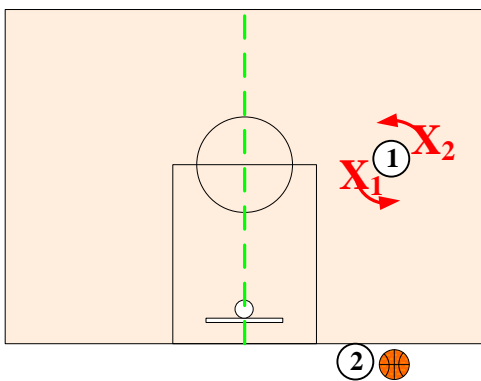


## Double Teaming – On Ball Defense

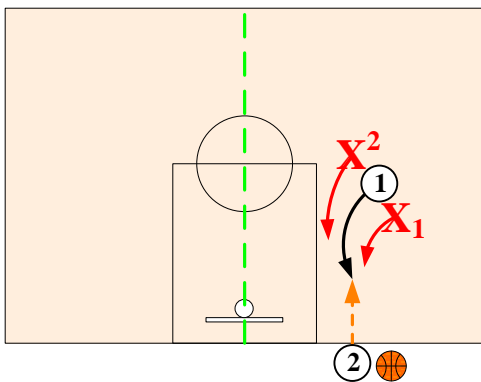
Coaches cannot assume players know how to trap. Trapping or double teaming must be taught and practiced. Successful double teams and traps take teamwork. One defender must contain (block the dribbler's path), while the other defender attacks the ball. Players must know their roles when double teaming. If both defenders attack the ball or both contain, the offensive player will be able to split the trap. In containing the dribbler, the defender should take a charge whenever possible.

In this double teaming drill, an offensive player O1 must advance the ball to half through two defenders. The offensive player is limited to half the width of the court and the ball cannot be inbounded beyond the mid court line. This is a two against one drill since the inbinder is limited to only making an inbounds pass.

**Note:** This double teaming drill is not only good for teaching coordinated double teams, but it is also an excellent offensive drill for inbounding the basketball and advancing it down the court.

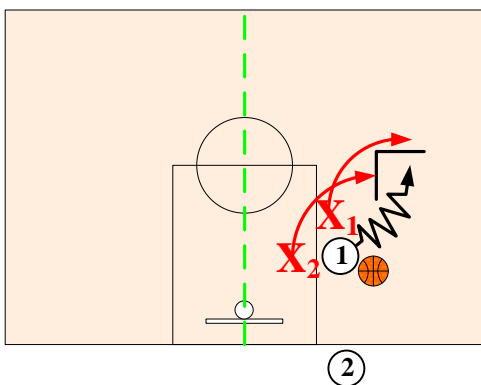


The drill begins with defensive players X1 and X2 denying the inbounds pass to O1. They must use teamwork. Both defenders cannot play behind or in front of the receiver. Defenders should also try to influence the receiver into a corner (primary trap zone).

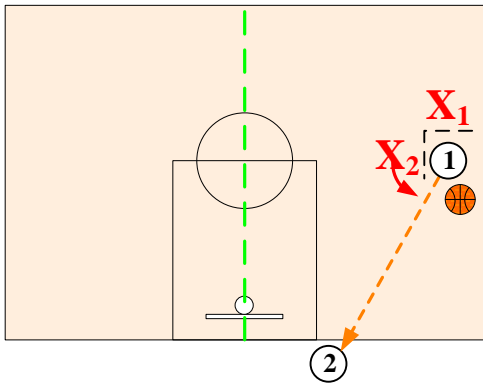


### Double Team

Once the inbounds pass is successful, defenders X1 and X2 then trap the ball handler O1. X1 and X2 must coordinate their trapping efforts. The defender guarding the dribbler must contain while the defender off the ball attacks. "Lock Up" and do not allow ball handler to split the defense.

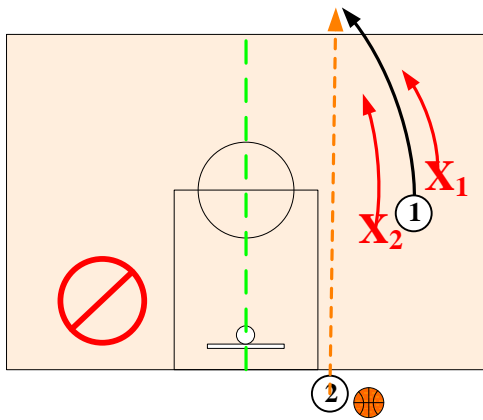


If the dribbler changes direction, the defenders change container and attacker roles. When the defense attacks and traps with teamwork, it can be difficult for the ball handler to advance the ball to half court.



**Reset:** Ball is quickly returned to inbounder on steals, turnovers, and any time the ball handler is trapped or otherwise unsuccessful in crossing half court.

As the ball is passed back to the inbounder, the defenders immediately deny the inbound pass. The inbounding the ball is repeated until the offensive player successfully crosses the mid court line on balance. This could take and often does take multiple attempts by the offensive player.



The ball cannot be inbounded beyond the mid court line. The ball must be advanced across half court by the offensive player.

Also, the imaginary mid court diving line is an out of bounds line just like the sideline.

**Rotation:** Once ball is successfully advanced past half court offensive and defensive players switch roles. On offense, players also alternate between inbounder and ball handler.