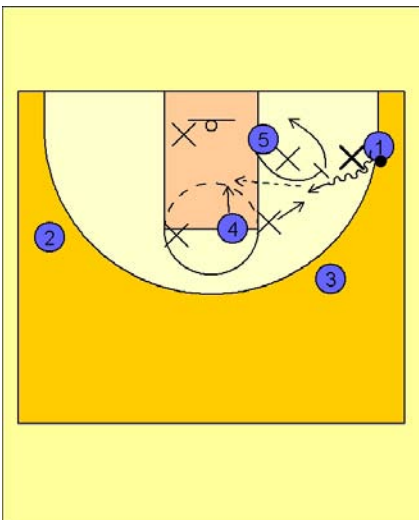


Box and One Continuity Offense (1)

#2 will try and enter the ball to #1 in the right corner area if he is open.

If he makes the pass to #1, #2 cuts through the lane looking for the ball in the mid-post area.

#2 cuts out to the opposite wing area while #3 fills the spot vacated by #2.



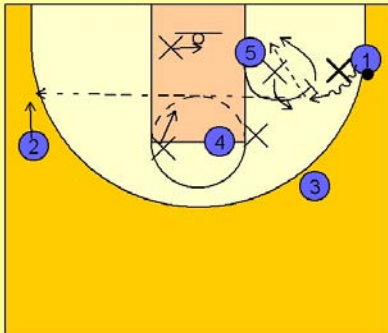
Box and One Continuity Offense (1)

After #2 cuts through #5 then quickly steps out and sets a ball screen on #1's defender.

As #1 comes over the top of the ball screen, #5 rolls to the basket. #4 steps into the middle of the lane looking for the pass, should his defender be the man stepping out to help on the screen and roll action.

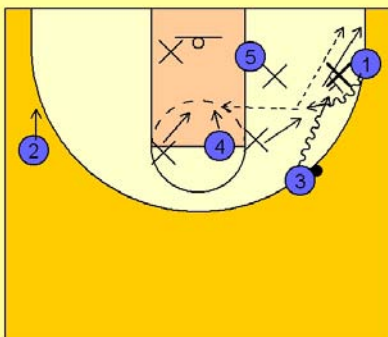


Box and One Continuity Offense (1)



If #5's man steps out to help on the screen and roll action, #1 will look to hit #5 rolling to the basket, or, could look to skip the ball across the court to #2 on the left wing.

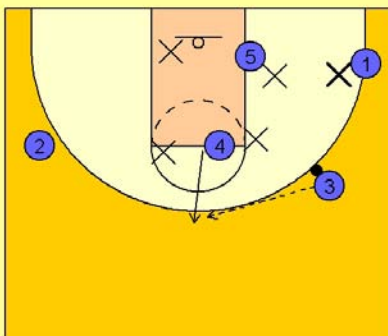
Box and One Continuity Offense (1)



If you cannot make the pass to #1 on the right corner to start the offense, #3 executes a dribble hand-off with #1 in the right corner.

#3 is setting a screen for #1 as he is handing the ball off to #1. #4 will look again to step into the middle, as the defender in his area will most likely step out to help on the hand-off / screening action between #3 and #1. After #3 hands the ball off to #1, he will step to the corner looking for the return pass from #1 and the open jump shot in the corner.

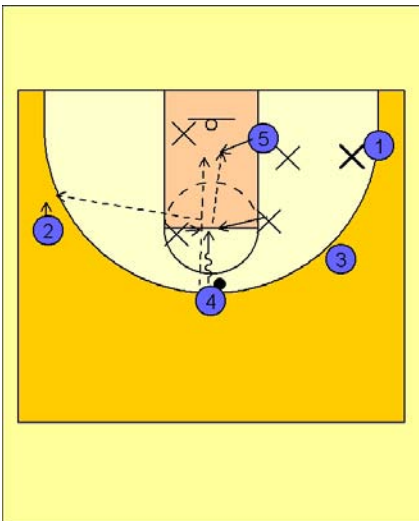
Box and One Continuity Offense (1)



If #3 opts not to pass to #1 or execute the dribble hand-off, he will look to reverse the ball to #4 stepping out to the high post.

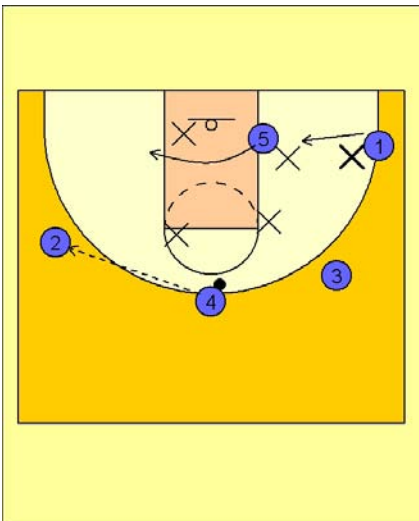


Box and One Continuity Offense (1)



#4 has the option to penetrate the middle gap in the box defense. If both defenders collapse on the ball, #4 will look to hit #2 on the left wing area or hit #5 stepping into the low post area underneath the basket.

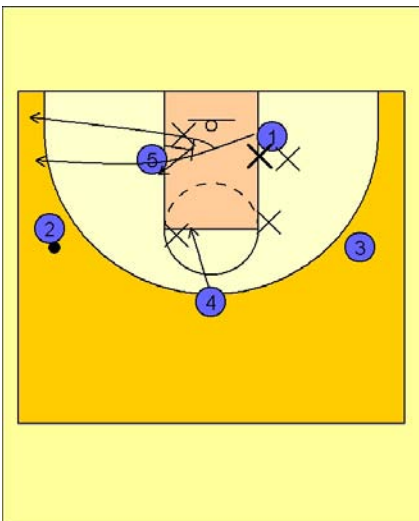
Box and One Continuity Offense (1)



#4 now decides to reverse the ball to #2 on the left wing. #5 has the option to screen for #1 or follow the ball across.

Let's look at what happens when he follows the ball across first. #1 starts his movement down into the lane.

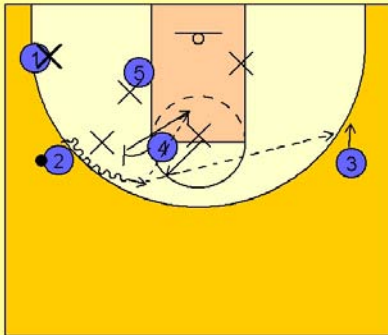
Box and One Continuity Offense (1)



#5 now turns and screens for #1 breaking out to the left corner area. #4, after passing to #2 on the left wing, cuts back into the high post area.



Box and One Continuity Offense (1)



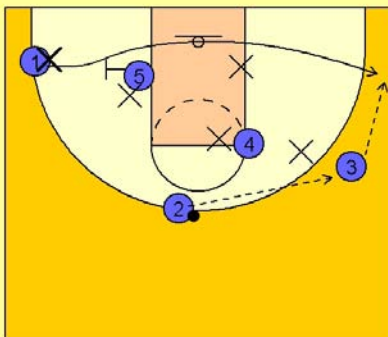
#2 again has the option to pass to #1 in the left corner, or execute a dribble hand-off with #1.

Please remember, if #2 passed to #1 in the left corner, the same screening action with #5 would take place as it was just described on the right corner area.

Let's assume #2 did not pass to #1 in the left corner or execute the dribble hand-off with #1.

The wing players with the ball, at anytime in the offense, may call for a ball screen from #4. If this happens, #4 will screen and roll in the middle of the lane looking for the pass from #2. #3 will spot up on the back side of the floor looking for the skip pass from #2.

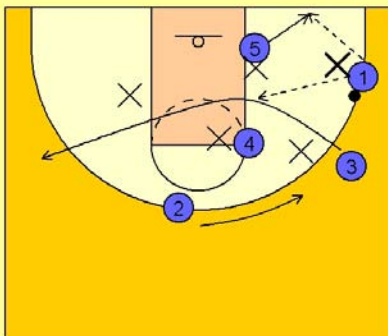
Box and One Continuity Offense (1)



As the ball is reversed, #5 can again either follow the ball across and underneath the basket or he can turn around and set a back screen for #1.

#2 would then reverse the ball to #3 who would look to hit #1 in the right corner.

Box and One Continuity Offense (1)

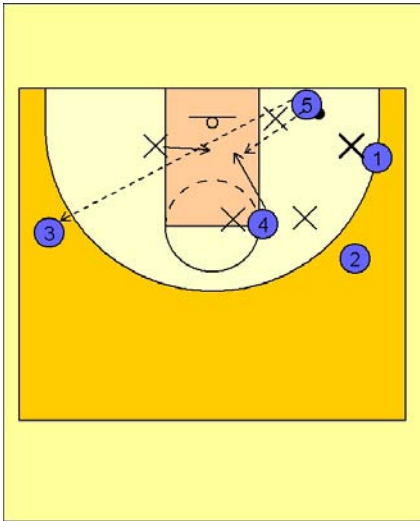


#3 would cut through as described in an earlier diagram as #1 looks to hit him if he is open.

#5, from time to time, may step to the short corner when #1 receives the ball, instead of ball screening for #1 in the right corner.



Box and One Continuity Offense (1)



When #5 receives the ball in the short corner, #4 will dive into the middle of the lane looking for the pass from #5. This action will cause the defenders to collapse inside.

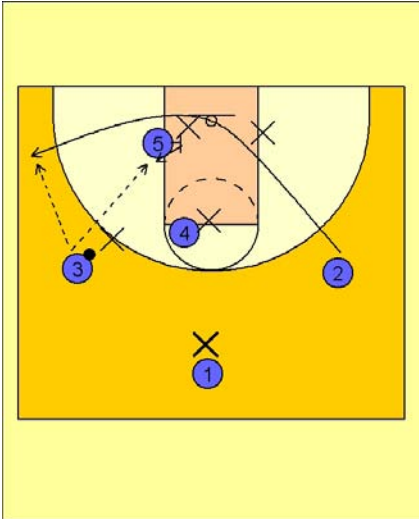
#5 should always be taught in any good zone offense, to "look inside and then opposite".

If #4 is not open, #5 will look to skip the ball to #3 on the opposite wing area.

The offense would continue as previously described.



Box and one offense (2)



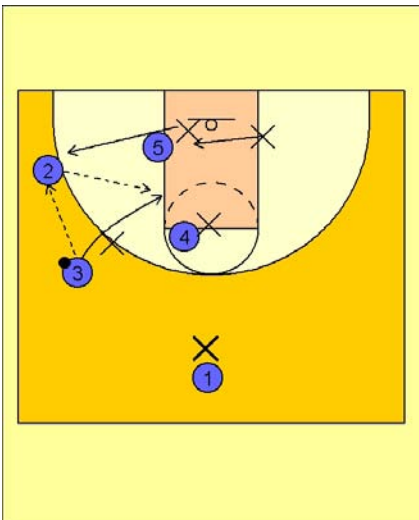
Box and One Continuity Offense (2)

(Rest the player on one possession option)

Since this offense involves a lot of movement from #1, he will get tired if you continue to run him from side to side off of screens each possession.

With that in mind, it is a good idea to let #1 "take a possession off" and leave him near the top of the key area, half way between the half court line and the top of the key.

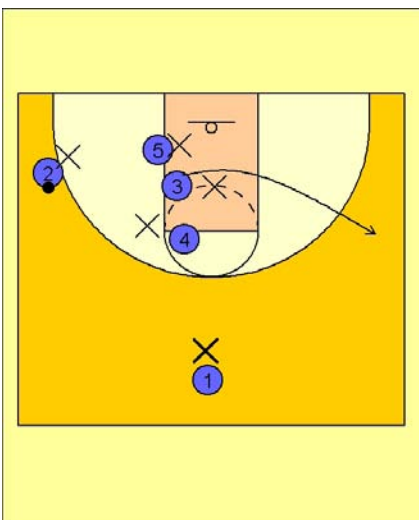
#2 now runs the baseline and gets a screen from #5. As in the past diagrams, #5 will screen and look to shape-up in the post and receive a pass from #3 after #2 comes off the screen. #3 will look to hit #5 inside or #2 in the left corner.



Box and One Continuity Offense (2)

(Rest the player on one possession option)

If #3 hits #2 in the left corner, he cuts through the lane looking for the pass back from #2.



Box and One Continuity Offense (2)

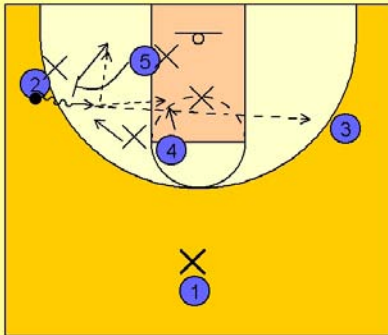
(Rest the player on one possession option)

#3 then cuts out to the right wing area.



Box and One Continuity Offense (2)

(Rest the player on one possession option)

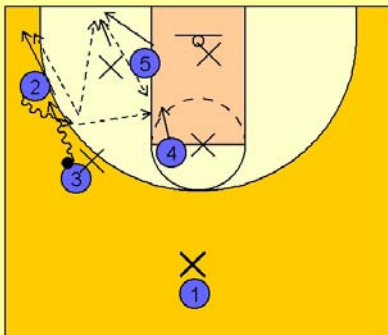


Once #3 cuts through, #5 steps out and sets a ball screen for #2. #2 takes the ball over the top of the screen looking to hit #4 stepping into the middle of the lane or #5 rolling to the basket. Depending on which defender helps on the ball screen action, #5 or #4 should have an open area.

#2 may also look to skip the ball across the court to #3 on the right wing.

Box and One Continuity Offense (2)

(Rest the player on one possession option)

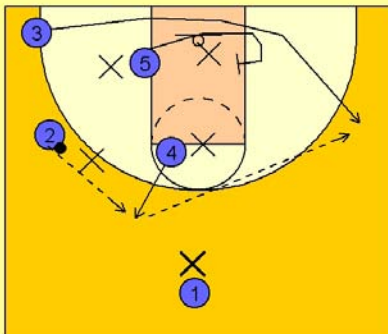


As in previous diagrams, #3 also has the option of dribbling at #2 on the left corner to execute a screen and dribble hand-off with #2.

#3 would then step to the corner while #4 stepped into the mid post area. #5 may look to step to the short corner to draw his defender away from the paint.

Box and One Continuity Offense (2)

(Rest the player on one possession option)



If no scoring options are available, #4 will step out to the high post to receive the pass from #2 and #5 will follow the ball across to the opposite low block area.

#3 now runs the baseline and receives a screen from #5 on the right low block. #4 looks to hit #3 on the right wing.

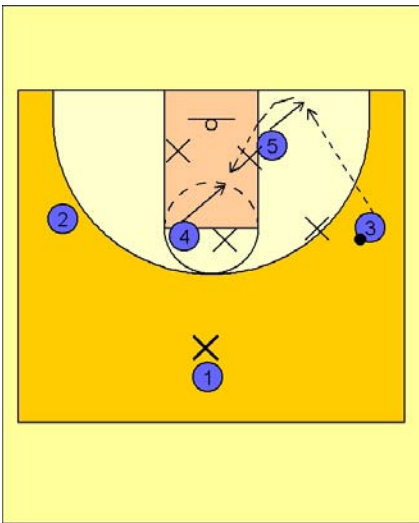


Box and One Continuity Offense (2)

(Rest the player on one possession option)

From here the same actions would occur with #5 stepping to the short corner area while #4 dove into the mid post area.

Or.....

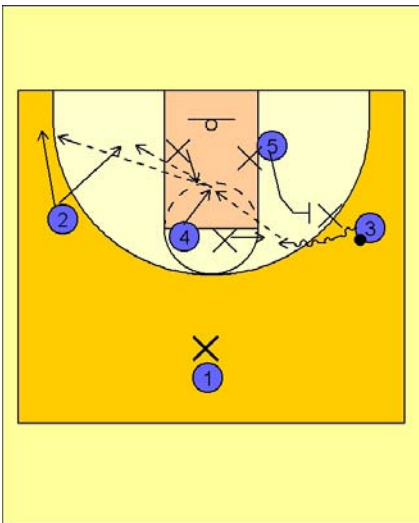


Box and One Continuity Offense (2)

(Rest the player on one possession option)

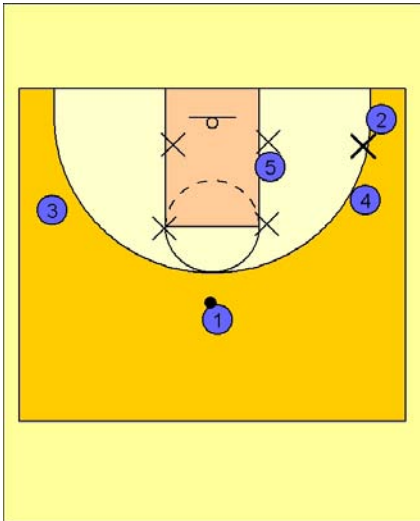
#5 stepping out to ball screen for #3. #5 or #4 should be open depending on who steps out to help on the ball screen action between #3 and #5.

#2 will be open on the backside, either on the wing / corner or cutting to the basket if the low block defender moves up to cover #4 cutting in the mid-lane area.



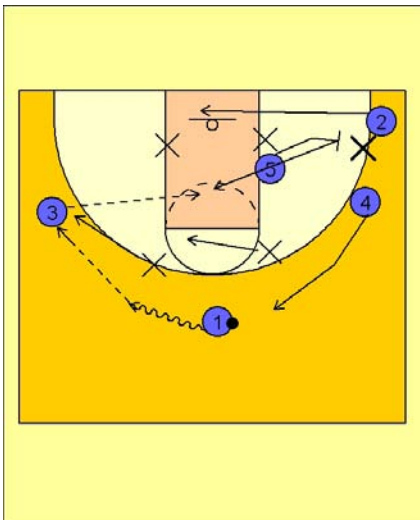


Box and one offense (3)



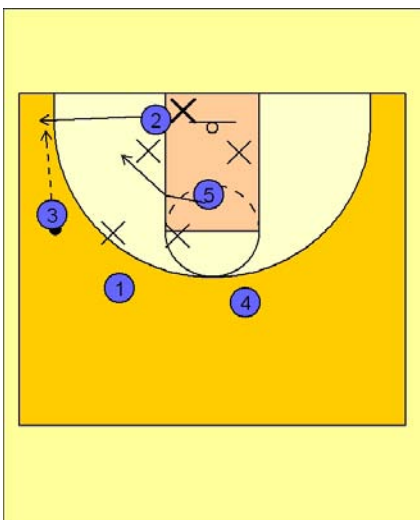
Box and One Continuity Offense (3)

We start the offense by placing the man being denied #2, in one of the corners. The post player, #5, will be on the side low block of the player being denied.



Box and One Continuity Offense (3)

#1 takes the ball away from #2 to begin.
#5 will step out and screen #2's defender.
#1 passes to #3 on the left wing.
#2 cuts along the baseline while #5 has set the screen and broken back into the middle of the lane.
#4 slides up to the top as #1 drives the ball to the left side of the floor.

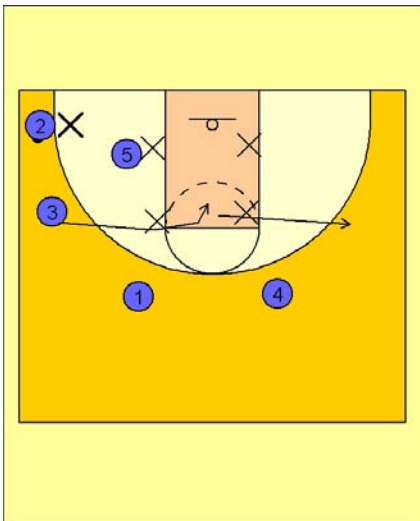


Box and One Continuity Offense (3)

#3 will hit #2 in the corner if he is open.
#5 will move to the ball side low block.

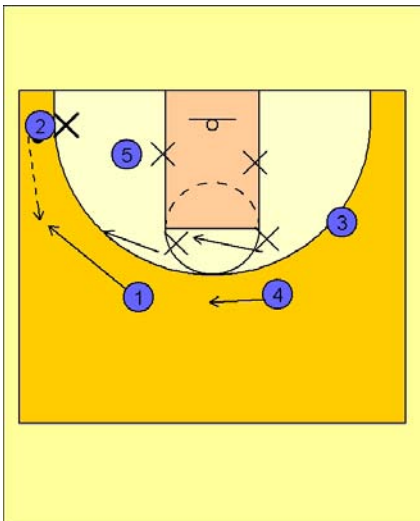


Box and One Continuity Offense (3)



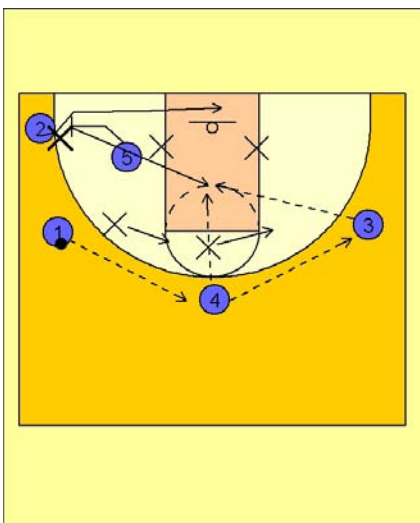
Once #2 has the ball, #3 will cut across the FT line to the opposite wing area. As he cuts across the FT line, he will look to step into the middle for an open pass.

Box and One Continuity Offense (3)



#2 will now reverse the ball to #1 on stepping into the pass on the left wing. #4 will slide over to receive the next pass on top.

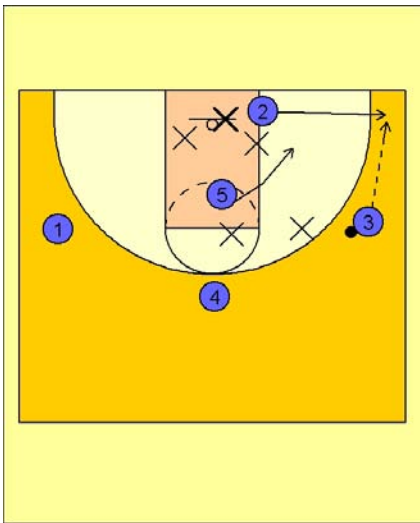
Box and One Continuity Offense (3)



We repeat the action along the baseline now as #5 steps out and screens for #2. #2 cuts along the baseline while #5 cuts back in the middle of the floor.



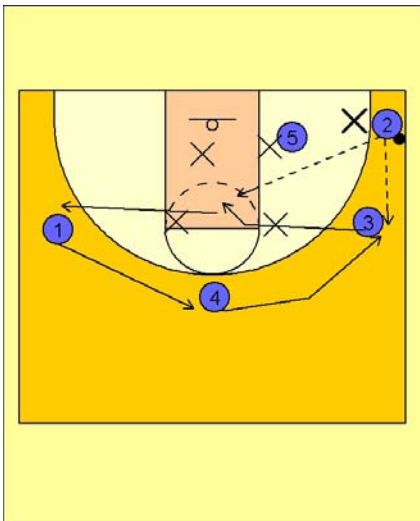
Box and One Continuity Offense (3)



We now try to enter the ball to #2 in the corner if he is open for the shot.

#5 will again post up on the ball side low block.

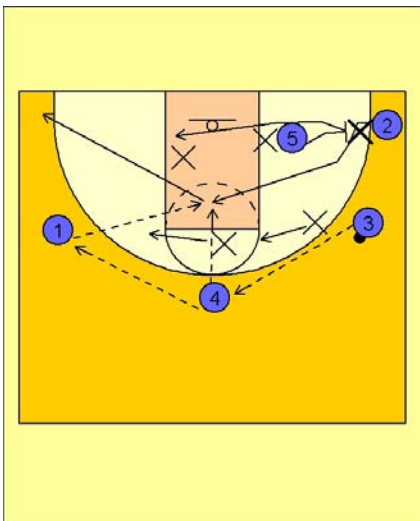
Box and One Continuity Offense (3)



#3 cuts across the FT line while taking time to step into the mid-lane area looking for the pass from #2.

#4 and #1 slide up and over to keep proper spacing on the perimeter.

Box and One Continuity Offense (3)



#2 certainly has the option to fake the cut along the baseline and break over the top of the screen to the middle of the lane.

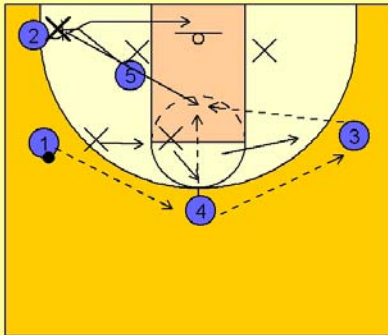
The perimeter players #4 and #1 will look to hit #2 if he is open on his cut.

#5 would now roll back along the baseline to the opposite low block.



Box and One Continuity Offense (3)

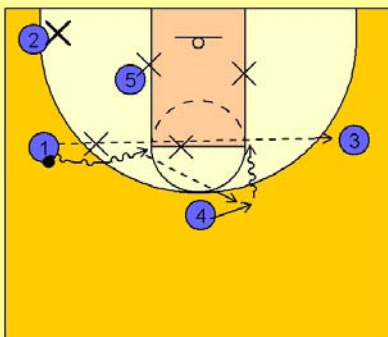
If we can't get the ball to #2 in the corner, we will simply reverse the ball back on top and #5 will look to screen #2's defender again.



Box and One Continuity Offense (3)

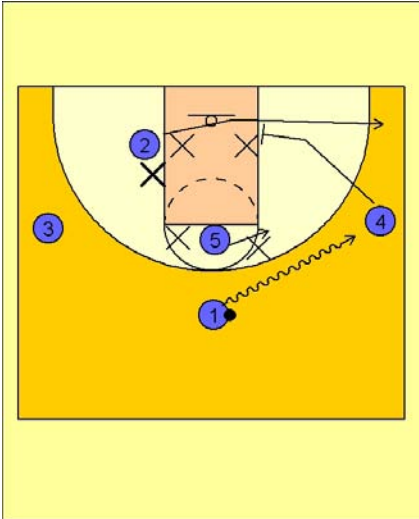
Your perimeter players are encouraged to attack the gaps on top on ball reversal when available. This will help to distort the defense as defenders move over to help on penetration.

Skip passes are also encouraged to move the defense.





Box and one offense (4)



Box and One Continuity Offense (4)

I like this offense because of the double staggered screen action on the player being denied combined with some good mid-lane cuts.

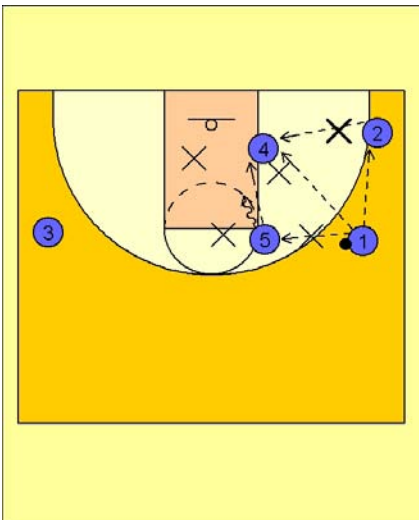
Let's take a look at this continuity.

#2 is the player being denied.

#1 starts the offense by dribbling to the wing away from #2.

#4 sets a screen for #2 trying to free him for a pass and / or shot in the corner.

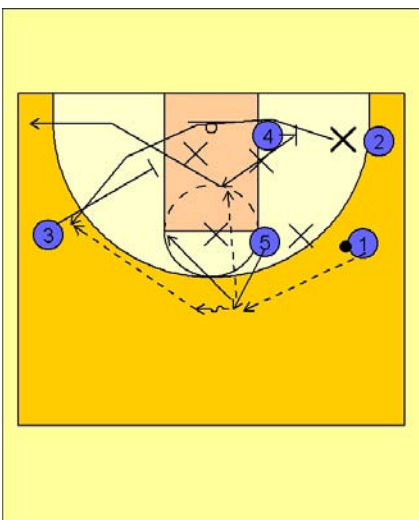
#5 moves to the ball side high post elbow.



Box and One Continuity Offense (4)

#1 now looks to make an interior pass to #4 in the low post or #5 in the high post.

#2 is always an option if he gets open from the screen.



Box and One Continuity Offense (4)

If #1 does not make a pass, #5 will step out on top to reverse the basketball.

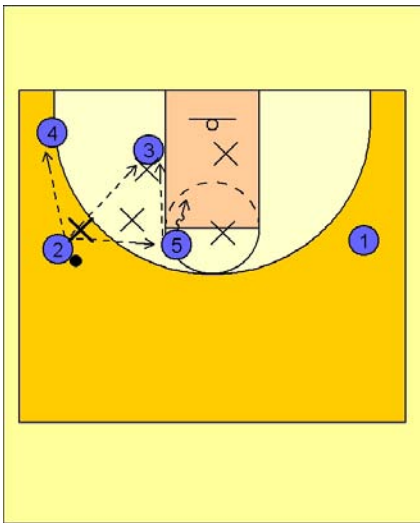
On the pass, #4 will step out and screen #2's defender. #2 cuts along the baseline off of the first screen from #4 and then will use another screen from #3 cutting down into the lane.

#5 may use a few dribbles as he reverses the ball for better spacing and to buy a second or two as #2 cuts off the screens. #5 looks to hit #2 breaking out to the left wing area off the down screen from #3.

#5 will also look for #4 who has screened and then cut into the middle of the lane. If #4 does not get the ball, he will cut to the ball side corner area. #5 will pass and come to ball side FT line elbow.



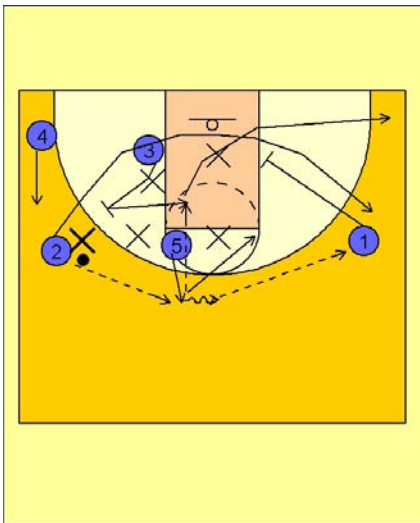
Box and One Continuity Offense (4)



If #2 does not have a shot on the left wing, he can look to hit the open player in the corner, low or high post.

At the end of this offense, we will diagram what we will do if #2 passes to the corner, as it will be difficult to pass back to him on the wing since he is being denied.

Box and One Continuity Offense (4)



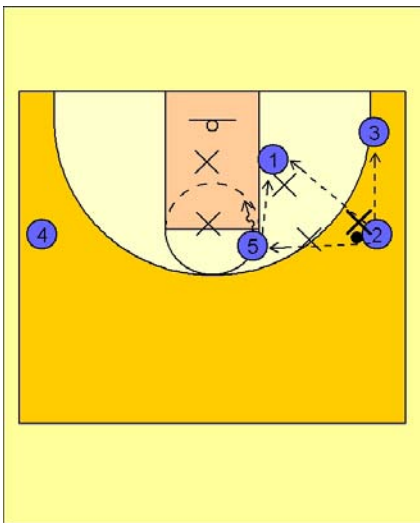
The continuity continues with #5 stepping out to reverse the basketball.

#2 passes the ball to #5 and then uses a back screen from #3. #2 cuts under the basket and out to the right wing off of another screen from #1.

#5 uses the dribble again to center the ball for better pass spacing. While doing this he will also look inside to #3, who has screened and popped back into the middle of the lane looking for the ball. If #3 does not get the ball, he will cut to the ball side corner area.

#4 slides up the left side line.

Box and One Continuity Offense (4)

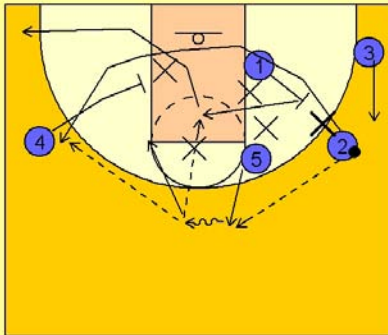


We now have the box alignment as in previous diagrams, with #2 looking to feed the low post, corner man or high post.

At the end of this offense, we will diagram what we will do if #2 passes to the corner, as it will be difficult to pass back to him on the wing since he is being denied.

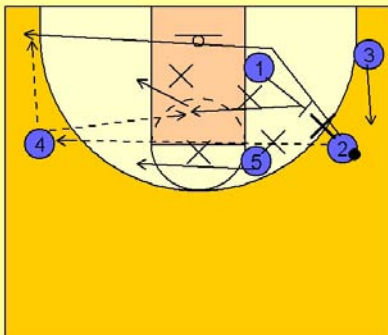


Box and One Continuity Offense (4)



If #2 cannot make those passes, he will reverse the ball to #5 stepping out on top and the continuity continues.

Box and One Continuity Offense (4)



At anytime in the offense, the wing man with the ball, #2, can look to skip the ball across the court to the open wing.

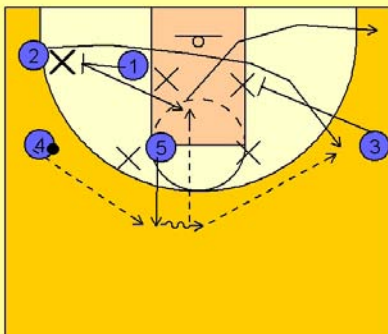
If that happens, #1 will still back screen for #2. Since the ball is already on the wing, #2 will use the back screen from #1 and cut to the open ball side corner.

#1 screens and as in previous diagrams, cuts back to the middle of the lane looking for the ball.

Since the corner is taken, this time #1 will take the low block on the ball side after flashing in the middle of the lane.

#3 slides up as in previous diagrams. #5 follows the ball across to his usual spot when the ball is on the wing, the FT line ball side elbow.

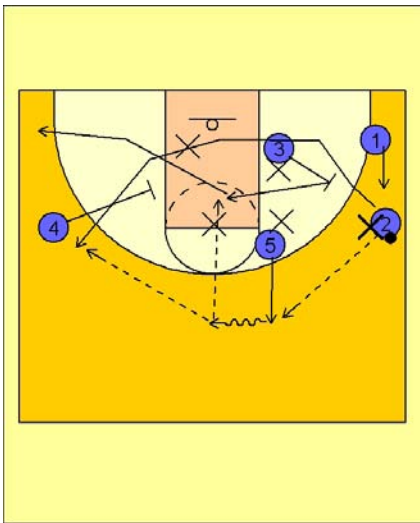
Box and One Continuity Offense (4)



The ball would be reversed from here and we would continue the continuity just like in the beginning of the offense.

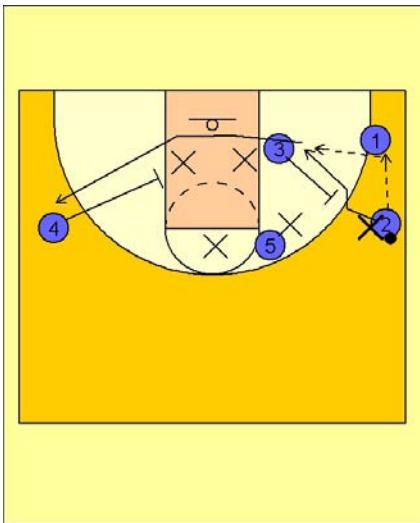


Box and One Continuity Offense (4)



From here you are set to continue again in the other direction, with #5 stepping out to reverse the ball.

Box and One Continuity Offense (4)



As promised, I will now show you what we do when the player being denied, decides to throw the ball to the corner man.

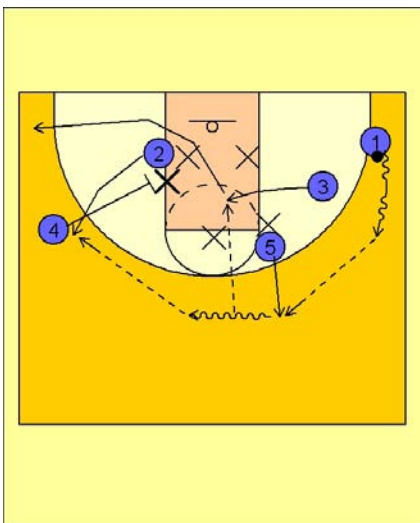
The offense could come to a stall, as passing back to #2 on the wing would be difficult since he is the man being denied.

In this case, when #2 passes to the corner, we will treat it the same as if #2 passed the ball on top.

#3 steps out and back screens #2's defender. #2 cuts to the basket and looks for a quick pass back from #1. #2 will take his normal route under the basket and out to the opposite wing.

#4 is setting his usual down screen on the other side.

Box and One Continuity Offense (4)



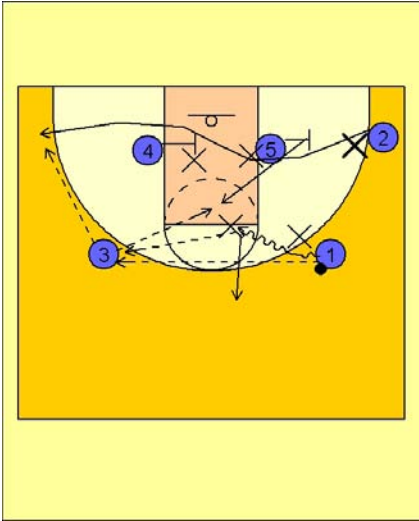
#1 will now dribble the ball up to the wing to improve the passing angle.

#5 steps out on top as normal to receive the pass from #1 on the wing. He now takes the ball over on top to #2 on the left side of the floor.

#3 has screened and popped back into the middle and then out to the ball side corner, as in previous diagrams.



Box and one offense (5)



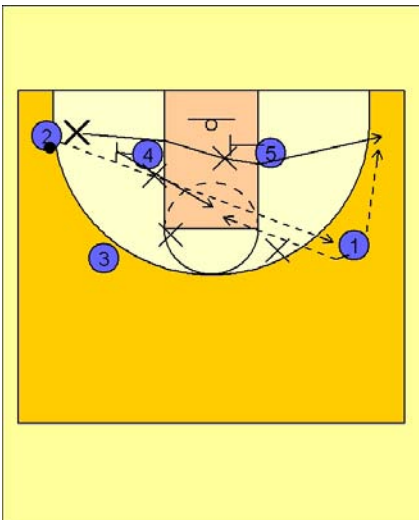
Box and One Continuity Offense (5)

This is a simple, effective form of attacking the box and one. In this continuity offense you will use a double staggered screen along the baseline and dribble penetration on top to reverse the ball.

#2 starts in the corner. As #1 drives the middle gap of the box, #2 is using two screens from #5 and #5 along the baseline.

The first screener will always roll back to the middle and look for the pass from the wing guard when he catches the kick out pass from penetration.

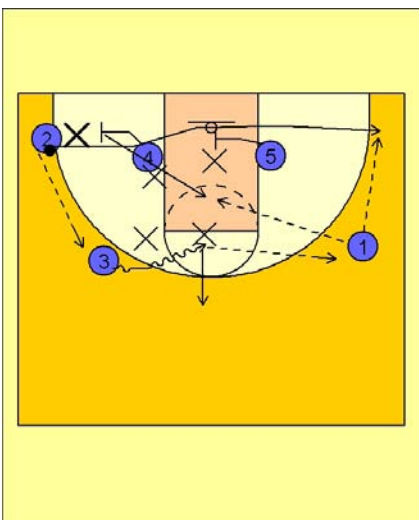
#3 will also look for the shooter, #2, cutting off the screens to the ball side corner.



Box and One Continuity Offense (5)

After flashing in the middle, #5 will return to his normal block. This will enable the offense to give both post players the opportunity to flash to the middle.

At anytime, #2 may look to skip the ball to the opposite wing and the offense will continue.



Box and One Continuity Offense (5)

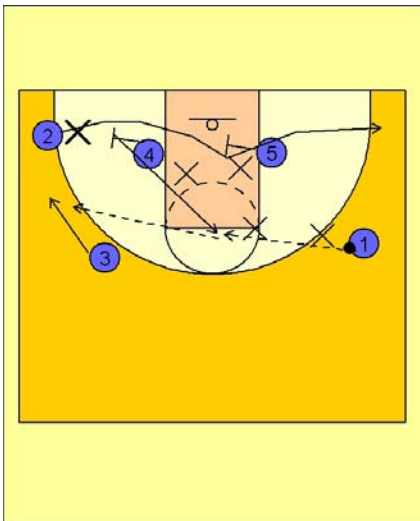
If the skip pass is not made, #2 will pass the ball back to #3 on the wing.

#3 will now drive the middle gap and look to reverse the ball to #1 on the right wing on the kick out.

#4 has rolled back in the middle and will look for the ball from #1. #2 uses both screens to get open in the ball side corner.

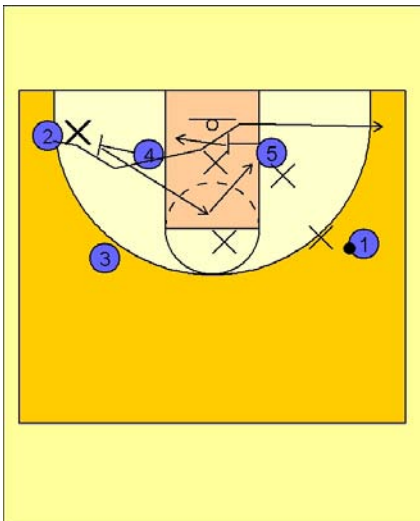


Box and One Continuity Offense (5)



Another scoring option to look for is when #4 catches the ball in the middle.
#3 flattens out on the wing and will look to the "inside / opposite" pass from #4.

Box and One Continuity Offense (5)



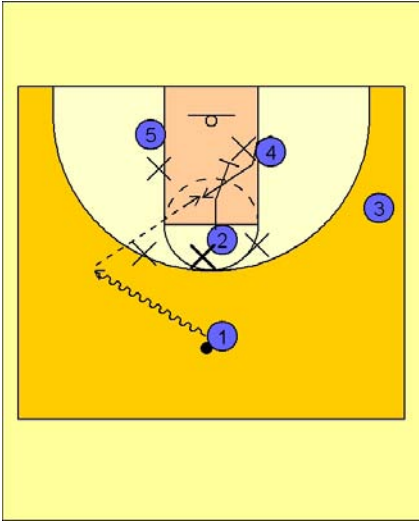
If you would like only one post player to do the "screen and flash to the middle move", then have the player screen (#4 in this diagram), and then follow the ball to the ball side low block.

The other post player, (#5 in this diagram) would screen in and then cut across to the other block.

Not too exciting for the #5 man, but you are enabling the best scoring post player to get touches in the middle.



Box and one offense (6)

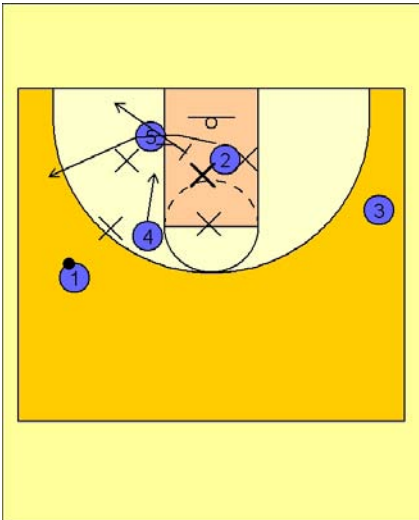


Box and One Continuity Offense (6)

In this continuity offense, we place the denied player, #2, at the FT line to begin.

#1 takes the ball to the wing away from #3 on the right wing.

As this is happening, #2 is setting a down screen on the low back side defender. #4 steps into the middle of the lane looking for the pass from #1.

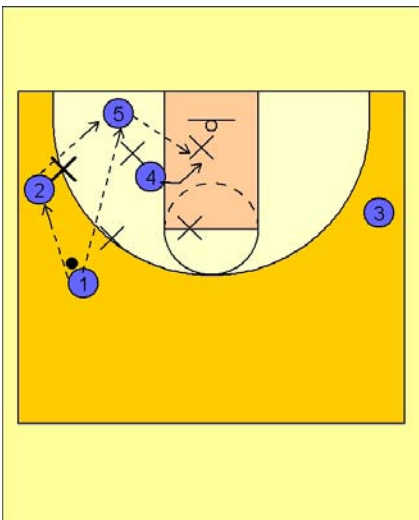


Box and One Continuity Offense (6)

If #4 does not receive the ball, he will continue his cut to the FT line ball side elbow area.

#5 will then "screen the screener" and set a pick on #2's defender. #2 breaks to the ball side wing / corner area.

After screening, #5 steps to the short corner area while #4 slides down into the ball side low block.



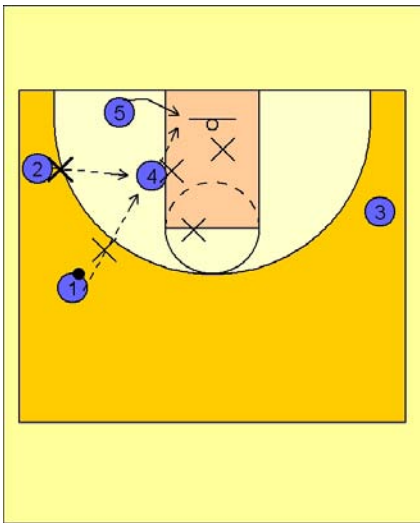
Box and One Continuity Offense (6)

#1 can pass to #2 who can then pass to #5 in the short corner. #1 may also pass to #5 directly in the short corner.

If #5 receives the ball, #4 will cut to the front of the rim looking for the pass from #5.

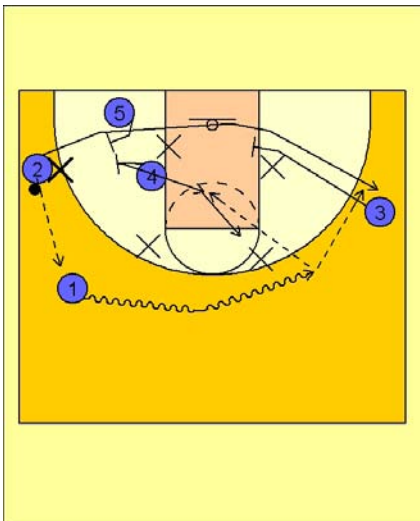


Box and One Continuity Offense (6)



If #4 receives the pass, #5 will cut underneath to the basket.

Box and One Continuity Offense (6)



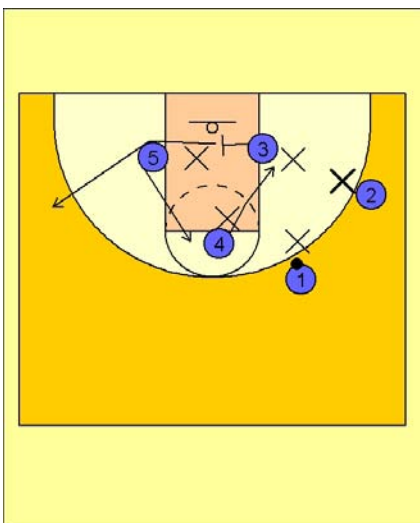
If we do not get the ball inside to either #5 or #4, #2 will reverse the ball to #1 on the top wing spot and drive the ball across the top of the court.

#4 and #5 set a double screen for #2 as the ball is being driven across.

#3 is cutting down into the lane to set another screen for #2.

After the double screen, #4 flashes into the mid post area. If he does not receive the ball in the middle of the lane, he will step to the FT line high post elbow area.

Box and One Continuity Offense (6)

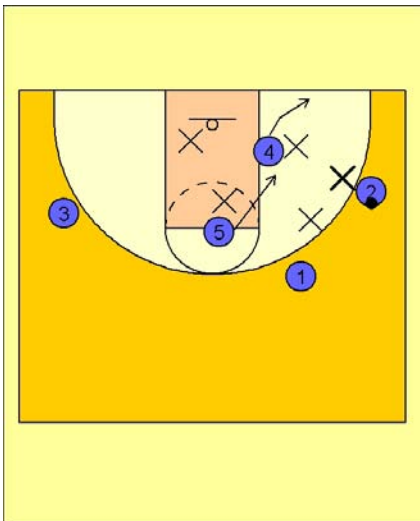


#3 screens in the lane while #4 cuts to the ball side low block, looking for the post up opportunity.

#5 flashes to the high post and #3 cuts out to the opposite wing area.

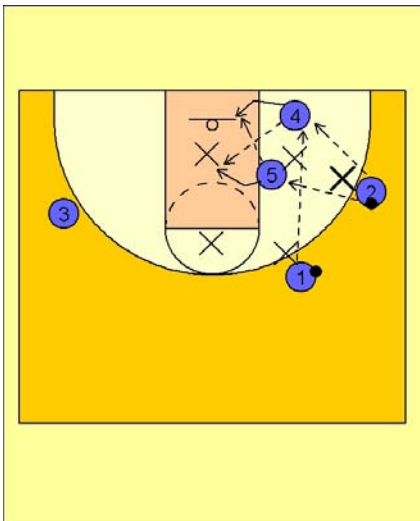


Box and One Continuity Offense (6)



If #4 does not get the ball he continues his cut to the short corner area. #5 follows behind him into the low post.

Box and One Continuity Offense (6)

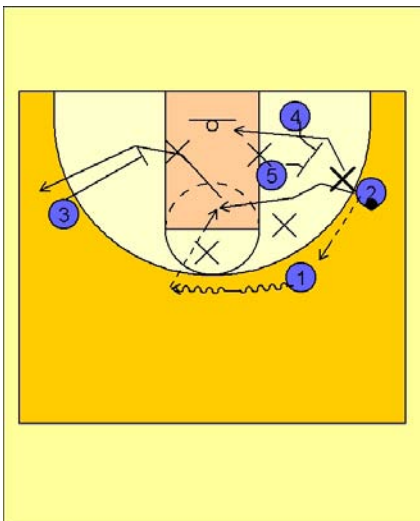


We now have the same alignment as we had on the other side of the floor.

#1 or #2 are looking into the low post and short corner.

#4 and #5 must make the same cuts as diagramed before when the ball touches either the low post or the short corner. Either #4 or #5 will be cutting to the basket depending on which post catches the ball.

Box and One Continuity Offense (6)



When the ball is reversed, the same continuity takes place.

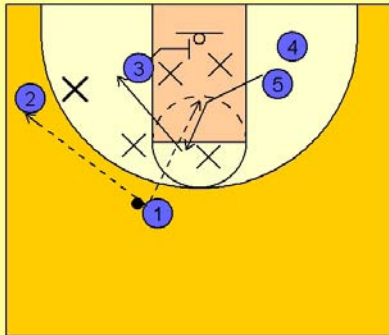
#4 and #5 set a double screen for #2. #2 can cut under or over the double screen, depending upon how his defender guards the screen.

#1 is driving the ball across the top looking for any open passes to the middle.

#2 will then use the down screen on the other side of the floor from #3.



Box and One Continuity Offense (6)

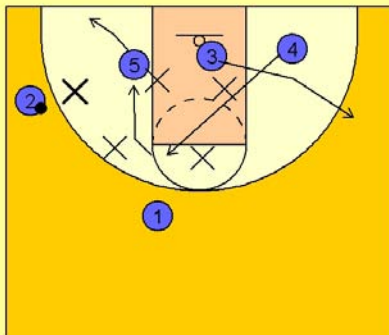


The top man on the double screen, #5, steps into the middle of the lane looking for the pass from #1.

If he does not receive the pass, he will continue his cut to the FT line elbow area.

On the pass from #1 to #2, #5 will follow the ball to the low post while #3 is screening in, trying to open the low post area for #5 to receive a post entry pass from #2.

Box and One Continuity Offense (6)

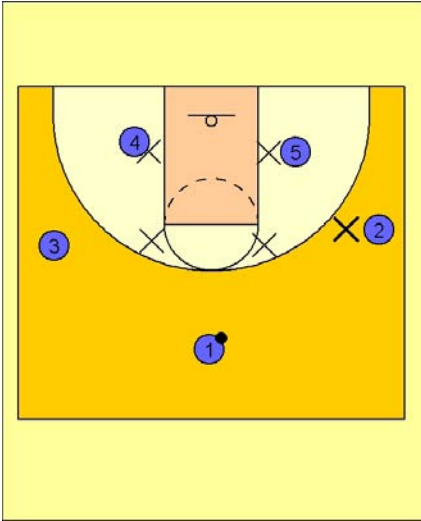


#4 follows behind #5 into the high post and then down to the low post when #5 steps to the short corner.

#3 screened in and out to the opposite wing.



Box and one offense (7)



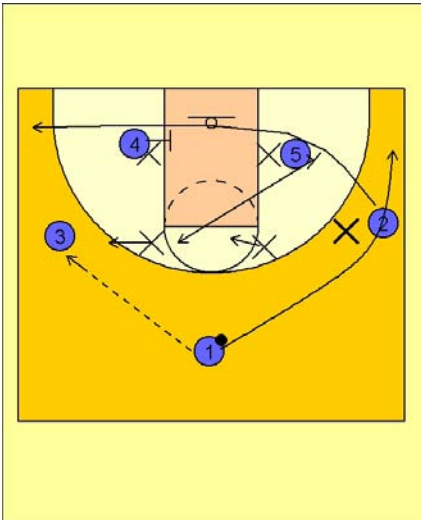
Box and One Continuity Offense (7)

This one might be the best of the bunch. Saved the best for last!

#2 is the player being denied.

Your post players, #4 and #5 on the low blocks.

#3, your off-guard or wing player is on the left wing.



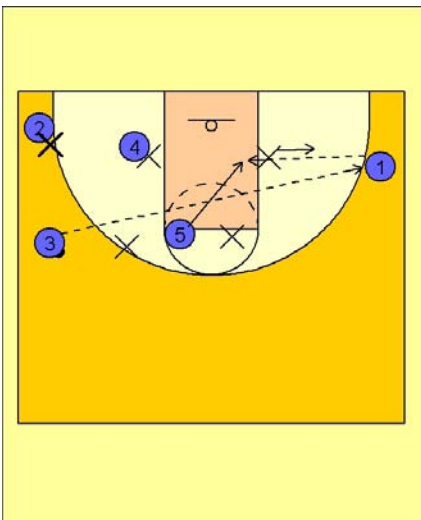
Box and One Continuity Offense (7)

The offense starts with #1 entering the ball to #3 on the left side of the floor.

On the pass to #3, #2 is cutting off of screens from #5 and #4 along the baseline.

#1 passes to #3 and cuts to the back side of the floor. He must be below the wing as later we will want to draw out the low defender.

#5 flashes back to the ball in the high post.



Box and One Continuity Offense (7)

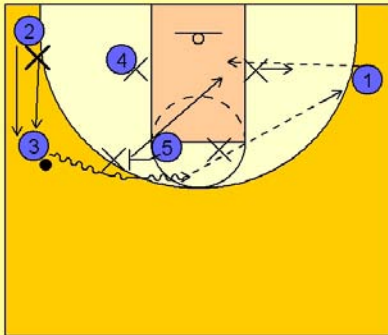
As soon as #2 gets to the corner, #3 will look to skip the ball to #1 on the back side of the floor.

As we said in the previous diagram, #1 has to be low enough so the low defender will step out and try and defend the ball.

On the skip pass, #5 cuts to the low block on the ball side.



Box and One Continuity Offense (7)



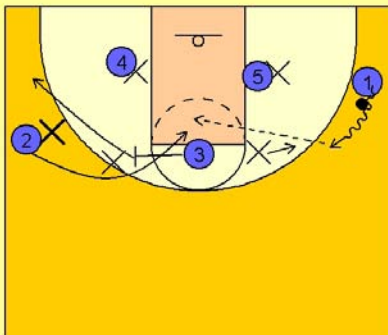
If #3 cannot throw the skip pass or decides not to throw the pass, #5 will step out and ball screen the top defender as #3 drives in the middle of the FT line area.

#3 will then pass the ball to #1 in the corner area.

As soon as #3 comes off the screen from #5, #5 will roll back to the ball side low block looking for the pass from #1.

As #3 drives the ball, #2 slides up to the wing.

Box and One Continuity Offense (7)

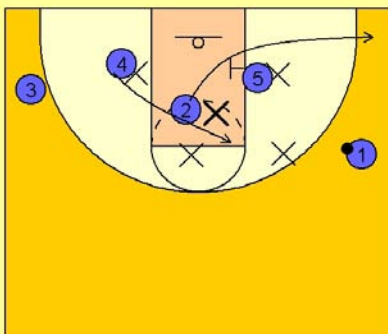


If #5 does not receive the ball, #1 will drive the ball up to the wing.

As #1 drives the ball up, #3 steps out and screens the player being denied, #2. #2 cuts over the screen and into the mid-lane area looking for the pass from #1.

As soon as #2 cuts off of #3's screen, #3 cuts to the back side corner area.

Box and One Continuity Offense (7)



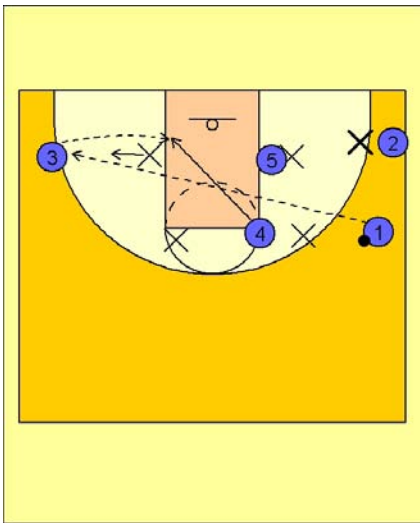
If #2 does not get the ball, he will continue his cut down the lane and out to the ball side corner.

#5 can screen for #2. If #2 is open for a shot, #1 can make the pass.

As #2 cuts out of the lane, #4 is following his cut and comes to the ball side high post.



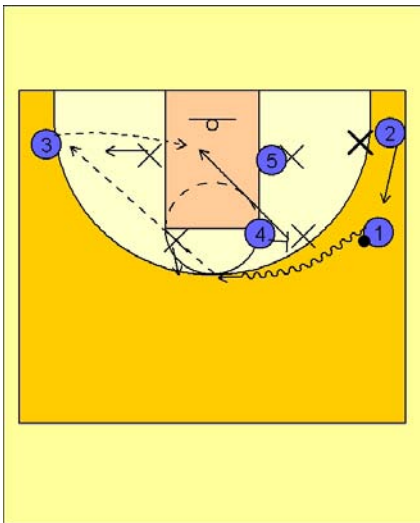
Box and One Continuity Offense (7)



We are now in the same positions as in a previous diagram where #1 is looking to skip the ball to #3 on the back side corner area.

When #1 makes the skip pass, #4 follows the pass to the ball side low block, looking for the pass inside from #3.

Box and One Continuity Offense (7)



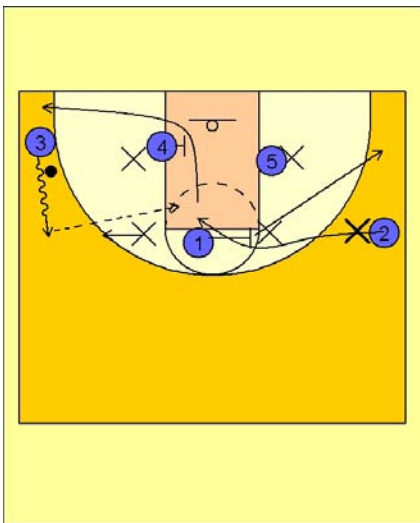
Again, if #1 does not have the skip pass or decides not to throw it, #4 steps out and screens the top defender.

#1 drives to the middle of the FT line area and will skip the pass to #3 in the back side corner.

#4 screens and rolls to the ball side low block looking for the pass from #3.

As #1 drove the ball, #2 slides up to the wing.

Box and One Continuity Offense (7)



After #1 makes the pass to #3, #1 turns around and screens for #2 who is cutting over the screen and into the mid-lane area.

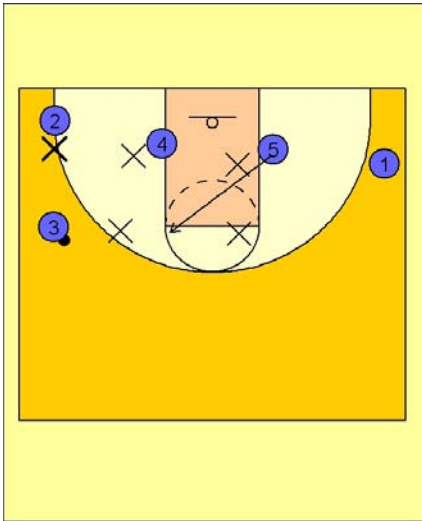
#3 is driving the ball up to the wing looking to make a pass to #2. If #2 does not get the ball, he will continue his cut to the basket and out to the ball side corner off the screen from #4 on the low block.

#1 screens and cuts to the back side corner area.



Box and One Continuity Offense (7)

With #5 flashing to the high post, we are ready to continue the offense with #3 ready to skip the ball to #1 in the back side corner area.



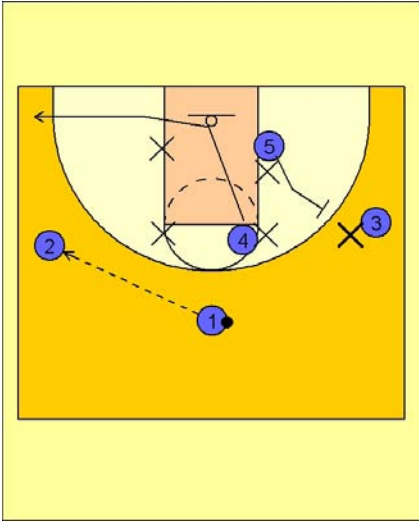


Box and One

Set Plays



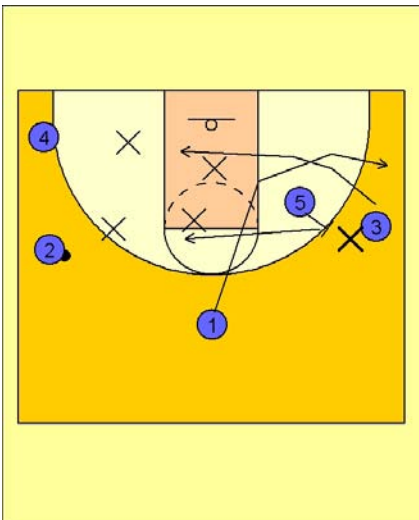
Box and one set play (1)



Box and One Set Play (1)

With a Box and One on #3, we will start in a 1-3-1 alignment with #5 on the right block and #2, #4 and #3 lined up spread across the FT line extended.

#1 passes the ball to #2 on the left wing. On the pass, #4 will cut through the key to the left corner. #5 will slide up to back pick #3.



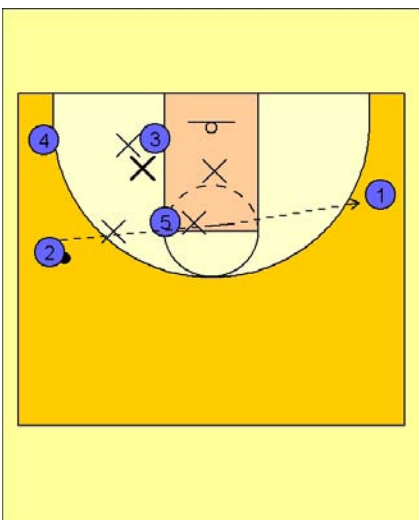
Box and One Set Play (1)

#5 will set a back screen for #3. #3 will cut to the ball side low block, looking for the ball from #2 on the left wing.

#3 will allow his defender to front him in the low post.

#5 rolls off of the pick and flashes to the left elbow. #1 cuts through the middle and then occupies the weak side of the court on the right wing.

Giving up the position to #3's defender is the key to #3 scoring as you will see in the next frame.



Box and One Set Play (1)

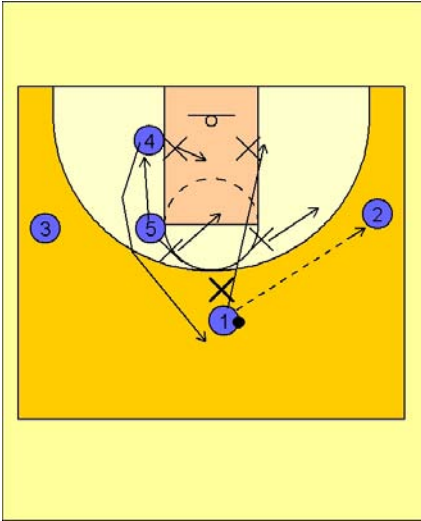
#2 skips to #1 who is all alone on the weak side. The 2 defenders on the right side of the box will hustle out to #1, reacting to the pass.

#3 simply seals his defender hard and does not give up position.

#1 receives the pass from #2 and immediately snaps a pass to the sealed off #3 who meets the pass and finishes strong inside.



Box and one set play (2)

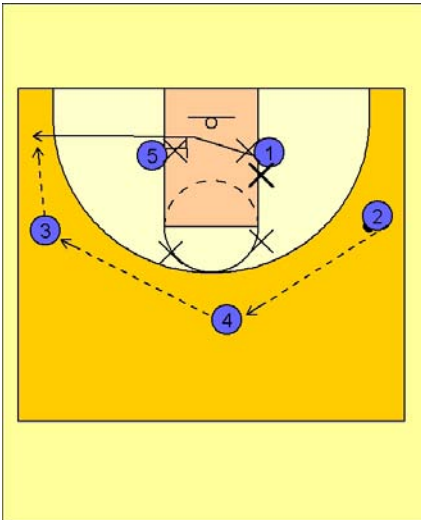


Box and One Set Play (2)

#1 is being denied.

#1 passes to the right wing player #2, and cuts to the ball side low block.

#5 slides down to the opposite low block while #4 cuts up to the top of the key.

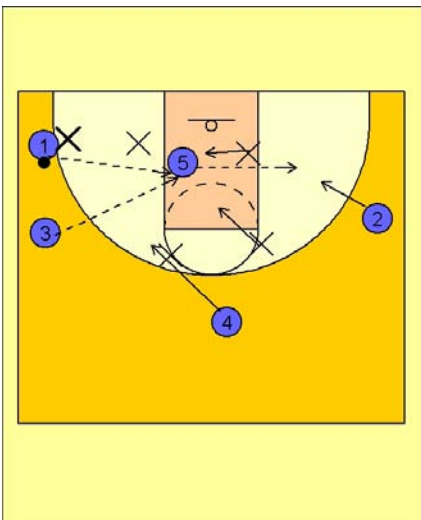


Box and One Set Play (2)

#2 reverses the ball to #4 on top who then passes the ball to #3 on the left wing.

#5 steps in and screens for #1, who cuts to the ball side corner.

#3 passes to #1.



Box and One Set Play (2)

After screening, #5 will turn and look for the ball inside, which should be open if the low block defender helped on the screening action bringing #1 to the corner.

#1 will pass to #5 inside or the pass could come from #3 if he could not pass to #1 in the corner.

When #5 catches he will look to turn and score. If he feels the double team from the back side, he will look to dump the ball off to #2 for the short jumper or lay-up.

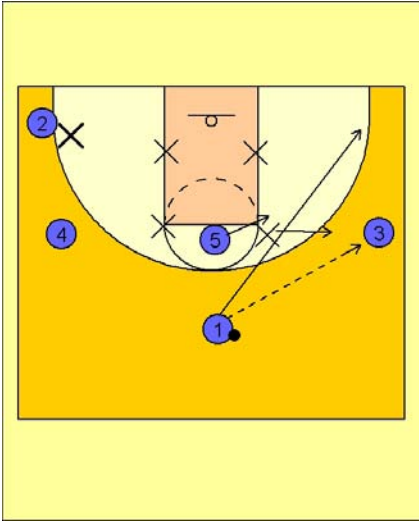


Box and One

Quick Hitters



Box and one quick hitter (1)



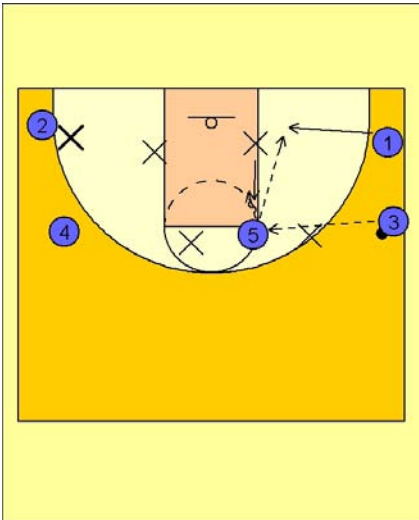
Box and One Quick Hitter (1)

#2 is being denied.

We place him in the left corner.

#1 passes to #3 on the right wing and cuts to the ball side corner.

#5 slides to the ball side FT line elbow.



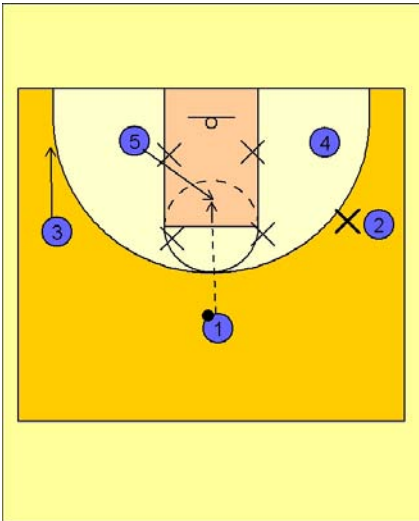
Box and One Quick Hitter (1)

If #5 receives the ball in the high post, #5 will look to turn and face and attack the basket.

If the low defender comes to help, #1 will be open for a back door lay-up.



Box and one quick hitter (2)

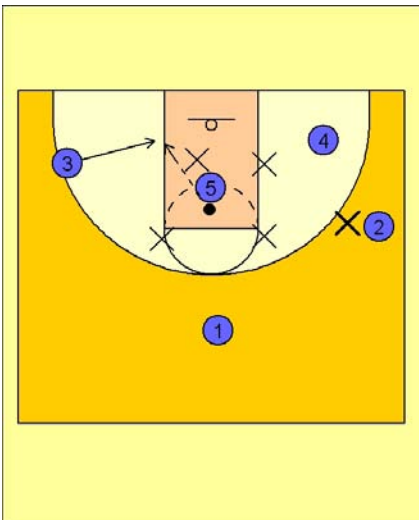


Box and One Quick Hitter (2)

We place the player being denied, #2, on the right wing.

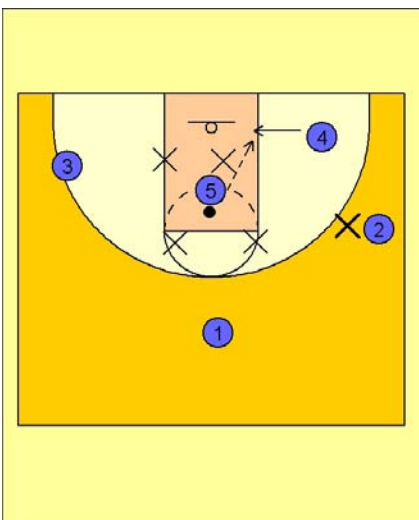
#5 flashes into the mid-lane area looking for the entry pass from #1 on top.

#3 is sliding to the corner.



Box and One Quick Hitter (2)

If the low defender takes #5 in the mid-post, #3 will cut back door and look for the pass from #5.

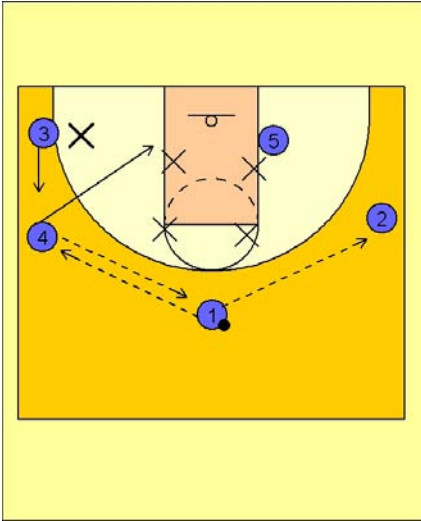


Box and One Quick Hitter (2)

If the other backside post takes #5, #4 will cut to the basket looking for the back door lay-up.



Box and one quick hitter (3)



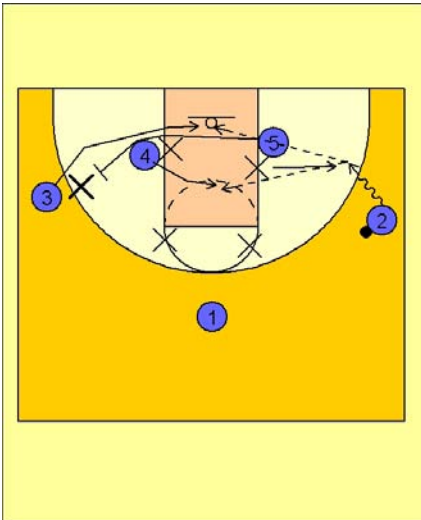
Box and One Quick Hitter (3)

We place the player being denied, #3, in the left corner.

#1 passes to #4 on the left wing and then receives the pass back.

On the pass back, #4 cuts to the low block on his side. #1 reverses the ball to #2 on the right wing.

#3 walks his man up to the wing.



Box and One Quick Hitter (3)

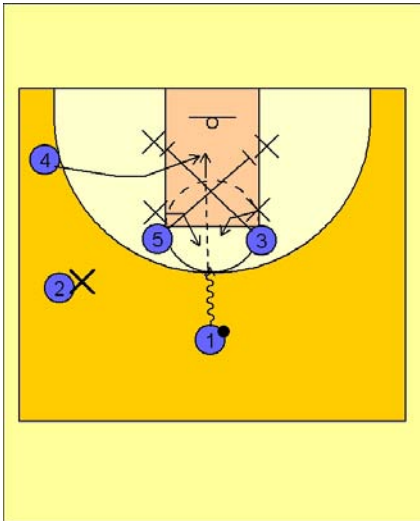
On the catch, #2 will look to attack the low block on his side.

#5 is screening across for #3 while #4 steps in the mid-post area, looking for the pass from #2.

#3 is cutting under the basket also looking for the pass from #2.



Box and one quick hitter (4)



Box and One Quick Hitter (4)

#2 is denied and "takes the play off".

#5 and #3 are at the elbows with the ball centered at the top with #1.

Your best post player is on the left corner area.

#1 attacks the middle gap on top, forcing the top two defenders to "pinch in" on the drive.

#5 and #3 screen away to the opposite low block while #4 slips into the middle of the lane looking for the pass from #1 and the lay-up.

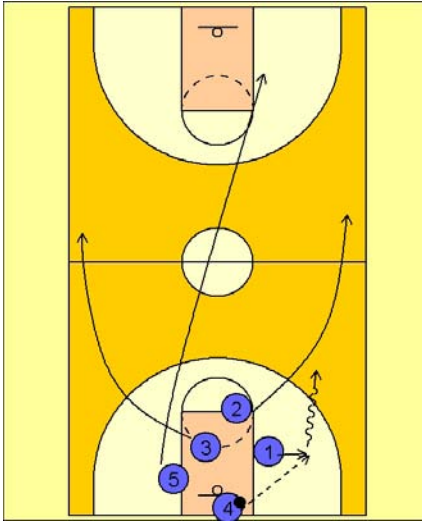


Point Guard

Denied



Box and one transition (1)



Box and One Attack From Transition (1)

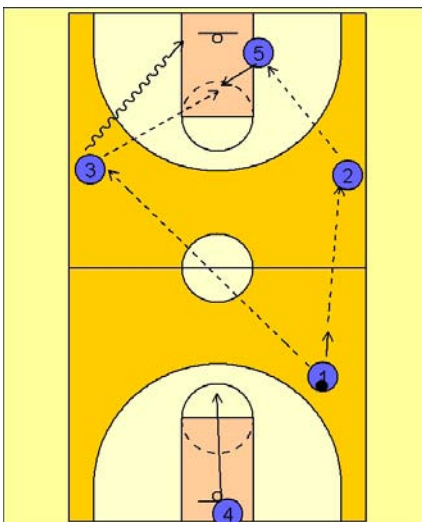
Often times Junk Defenses can make it difficult when they decide to take your Point Guard out of the action by making him the denied player.

One thing to remember when it is your point guard. It is VERY DIFFICULT for the defense to FIND and then DENY the point guard the basketball instantly on the rebound. The defender was just involved in their team's offense, and for him to change gears quickly on a rebound and find the player to deny, is very difficult to do.

You will have success getting the point guard the ball after rebounding if you drill the quick entry in practice.

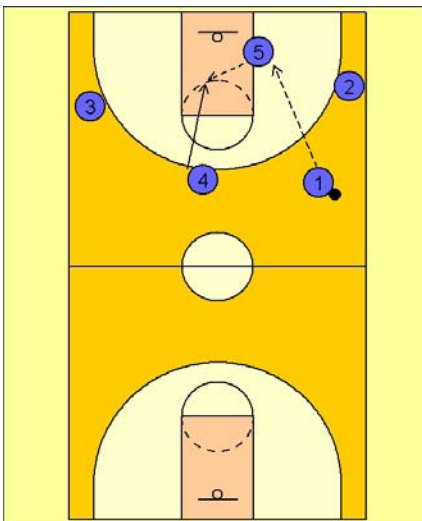
In the following diagrams, we will give you some options of using your point guard to set up scoring opportunities before he gives up the ball and is

denied in the half court Junk Defense.



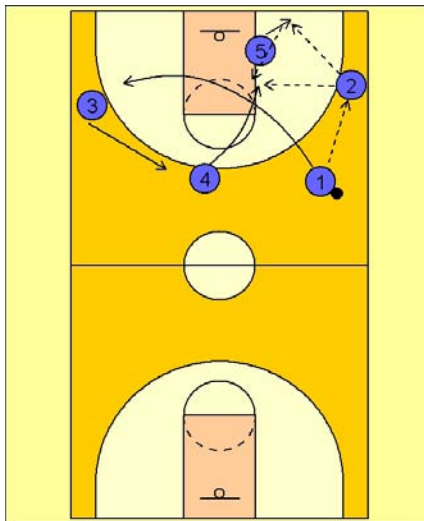
Box and One Attack From Transition (1)

As we mentioned in the beginning of this book, one of the keys to successful attack versus Junk Defenses and Zone Defenses, is to get the ball up the court quickly, looking for early scoring opportunities before the defense gets set.



Box and One Attack From Transition (1)

Anytime the post player receives the ball on the block, your opposite post should dive to the basket.

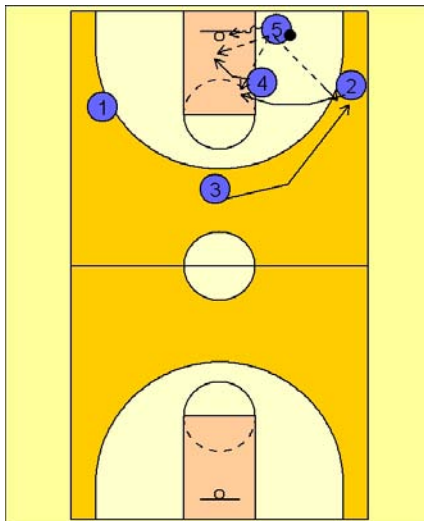


Box and One Attack From Transition (1)

When the ball is entered to the wing, have your post player, #5, step to the short corner.

This will open a hole for #4, should the post defender go with #5.

#1 clears out with #3 moving up on top.

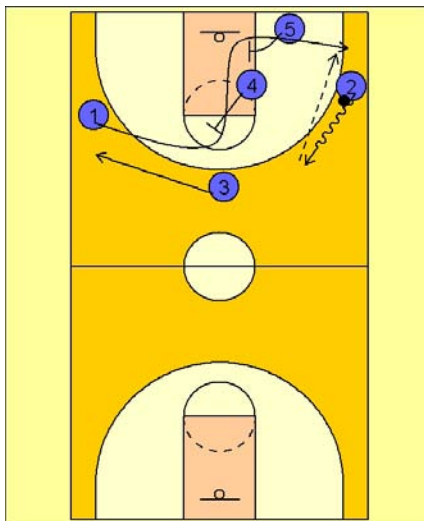


Box and One Attack From Transition (1)

Anytime the ball touches our short corner player, we like to use the same cut and replace action in this diagram.

#4 cuts to the front of the rim, #2 cuts in the hole created by #4's cut, while #3 cuts to the ball side wing, filling the hole created by #2's cut.

These holes will be there if the defenders move with the cutters. If they don't move, then the cutters will have an opening.

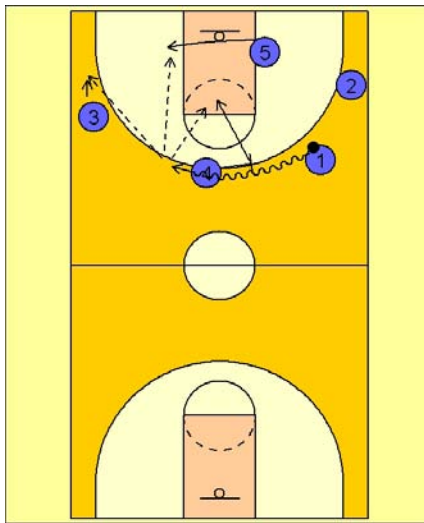


Box and One Attack From Transition (1)

If we don't get the ball to the low post or short corner, #2 will drive the ball up to the top.

#4 and #5 will set a double staggered screen for the #1 man being denied.

#3 clears to the opposite wing. If #1 is open, we will give him the ball for the shot or just continue with one of the handfull of continuity offenses already covered in this book.

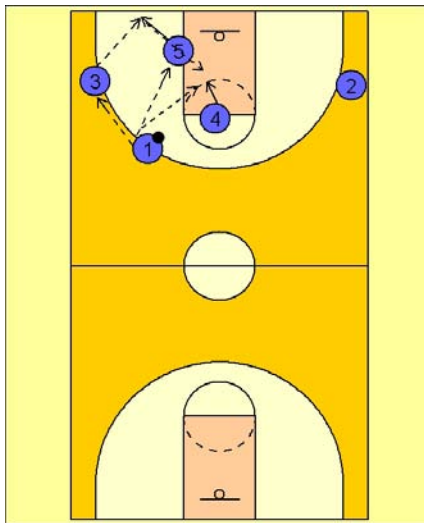


Box and One Attack From Transition (1)

Another quick hitting option on the break, taking advantage of #1 having the ball, is for the trailer, #4, to set a screen on the defender guarding #1.

#1 takes the ball in the gap looking to score while #5 slides across into the low post.

After screening, #4 will break to the high post elbow area.

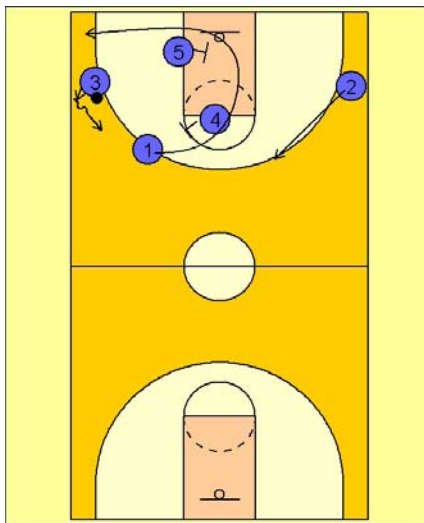


Box and One Attack From Transition (1)

Now we have the same alignment as in the previous diagrams.

Take a look back to make sure you duplicate the cut and replace action in the post and wing.

Great stuff!

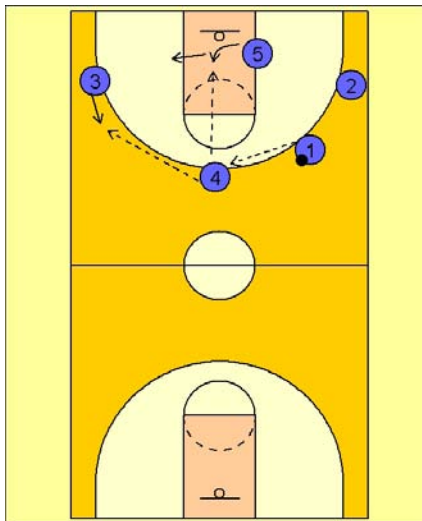


Box and One Attack From Transition (1)

Again, as in the previous diagrams, if we do not enter the ball inside, #3 will drive the ball up while #4 and #5 set a double staggered screen for #1 trying to free him for a shot in the corner.

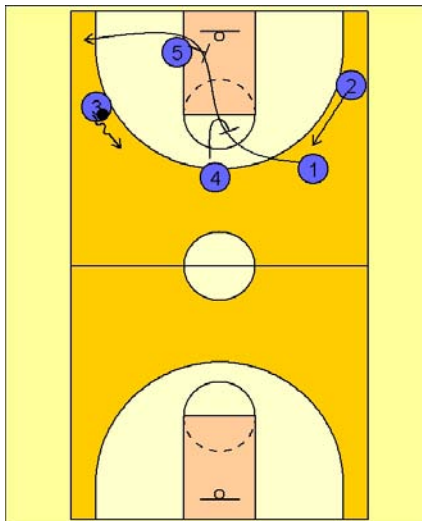
#2 slides up for ball reversal.

If we do not get the ball to #1, we will continue with one of the handful of continuity offenses described earlier in this book.



Box and One Attack From Transition (1)

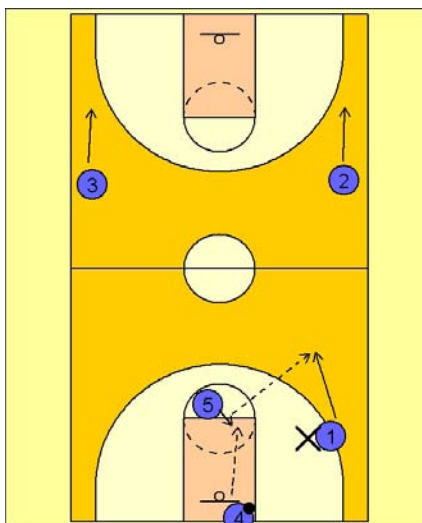
On our trailer entry in transition we always look for #5 to follow the ball inside looking for the high / low entry pass.



Box and One Attack From Transition (1)

When #3 gets the ball on the wing, #4 and #5 will once again set a double staggered screen for the player in the box and one, your point guard, #1.

If we do not get the ball to #1, we continue with one of the handful of continuity offenses designed to get the ball to #1, as described earlier in the book.



Box and One Attack From Transition (1)

If you have trouble getting the ball to #1 on the outlet pass because the defense was successful in denying the ball to #1, or perhaps after a made basket, there is an adjustment you can make.

#5 will come back to the basketball. #4 will enter the ball to #5 and then try to hit #1 cutting up the floor.



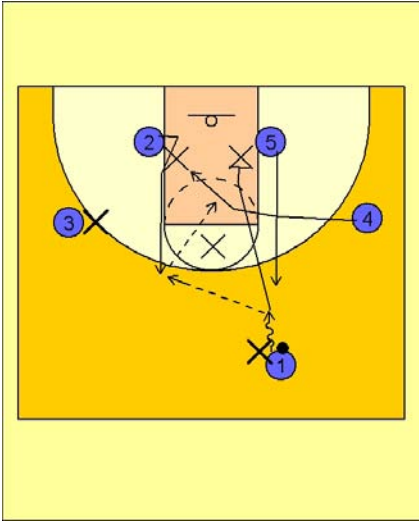
Triangle and Two

Continuity

Offenses



Triangle and 2 offense (1)



Triangle and Two Continuity Offense (1)

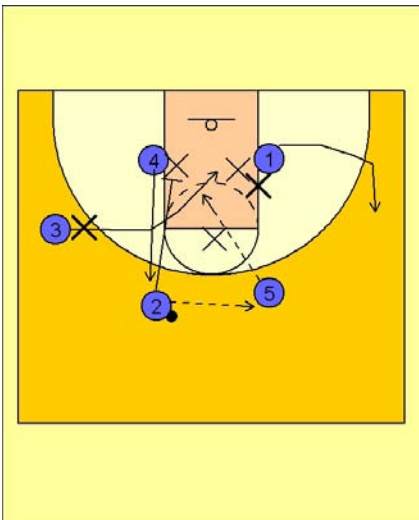
This is a simple continuity offense that will allow you to get looks in the middle of the zone and at the elbows.

#1 and #3 are the players being denied. We will assume you were able to get the ball to #1 on the rebound in order for him to bring the ball up.

#2 pops up to the top of the key on the left hand side to receive the entry pass from #1.

After passing, #1 cuts in the lane and screens the low post defender on the right side while #4 cuts into the opening created by #1.

#2 will make the mid-lane entry if #4 is open.

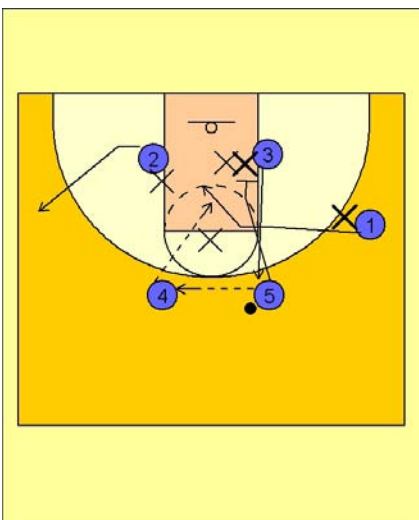


Triangle and Two Continuity Offense (1)

If #4 does not get the ball, #2 reverses the ball to #5 who had popped up to the top of the key on the right side off the down screen from #1.

On the pass, #2 will now cut down to the low block on his side and screen the left low block defender. #3 will cut into the mid-lane and look for the pass from #5.

On the pass from #2 to #5, #1 will break out to the right wing.



Triangle and Two Continuity Offense (1)

#5 now passes to #4 on top while #1 cuts into the lane behind #5's down screen on the right low block defender.

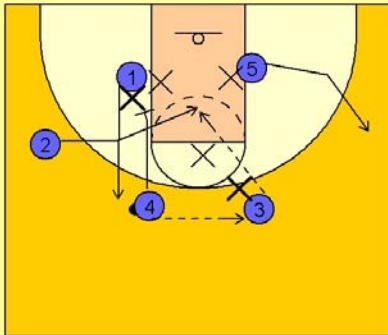
#1 will not be open since he is being denied, but he still must cut to allow the continuity to continue.

#5 has set a down screen on the man denying #3 (one of your better players), so there is an option here to get #3 open for the jump shot on top.

On the pass from #5 to #4, #2 breaks out on the left wing.



Triangle and Two Continuity Offense (1)



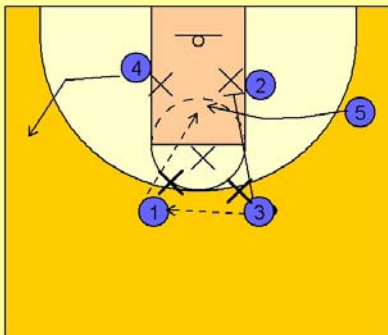
#3 receives the pass from #4. Hopefully he will be open from the screening action he received.

On the pass from #4 to #3, #5 breaks out to the ball side wing.

#2 cuts in the lane and looks for the mid-lane entry pass from #3.

Your other good perimeter player, #1, will get an opportunity for a free look as #4 is now setting a down screen on his defender.

Triangle and Two Continuity Offense (1)



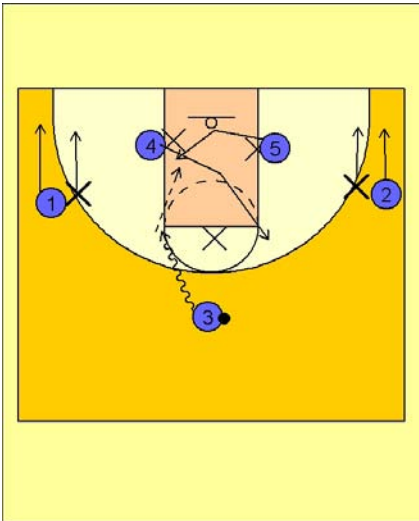
The offense continues with #3 passing to #1 on top. You should have good success getting these denied players open on top, as you are setting screens on their defenders without really an opportunity for any help on the screen.

On the pass now to #1, #3 sets a down screen on the right low block while #5 cuts in the mid-lane area looking for the pass from #1.

#4 is breaking out to the left wing on the pass across the top.



Triangle and 2 offense (2)



Triangle and Two Continuity Offense (2)

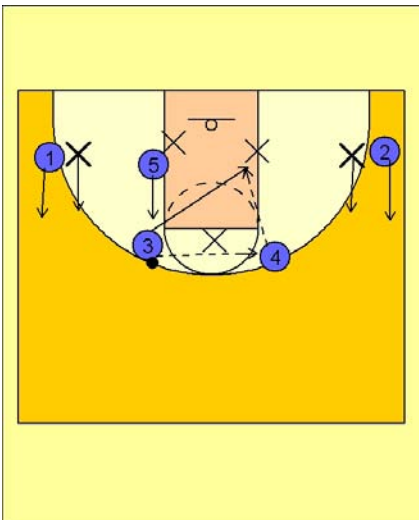
#1 and #2 are the players being denied.

#4 and #5 are on the low blocks with #3 taking the ball out on top.

The offense starts with #3 driving to the left elbow. As he drives, #4, the ball side low block, cuts up to the opposite FT line elbow.

On the drive, #5 is cutting in front of the left low block defender looking for the entry pass from #3.

#1 and #2 can move up and down the wing to keep their defenders attention.



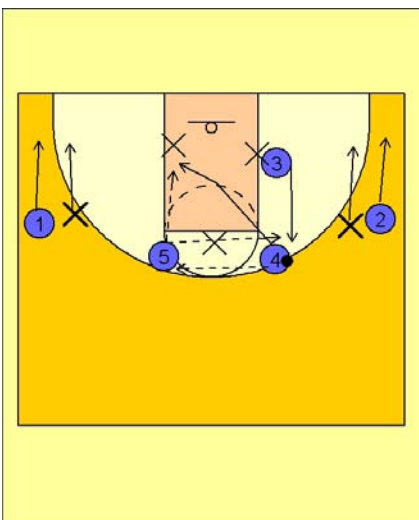
Triangle and Two Continuity Offense (2)

If #5 does not get the ball, #3 reverses the ball to #4 on the right top area.

On the pass, #3 cuts to the right low block area looking for the pass back from #4.

As #3 cuts, #5 slides up to the opposite FT line elbow area.

Each player on the elbow should cut high enough above the top defender to allow for ball reversal on top.



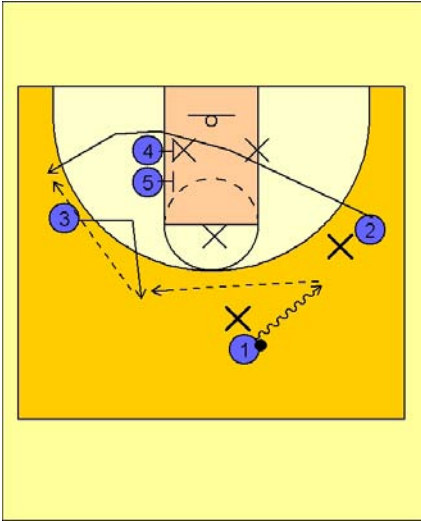
Triangle and Two Continuity Offense (2)

If #3 does not get the pass, #4 will pass the ball to #5 on the opposite FT line elbow area and will cut to the left low block looking for the pass back from #5.

On #4's cut, #3 slides up to the FT line elbow area on the right side and the offense will continue.



Triangle and 2 offense (3)



Triangle and Two Continuity Offense (3)

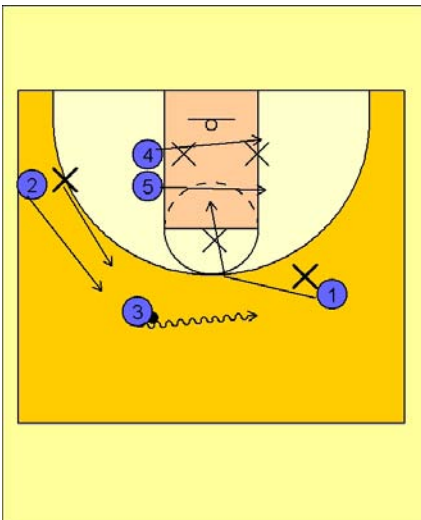
This is a nice offense to try and free your two shooters, the players being denied (#1 and #2), for open shots on the wing.

The play starts with #1 driving at the other player being denied on the right wing, #1.

As #1 drives at the right wing, #2 will clear out to under the basket.

As this is happening, #4 and #5 are set up on the left low block and will set a double screen for #2.

#1 reverses the ball to #3 on the opposite top side of the floor. If #2 is open, #3 delivers the ball for the open shot.



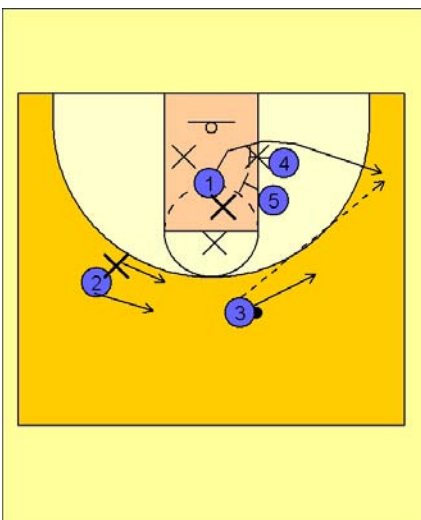
Triangle and Two Continuity Offense (3)

If #2 does not receive the ball, #3 drives the ball to the right side of the floor. If #2 were to receive the pass and not take the shot, he would simply pass the ball back to #3 and the offense would continue to the other side of the floor.

As #3 is driving the ball to the right side of the floor, #1 cuts into the middle of the lane.

#4 and #5 are cutting across the lane to set up the double screen on the right low block.

#2 moves up on the left top side of the floor.



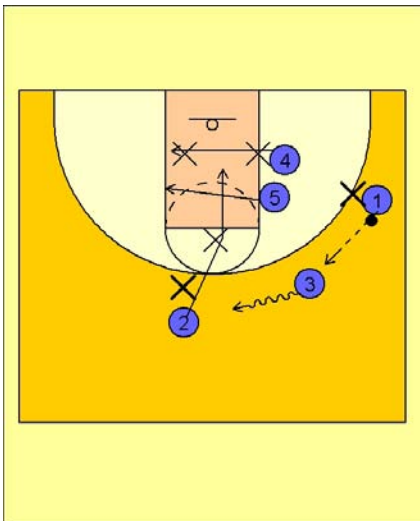
Triangle and Two Continuity Offense (3)

As #3 gets to the top right side of the floor, #1 will be breaking out to the right wing off the double screen from #4 and #5.

#3 delivers the pass to your best shooter, #1, if he is open.



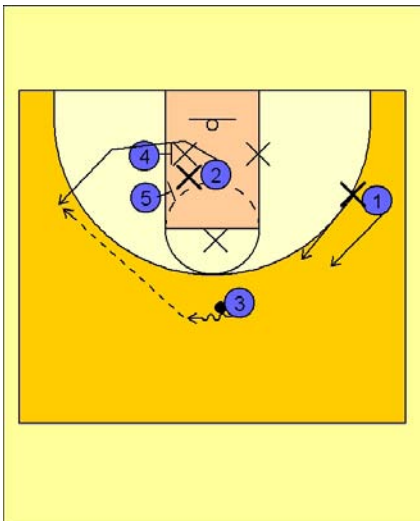
Triangle and Two Continuity Offense (3)



If #1 does not take the shot, #1 passes back to #3 and we now take the ball to the other side of the floor.

#2 is now cutting down in the mid-lane area while #4 and #5 cut across the lane to set up their double screen on the other side of the floor.

Triangle and Two Continuity Offense (3)



#2 now cuts off the double screen from #4 and #5. #3 looks to hit #2 if he is open on the left wing.

#1 slides up to the top on the dribble penetration from #3 and the offense continues.

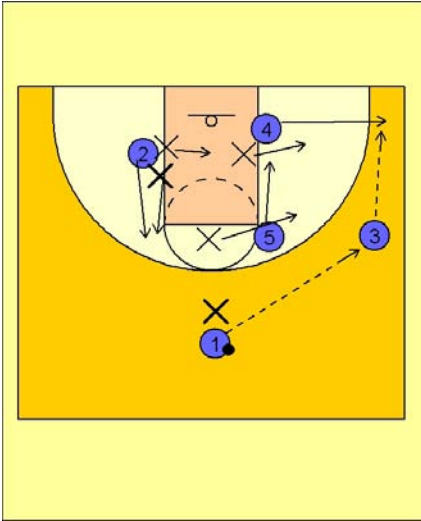
The background of the slide is a repeating pattern of blue Spalding basketballs. Each basketball has the word "SPALDING" printed in white, along with the NBA logo and the text "Official Game Ball". The basketballs are arranged in a grid-like pattern, slightly overlapping.

Triangle and Two

Set Plays



Triangle and 2 set play (1)

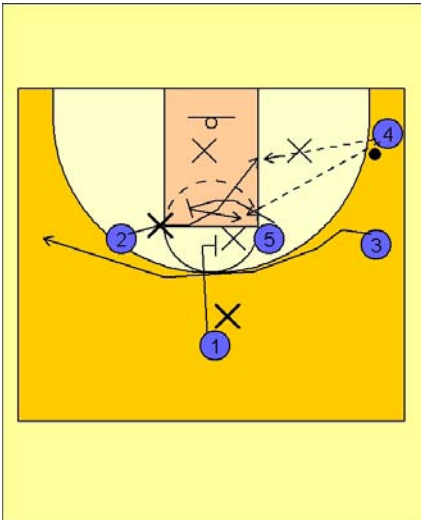


Triangle and Two Set Play (1)

#1 and #2 are your denied players.

#1 enters the ball to #3 on the right wing. #4 cuts to the ball side corner area. #5 slides down to the ball side low block. #2 slides up to the opposite FT line elbow area.

#3 passes to #4 in the right corner.

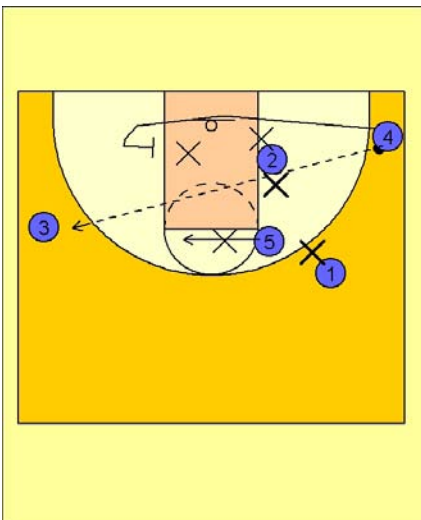


Triangle and Two Set Play (1)

Once #4 has the ball, #5 will screen away for one of the denied players, #2, on the left elbow area. #2 cuts into the lane looking for the pass from #4.

As this is happening, #5 will cut back to the FT line ball side elbow area looking for the pass from #4.

As this is happening, #1 is setting a flare screen on the top defender for #3, who now cuts to the opposite wing area.



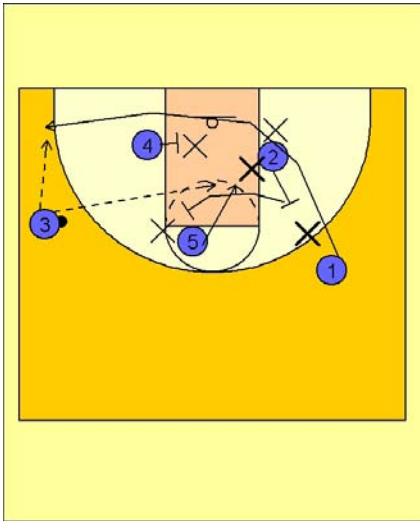
Triangle and Two Set Play (1)

If #2 or #5 were not open, #4 will skip the ball across the court to #3, who just cut off the flare screen from #1.

#5 follows the ball across the top while #4 cuts to the opposite low block area.



Triangle and Two Set Play (1)



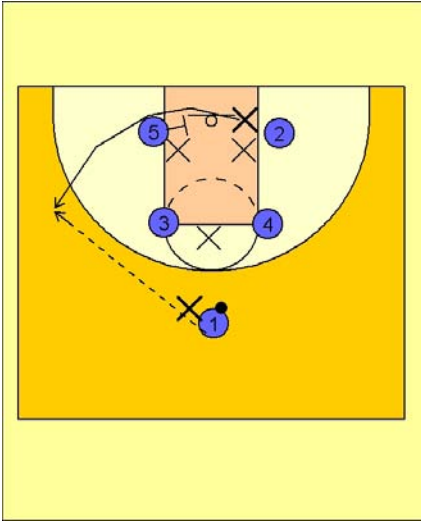
Here is where you will get some good scoring opportunities.

On the pass from #4 to #3, #2 is setting a back screen for the other denied players, #1. #1 cuts down and out to the ball side corner and receives another screen on the ball side low block from #4. #3 makes the pass to #1 in the corner if he is open for the shot.

After back screening, #2 cuts in the lane and screens the top defender. #5 now cuts in behind the screen and looks for the entry pass from #3 in the mid-lane area.



Triangle and 2 set play (2)

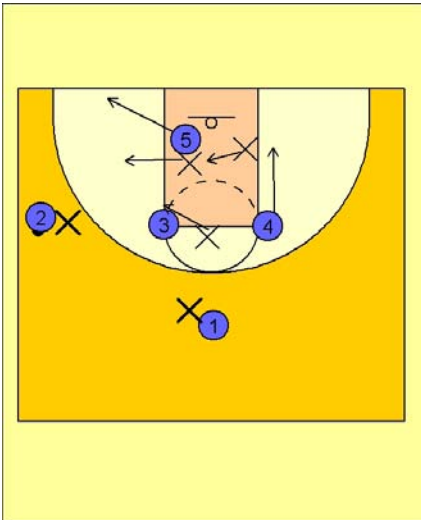


Triangle and Two Set Play (2)

#1 and #2 are your denied players.

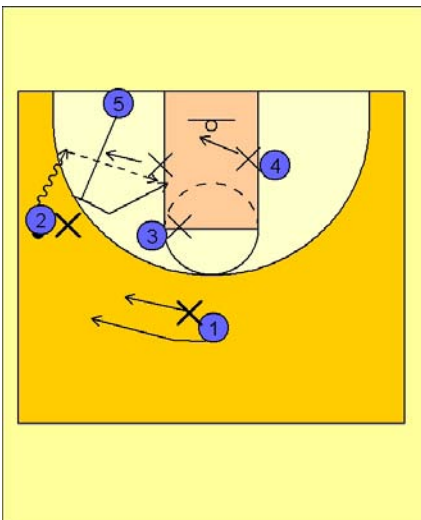
The remaining players line up in the box formation.

The play begins with #2 cutting out to the left wing off the screen from #5 on the left low block.



Triangle and Two Set Play (2)

Once #2 has the ball, #5 steps to the short corner and #4 slides down to the opposite low block.



Triangle and Two Set Play (2)

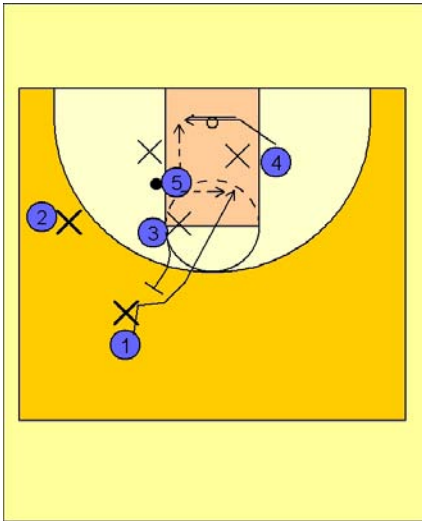
Next, #5 cuts up and sets a ball screen on #2's dribble penetration to the corner area.

As the back side low defender steps up to help on penetration, #5 rolls into the low block looking for the quick pass from #2.

#1 slides over on top for better spacing and passing angle.



Triangle and Two Set Play (2)



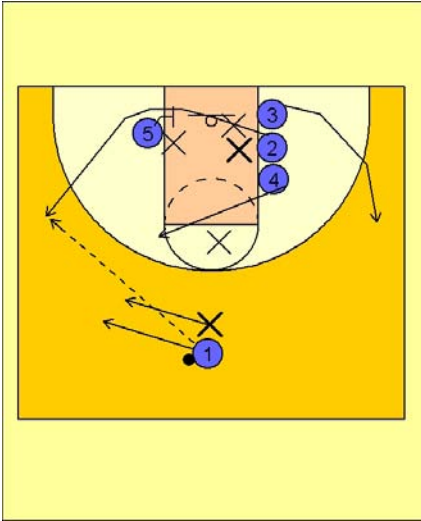
On the post catch, #3 will back screen for #1.

#5, in addition to looking for his own shot on the post catch, will look for #1 cutting into the lane.

Additionally, when #5 catches, #4 is cutting under the basket looking for the dump-off pass. This may be available if the opposite low defender moves over to help on #5's cut in the low post.



Triangle and 2 set play (3)



Triangle and Two Set Play (3)

#1 and #2 are the players being denied.

#1 on top with the ball as he brings it up the floor.

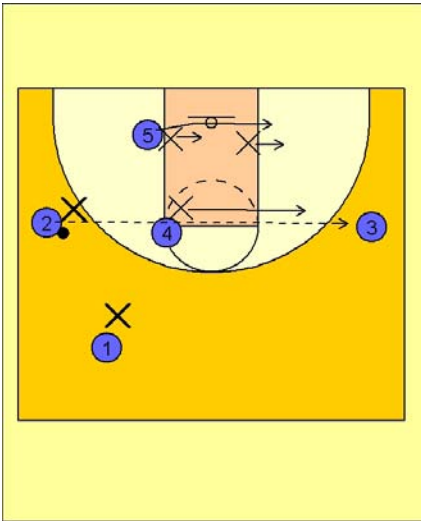
#3, #2 and #4 are in a straight line on the right low block.

#5 sets up on the left low block.

The play starts with the other player being denied, #2, cutting out to the left wing off the screen from #5.

#4 flashes to the left FT line elbow. #3 breaks out to the right wing.

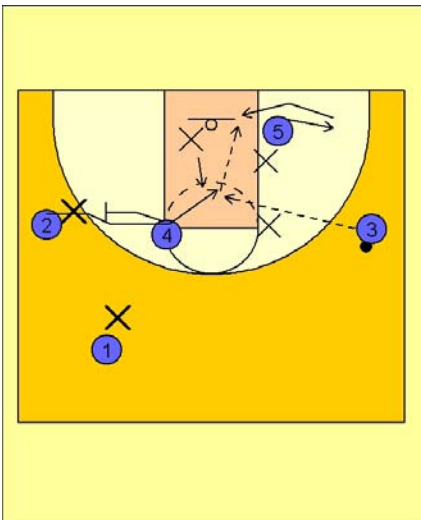
#1 enters the ball to #2 off the screen from #5.



Triangle and Two Set Play (3)

If #2 does not get a shot, he will skip the ball across the court to #3 on the right side of the floor.

#5 follows the ball across the lane and will post up on the right block.



Triangle and Two Set Play (3)

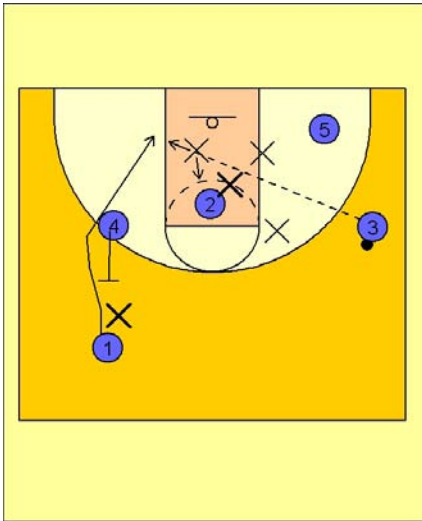
#5 steps out to the mid-corner area.

On the skip pass, #4 back screens for #2. #3 looks inside to #2 in the mid-lane area.

If #2 receives the pass, #5 will cut under the basket looking for the pass. This may be available if the low block defender slides up to help on #2's cut.



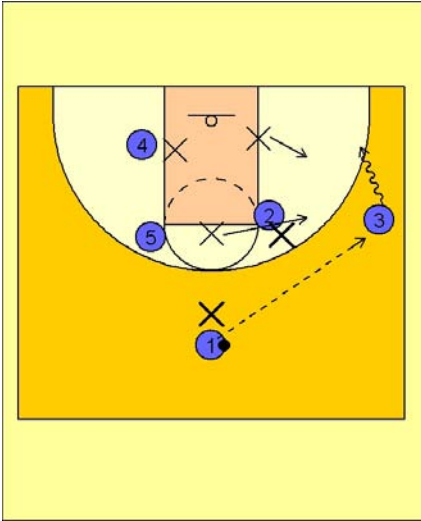
Triangle and Two Set Play (3)



As soon as #2 cuts in the lane, #4 is now setting a back screen for #1. #1 cuts to the rim. This lob pass may be available if the other low defender helped on #2's cut in the mid-lane.



Triangle and 2 set play (4)

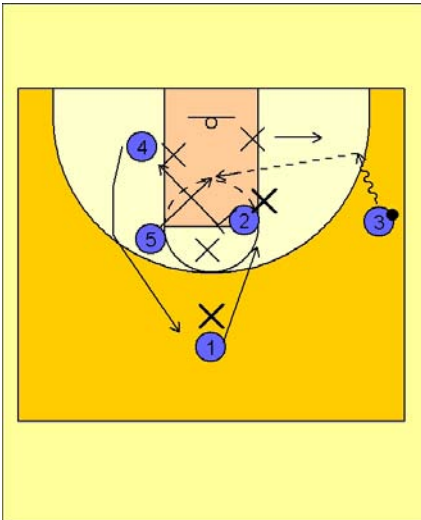


Triangle and Two Set Play (4)

#1 and #2 are the players being denied.

#5 and #2 set up on the elbows. #4 is on the low block away from the wing player #3.

#1 passes to #3. #3 drives to the right corner area bringing out the low block defender.



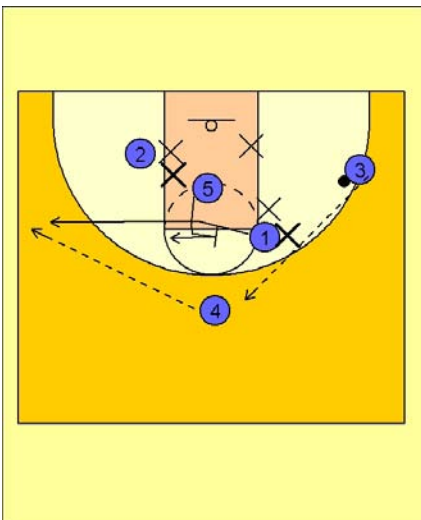
Triangle and Two Set Play (4)

#3 drives the ball down to the right low block area, bringing out the low block defender.

As this is happening, #2 is screening the top defender while #5 cuts into the mid-lane area looking for the pass from #3.

On the drive, the other denied player, #1, cuts to the FT line ball side elbow.

#4 is cutting up to the top of the key.



Triangle and Two Set Play (4)

If #5 does not receive the pass, #3 reverses the ball to #4 on top.

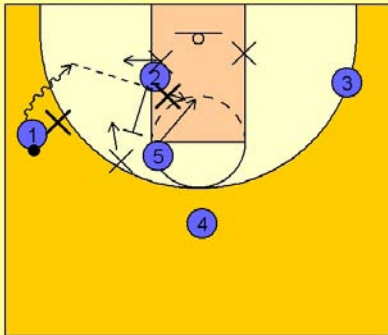
On the pass from #3 to #4, #5 cuts back to the FT line and sets a screen for #1. #1 cuts out to the left side of the floor.

#4 looks to hit #1 if he is open on the left wing.

#5 follows the ball to the FT line elbow.



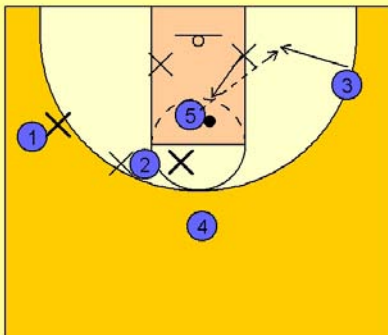
Triangle and Two Set Play (4)



If #1 does not have a shot, he will now drive the ball down to the left low block area, bringing out the low block defender.

On the drive, #2 will set a screen on the high post defender. #5 steps into the mid-lane area and will look for the pass from #1.

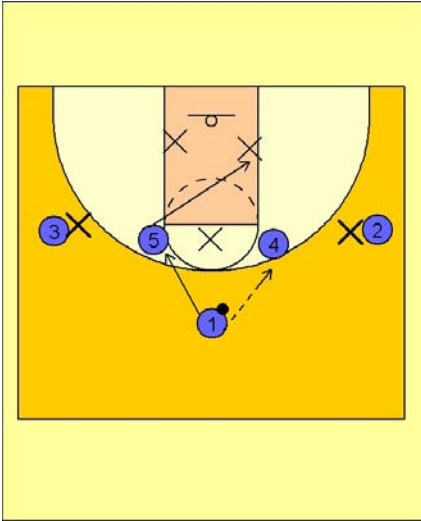
Triangle and Two Set Play (4)



On the catch, #5 could have a dump off pass to #3 if the back side low defender comes up to help on the pass to the mid-lane area.



Triangle and 2 set play (5)



Triangle and Two Set Play (5)

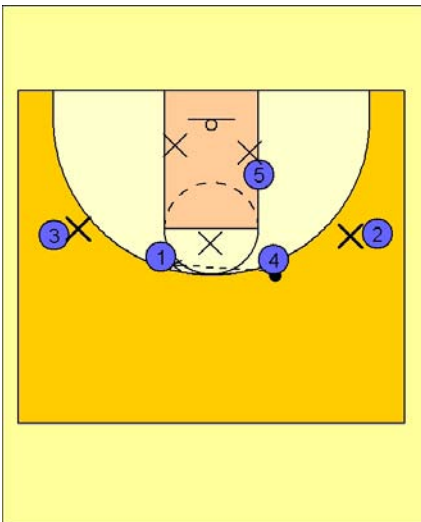
1-4 high alignment to begin.

#2 and #3 are the players being denied.

#1 enters the ball to either post. Here we see #1 pass to #4 on the right elbow.

On the pass, #5 is diving to the ball side low block trying to get good post position in front of the low defender.

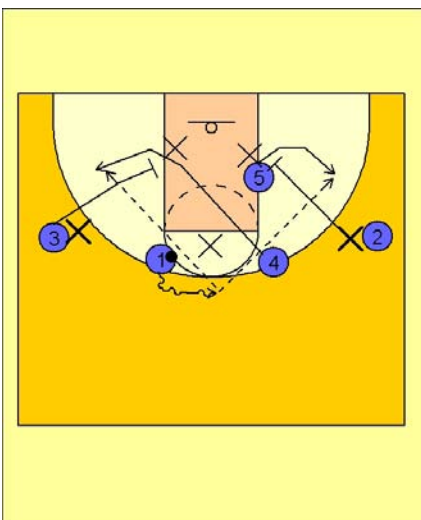
After passing, #1 cuts to the opposite FT line elbow and replaces the spot just vacated by #5.



Triangle and Two Set Play (5)

You have two options here to get an open mid-range jump shot on either wing / corner area.

If #5 does not receive the ball, #4 will reverse the ball to #1. #1 and #4 need to stay above the top defender in order to make this pass.



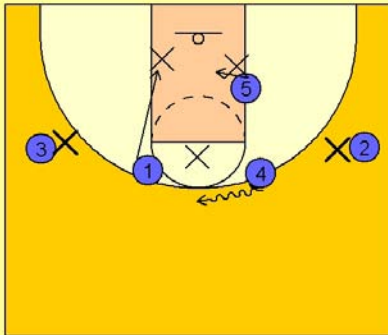
Triangle and Two Set Play (5)

#1 now centers the ball while #4 cuts down into the lane near the basket.

#4 and #5 now break out to either mid-wing or mid-corner area for a 12 foot jumper off the down screen from #2 and #3.

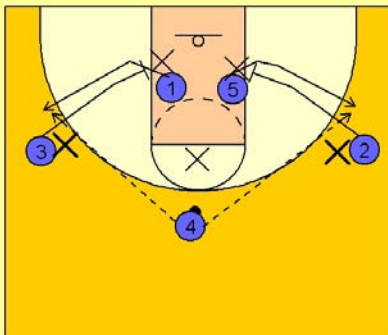


Triangle and Two Set Play (5)



If #1 was not open when he cut up to the FT line elbow, or if you want to get #1 a shot, #4 can dribble the ball to the top of the key while #1 cuts down to the block.

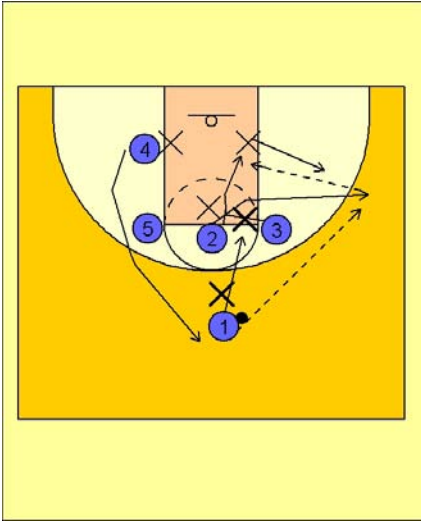
Triangle and Two Set Play (5)



#1 and #5 will now cut out to the mid-wing or mid-corner area looking for a short jumper off the down screen from #2 and #3.



Triangle and 2 set play (6)



Triangle and Two Set Play (6)

Play starts with #5, #2 and #3 across the foul line.

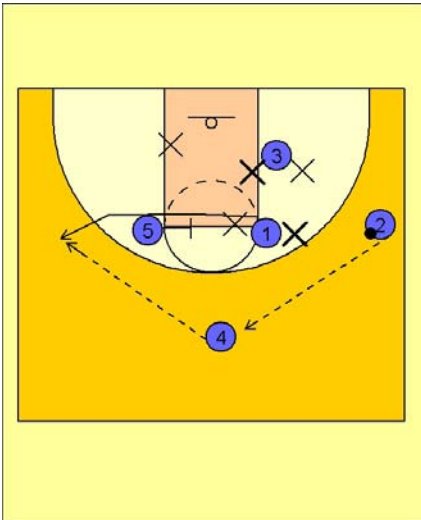
#1 and #3 are the players being denied.

#3 sets a pick for #2 on the top man of the triangle to force the bottom right of the triangle to come out and defend #2 on the right lower wing.

#3 will roll to the low block just in case his defender helped on the screening action.

#4 cuts to the top of the key on the pass to the right wing player #2.

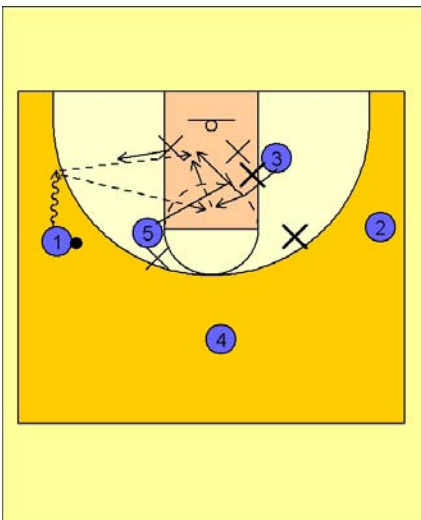
#1 passes to #2 and cuts to the FT line right elbow.



Triangle and Two Set Play (6)

On the pass from #2 to #4 on top, #1 breaks to the left wing off the screen from #5 at the FT line.

The ball gets quickly reversed from #2 to #4 to #1 - thus making the defense work from sideline to sideline while reacting to the pass up to the top and to the wing.



Triangle and Two Set Play (5)

On the catch, #1 will push the ball toward the corner with the dribble, bringing the lower defender out to help on penetration.

#5 will then cross down and set a screen on #3 which should leave #3 wide open in the middle of the lane.

#1 will pass to #3 for the open jumper. #5 immediately rolls to the left block if the defense reacts to the pass to #3. #5 could receive the pass from #3 or #1.

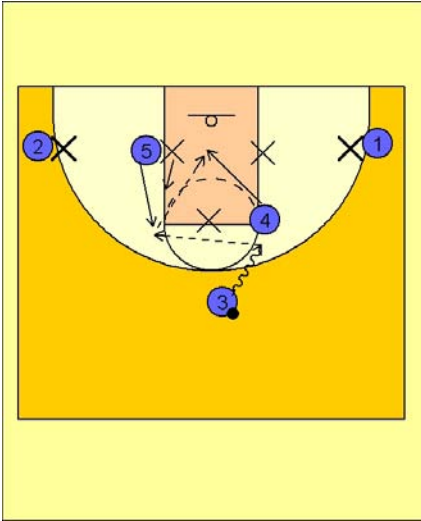


Triangle and Two

Quick Hitters



Triangle & 2 quick hitters



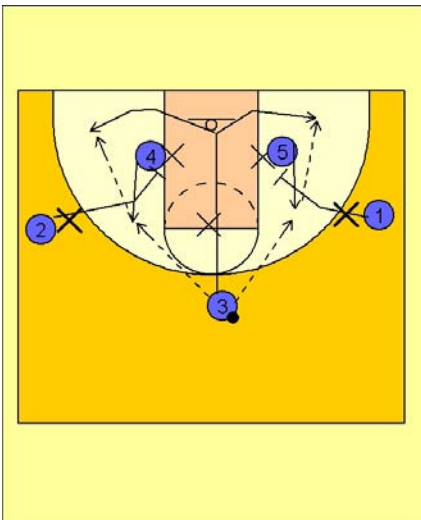
Triangle and Two Quick Hitter (1)

#1 and #2 are being denied in the corners.

The play starts with #3 driving at #4 on the FT line right elbow.

As he reaches #4, #3 will pass across to #5 cutting up to the opposite elbow.

As #3 passes to #5, #4 is cutting to the mid-lane area looking for the pass back from #5.



Triangle and Two Quick Hitter (2)

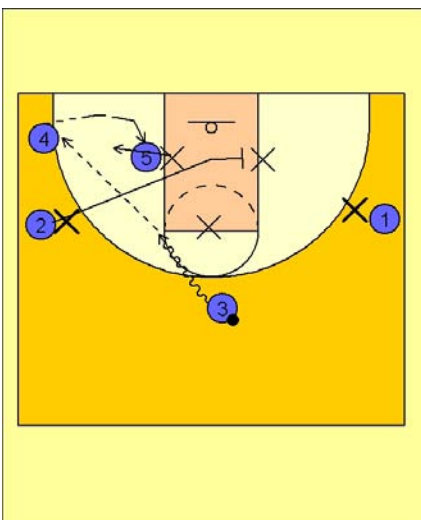
#1 and #2 are the players being denied on the wings.

#4 and #5 are on the low blocks with #3 with the ball on top.

The quick hitter starts with #1 and #3 setting a down screen on the low defenders in the Triangle.

#4 and #5 step up the lane over the screen to receive the pass on either mid-wing area.

After passing, #3 cuts under the basket and out to the ball side short corner area. #5 will dump the ball to #3 who attacks the rim.



Triangle and Two Quick Hitter (3)

#1 and #2 are your players being denied on the wings.

#5 on the left low block with #4 in the left corner.

Quick hitter starts with #3 driving to the left elbow area and passes out to #4.

On the drive, #2 is cutting before the pass and screening the backside low defender.

#4 will look inside to #5, who should be open with the ball side defender stepping out a bit to guard #4.



Attacking The

1 - 3 - 1

Half Court Trap

During the basketball season I will get several e-mails from coaches looking for any suggestions on attacking a particular type of defense.

I can tell you without question the number one request I get is “attacking junk defenses”. We hope we have done a good job addressing that question to this point.

The second most requested is information on “attacking the 1-3-1 half court trap”. In this chapter we will look at attacking the classic 1-3-1 trap that many high school teams struggle with from season to season.

Here are some key points to remember when attacking all half court traps, but the 1-3-1 in particular:

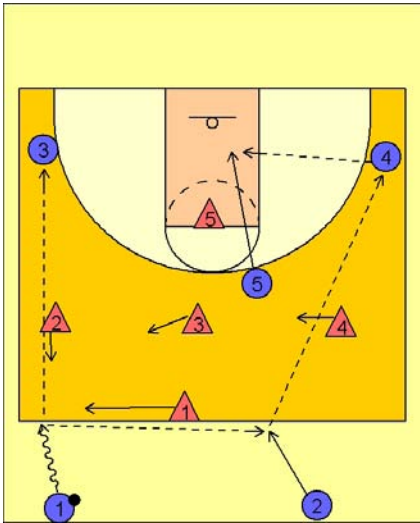
- 1) The standard rule against zone defenses applies here — even front against odd front defenses, odd front against even front defenses. We do offer you a 1-3-1 attack (matching the defense) in this section (which includes some ball screens), but for the most part, we suggest attacking with a two guard front.
- 2) As with attacks against any zone defense, push the ball up the floor before the defense has a chance to get set.
- 3) Mix up dribble penetration, pass fakes and skip passes to beat the defense. Avoid lob passes over the defense — they are counting on you attacking it this way.
- 4) You will need to keep two players in a proper passing angle and short distance away from the person being trapped. Consider spreading the floor with your two back offensive players — make the distance the defense has to cover as long and as difficult as possible and then use the over-the-top pass.
- 5) Work on first inviting and then beating the initial trap of the 1-3-1 in practice. Dribble retreats, pivoting out of pressure and step through should be taught. Normally, the first decision you make out of the initial trap will determine the success rate of that possession.

Here is a crazy thought. If the 1-3-1 half court trap is such a big obstacle in your season — or perhaps a stone wall keeping you from winning a conference or state championship — why not consider adding it to your defensive arsenal? Nothing better preparing for the 1-3-1 half court trap than teaching your players how to use it and work against it each day in practice. Just a thought...

Let's look at some ideas for
attacking the 1-3-1 half court trap.



Attacking 1-3-1 trap (1)



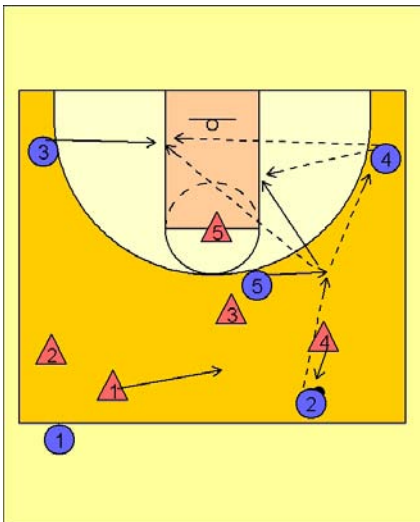
Attacking The 1-3-1 Half Court Trap (1)

Use a 2-1-2 offensive set.

Have your two guards on each side of the point defender. Have two offensive players deep up the sidelines on each side of the one deep defender and beyond the three-across defenders.

Have #1 dribble a little toward one side to try and get the point defender and the zone to commit to that side. #1 can make the pass over-the-top of the zone up the sideline, or can quickly make the reverse pass to the opposite guard, #2, who is still behind (neither have crossed the 10-second line yet).

It is important to teach your off guard to always remain "behind" the ball a bit so the passer has an angle to deliver the pass.

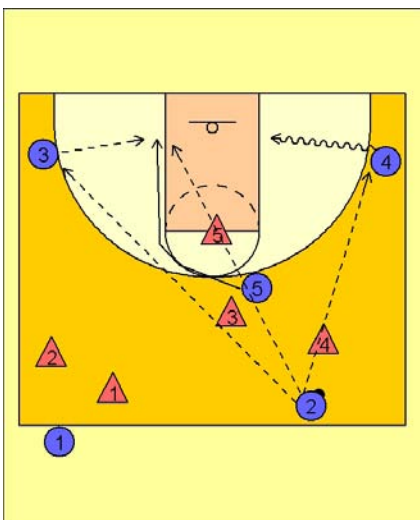


Attacking The 1-3-1 Half Court Trap (1)

Now #2 can look for the pass up his sideline, or dribble penetrate if the zone is shifted out of position. They may try to trap here so he / she needs to learn to pass up the side quickly before the trap arrives.

If the middle back defender, X5, slides over to the sideline to prevent that pass, then have your middle player #5 drop to the basket in the middle and hit him with the pass over-the-top.

A couple of lay-ups later and they will drop the press. Another option....if X3 and X4 attempt to trap #2, then #5 can slide to that sideline for the pass from #2.



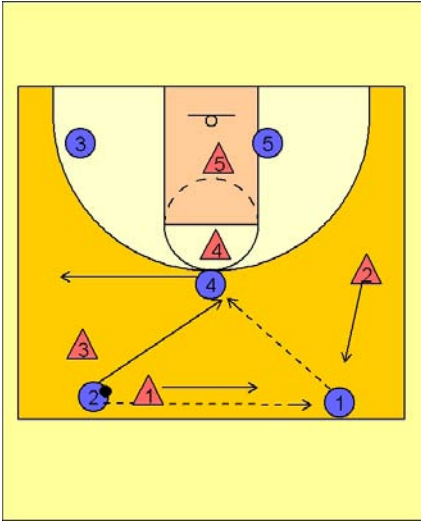
Attacking The 1-3-1 Half Court Trap (1)

At anytime, the guards should look to make the over-the-top pass to either corner player, #3 or #4.

This action will keep the defense honest and spread, allowing you to attack the floor with better passing and driving opportunities.



Attacking 1-3-1 trap (2)

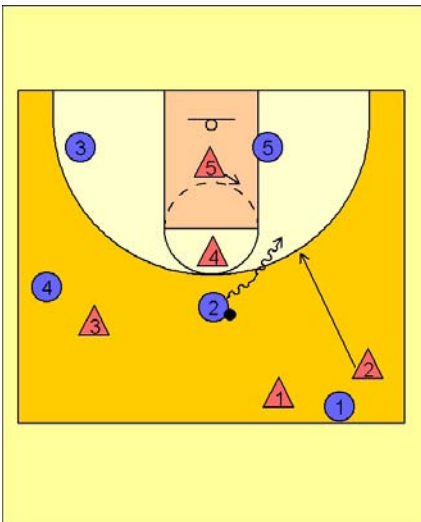


Attacking The 1-3-1 Half Court Trap (2)

The traps come hard so you go from sideline to sideline and switch the middle and top spots.

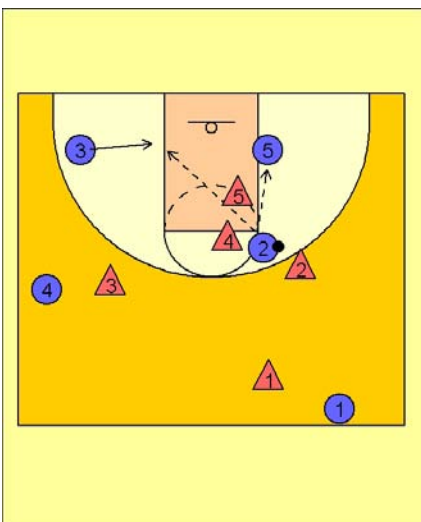
Once you reverse the ball a few times, the defense will break down allowing you to get the ball in the middle. The key here is that because of the trap up top, X2 is out of position and must recover. This is when the middle player, #2 in this case can attack that side.

Again, it is important for #1 to stay behind the basketball a bit so he can receive the pass from #2.



Attacking The 1-3-1 Half Court Trap (2)

Once the middle is penetrated successfully, the defense will collapse there to trap. So you must pass the ball quickly. In this case, you should have at least 1 player open depending on how X5 is defending.



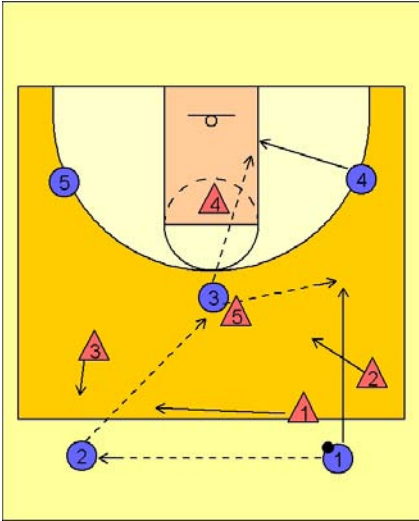
Attacking The 1-3-1 Half Court Trap (2)

The key is patience and continuous ball reversal, making the defense work to defend you.

And constant motion, stationary players are too easy to guard.



Attacking 1-3-1 trap (3)

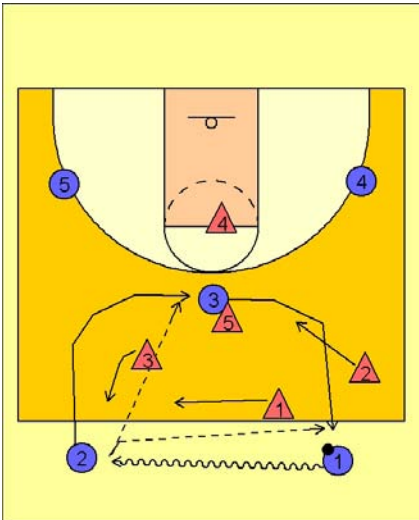


Attacking The 1-3-1 Half Court Trap (3)

#1 brings the ball up court and #2 stays even with #1. Prior to crossing the half court line, #1 passes to #2. (Remember, this is against a trap defense that is wanting to trap in the corners immediately once you cross the line.)

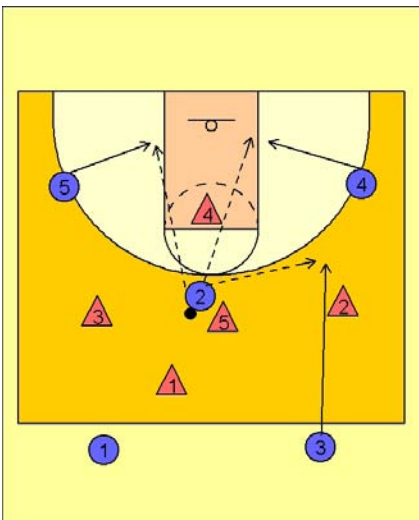
After passing to #2, #1 crosses halfcourt. #2 quickly passes the ball to #3 at or near the top of the key. #3 looks for #4 cutting to the basket or #1 on the wing to start the offense.

Again, #2 stays behind the basketball a bit so he can be in the proper passing angle to receive the pass from #1.



Attacking The 1-3-1 Half Court Trap (3)

#1 has the ball and, if the passing lane is blocked, dribbles to replace #2. #2 cuts to replace #3 and #3 replaces #1. #1 looks to pass to #2 or back to #3. #3 will pass to #2 and cut across half court.

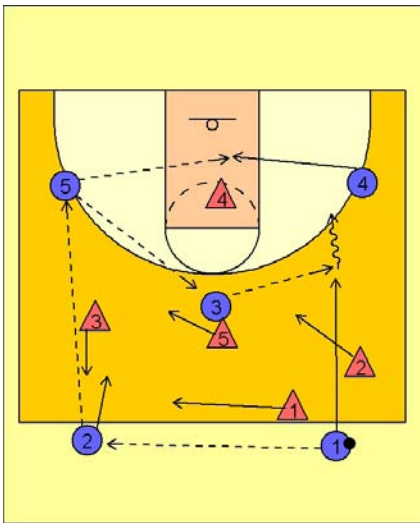


Attacking The 1-3-1 Half Court Trap (3)

#2 looks for #4 or #5 at the basket or #3 on the wing.

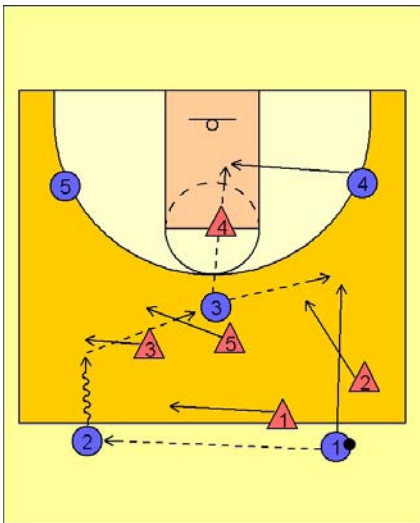


Attacking The 1-3-1 Half Court Trap (3)



#1 has the ball, reverses it to #2 and crosses half court. #2 passes ahead to #5 in the corner and crosses half court. #5 looks for #4 cutting to the basket or #3 at the top of the key. #3 can reverse to #1 to start the offense.

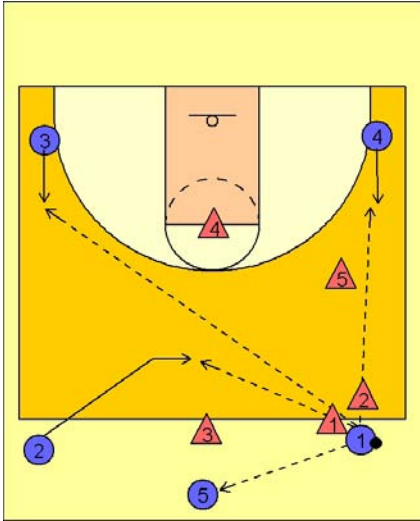
Attacking The 1-3-1 Half Court Trap (3)



#1 has the ball, reverses it to #2 and crosses half court. #2 dribbles across the half court line and passes to #3 coming to the pass. #3 looks for #4 at the basket or #1 on the wing.

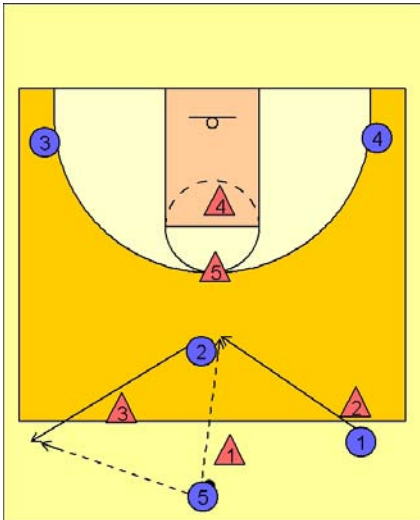


Attacking 1-3-1 trap (4)



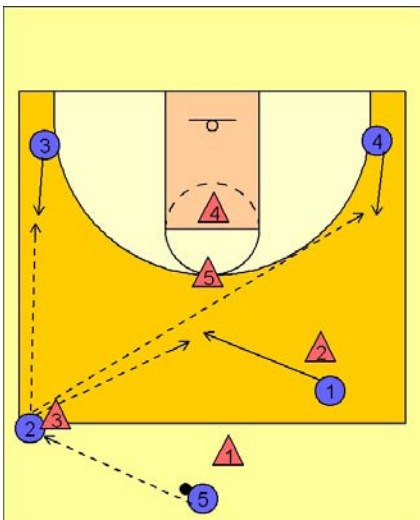
Attacking The 1-3-1 Half Court Trap (4)

1 has the option of passing to 3 or 4 (who come to the ball), or reversing to 5. 2 could cut into the middle if it is open, or if the pass to 5 is denied.



Attacking The 1-3-1 Half Court Trap (4)

On ball reversal, #5 can look into the middle for #1 cutting in, and then will look to pass to #2 on the left side.

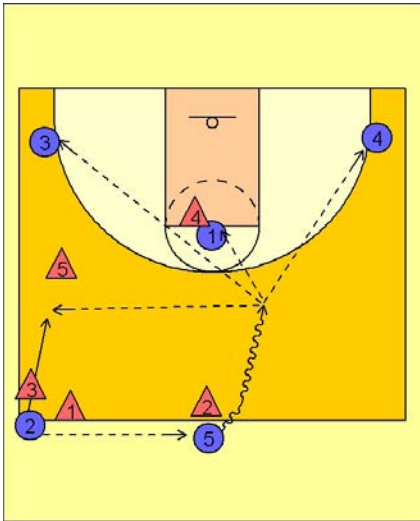


Attacking The 1-3-1 Half Court Trap (4)

Here 5 reverses to 2, who can pass to 3 or 4 or 1 cutting up the middle.



Attacking The 1-3-1 Half Court Trap (4)

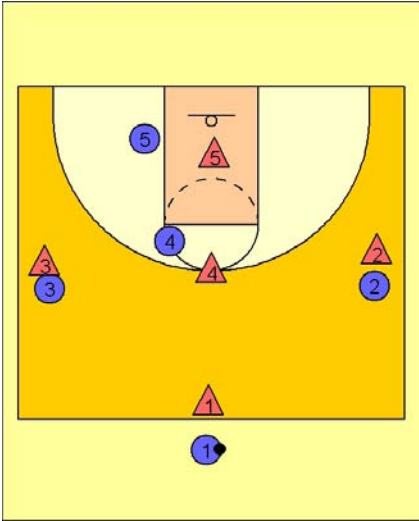


Or 2 can pass back to 5, who can dribble across mid-court then pass to 3 or 4 in the corners, to 1 at the high post, or to 2 breaking up the sideline.

The earlier cut by 1 is intended to draw one or more defenders away from centre court.

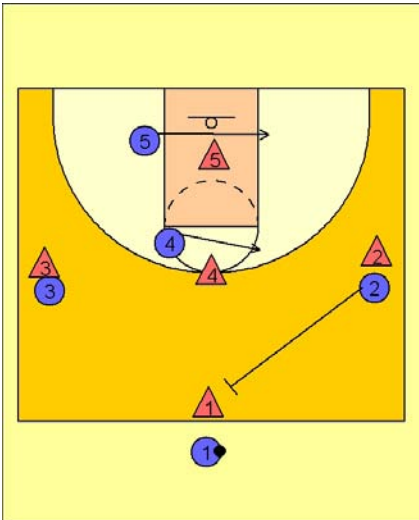


Attacking 1-3-1 trap (5)



Attacking The 1-3-1 Half Court Trap (5)

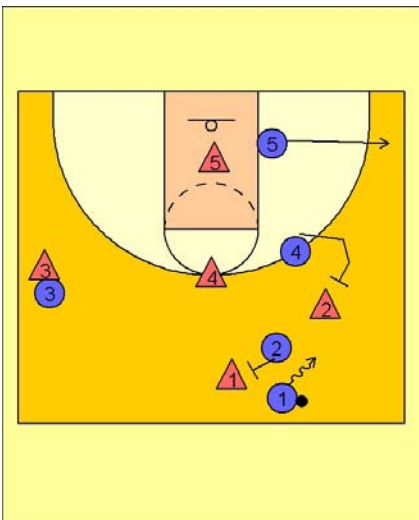
1 calls play with fist.



Attacking The 1-3-1 Half Court Trap (5)

2 sets 1st pick on point defender.

5 starts to cut to far right corner.



Attacking The 1-3-1 Half Court Trap (5)

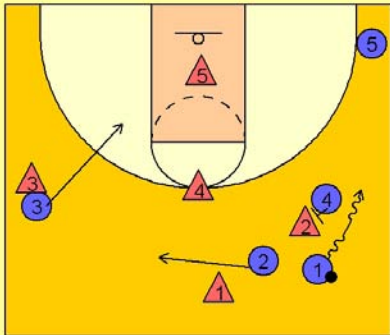
2 holds pick on point defender.

4 cuts out to wing for 2nd pick.

5 cuts out to corner.



Attacking The 1-3-1 Half Court Trap (5)

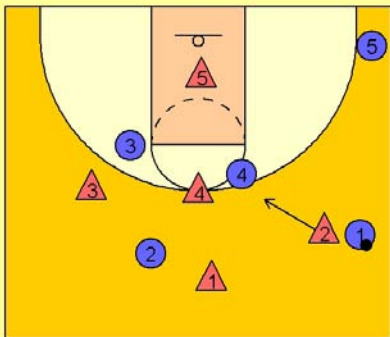


1 continues past 1st pick and past 2nd pick from 4 .

3 cuts towards basket.

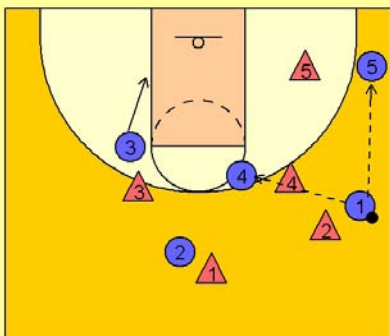
5 stays open in corner.

Attacking The 1-3-1 Half Court Trap (5)



1 is stopped by a defender and 4 rolls towards foul line.

Attacking The 1-3-1 Half Court Trap (5)



1 is cut off by defender and passes to 5 in corner or 4.

4 rolls off pick to foul line with hand up.

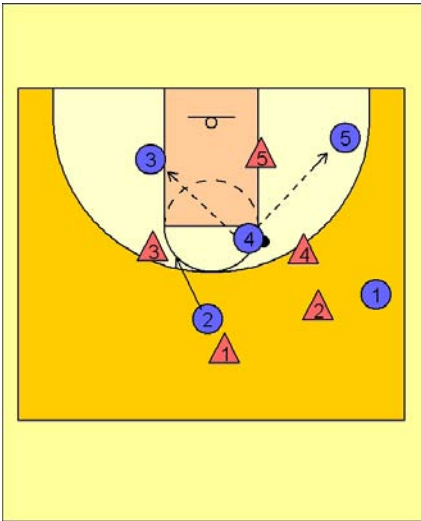
3 cuts towards left side of basket.



Attacking The 1-3-1 Half Court Trap (5)

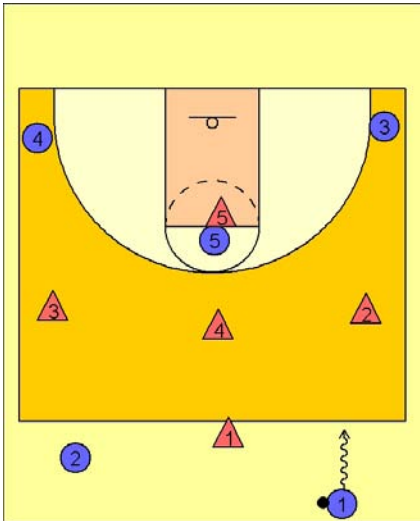
4 faces basket and shoots or drives to basket OR passes to 3 or 5.

2 follows play into lane for rebound.





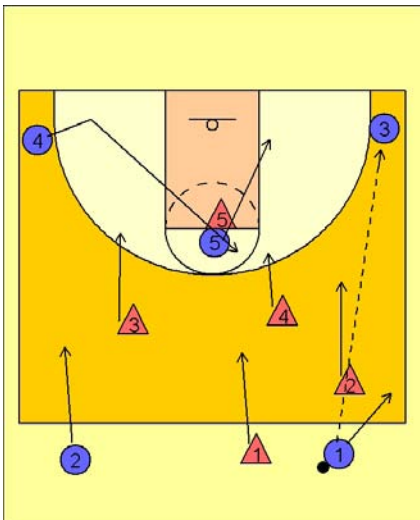
Attacking 1-3-1 trap (6)



Attacking The 1-3-1 Half Court Trap (6)

2-1-2 alignment to begin. #3 and #4 spread the floor and will set up in the baseline corners.

This look will already begin some panic with the defense as they now have much more floor to cover on each pass.



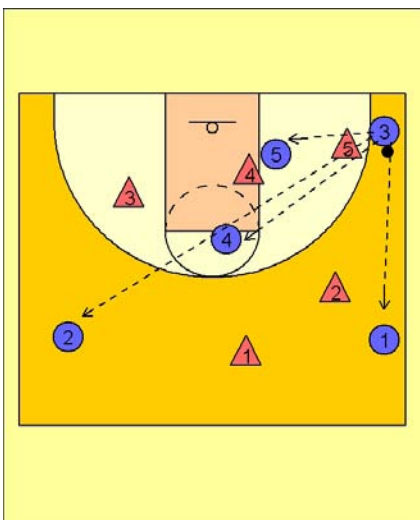
Attacking The 1-3-1 Half Court Trap (6)

#1 will invite the trap from #1 and #2. #1 will look to throw over the top to either #3 or #5, or quickly reverse the ball and attack the other side of the floor.

#1 passes to #3 in the corner, while #5 cuts from the foul line to the ball-side block.

#4 makes a V-cut to the baseline and breaks to the top of the key.

#2 breaks to the ball side and then fades to the weak-side wing area.



Attacking The 1-3-1 Half Court Trap (6)

#3 uses the following progression for looks:

- 1) #5 in the post.
- 2) #4 at the ball-side elbow.
- 3) Cross-court skip pass to #2.
- 4) Safety release back to #1 near half-court.

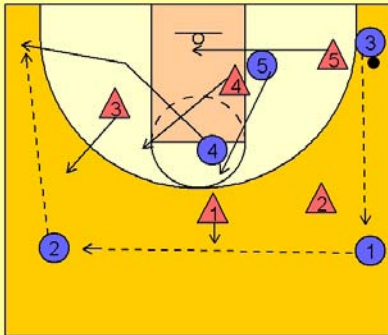


Attacking The 1-3-1 Half Court Trap (6)

To catch the defense off balance, you can execute a quick ball reversal.

In this instance, #4 breaks to the weak-side corner, while #5 breaks to the ball-side elbow.

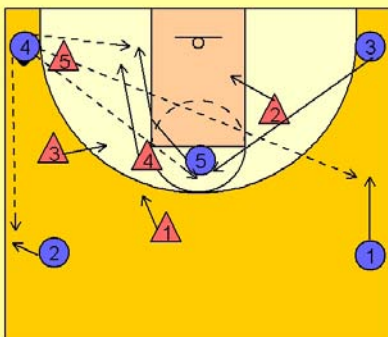
#3 passes to #1, who quickly reverses the ball to #2, who swings it to #4 in the corner.



Attacking The 1-3-1 Half Court Trap (6)

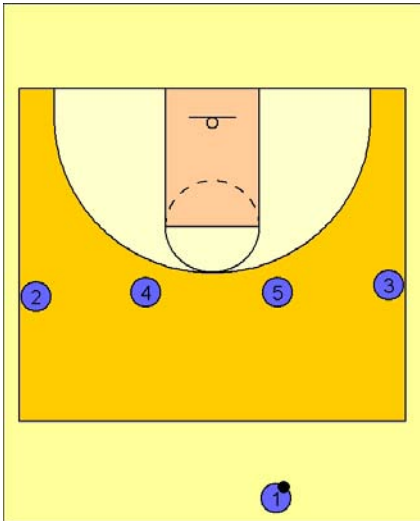
Once #4 gets the ball on the quick reversal, #5 posts up on the ball-side low block looking for an entry pass, #3 breaks to the ball-side high post, #1 fades to the weak-side wing area, looking for a possible skip pass and #2 remains on top to serve as a safety release.

You should continue to attack the defense in this manner for the rest of the possession, or run your normal zone offense if they move back into a normal 1-3-1 zone defense.





Attacking 1-3-1 trap (7)

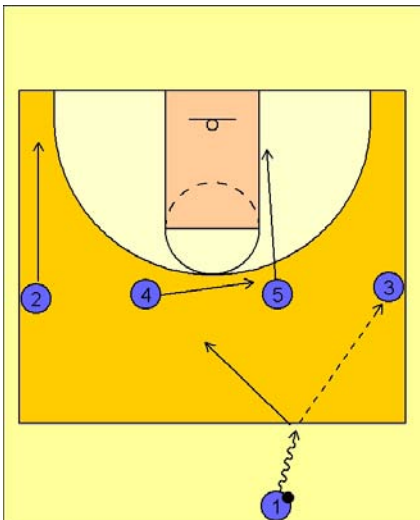


Attacking The 1-3-1 Half Court Trap (7)

I am a big believer in giving zone defenses different looks before attacking, and this philosophy can and should be used against trapping zones as well.

Here we will show you a 1-4 alignment of attacking the 1-3-1 trap.

With any unusual starting alignment, the defense will have to make a decision on how to move the defense and who to guard. I assure you that they are not working on defending 1-4 press breaking alignments in practice, and you may catch them confused on who should be covering who in this starting alignment.



Attacking The 1-3-1 Half Court Trap (7)

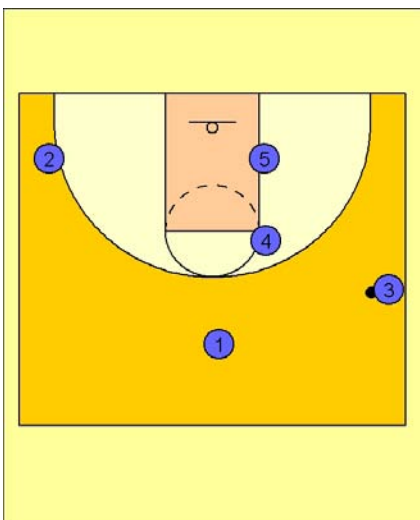
#1 brings the ball up the floor and makes the entry pass to either player.

We will first look at what happens when you enter to either player on the outside.

Here #1 passes to #3.

The ball side post, #5, cuts to the low block.
The opposite post, #4, cuts to the ball side elbow.
The opposite outside player, #2, cuts to the opposite corner area.

#1 passes and cuts into the top of the key area.

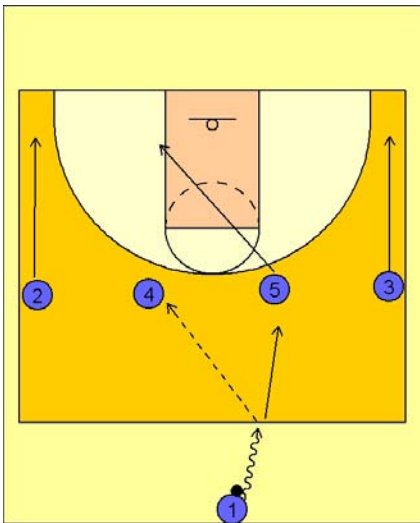


Attacking The 1-3-1 Half Court Trap (7)

You have now broken the early traps in the 1-3-1 and you can run your normal zone offense against a 1-3-1 from here.



Attacking The 1-3-1 Half Court Trap (7)



Let's look at what we do when the ball is passed to either inside player.

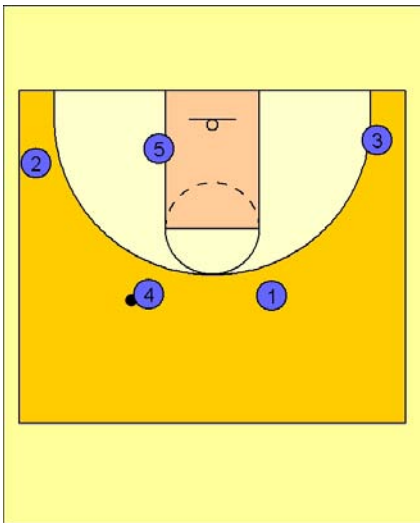
Here #1 passes to #4.

The opposite post player, #5 cuts to the ball side low block.

#2 and #3 cut to the corners.

#1 passes and cuts into the space just vacated by #5.

Attacking The 1-3-1 Half Court Trap (7)



From here you can continue with your normal zone offense.



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