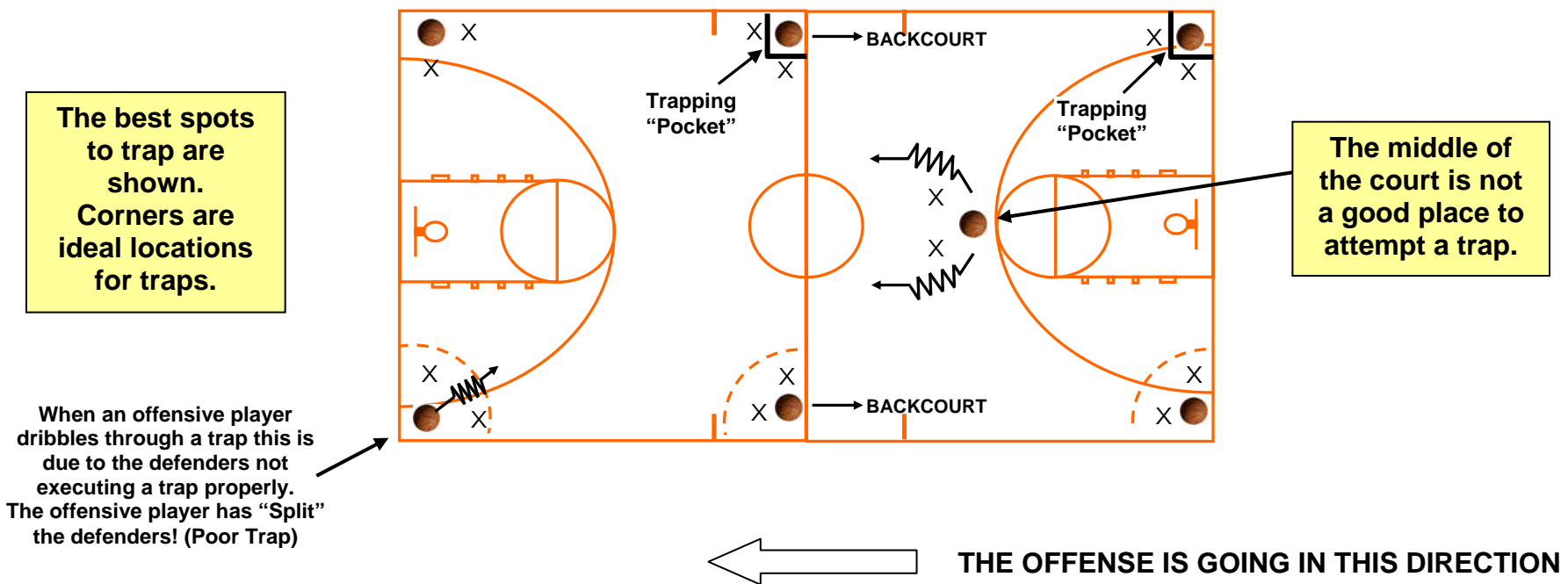


Understanding the Best Places to "Trap" on the Basketball Court

There are certain areas of the basketball court that you want to "steer" the other team into. Stay away from "trapping" in the middle of the court. "Steer" the offense to the areas marked "best places to trap" (see diagram). Keeping the ball out of the middle of the court is to the advantage of a press! Youth basketball players should be taught the best places to trap on the court – then they will be able to understand the concept of how to stay out of traps on offense.



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