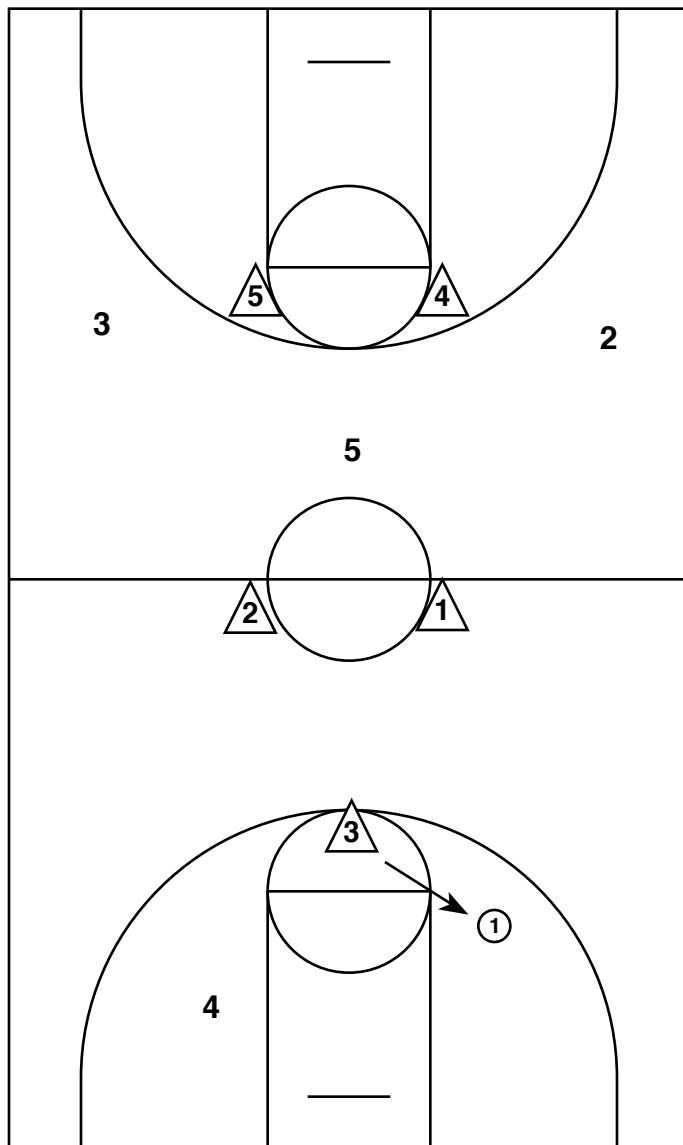
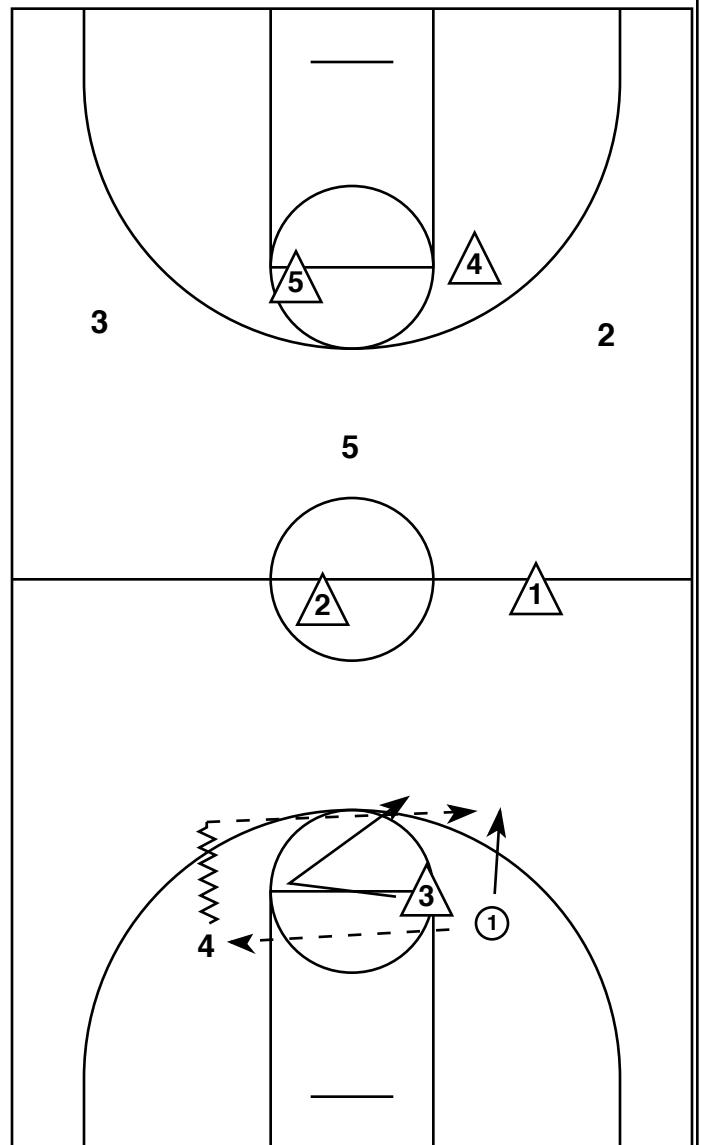


## "12" Defense



"12" Pt. 1

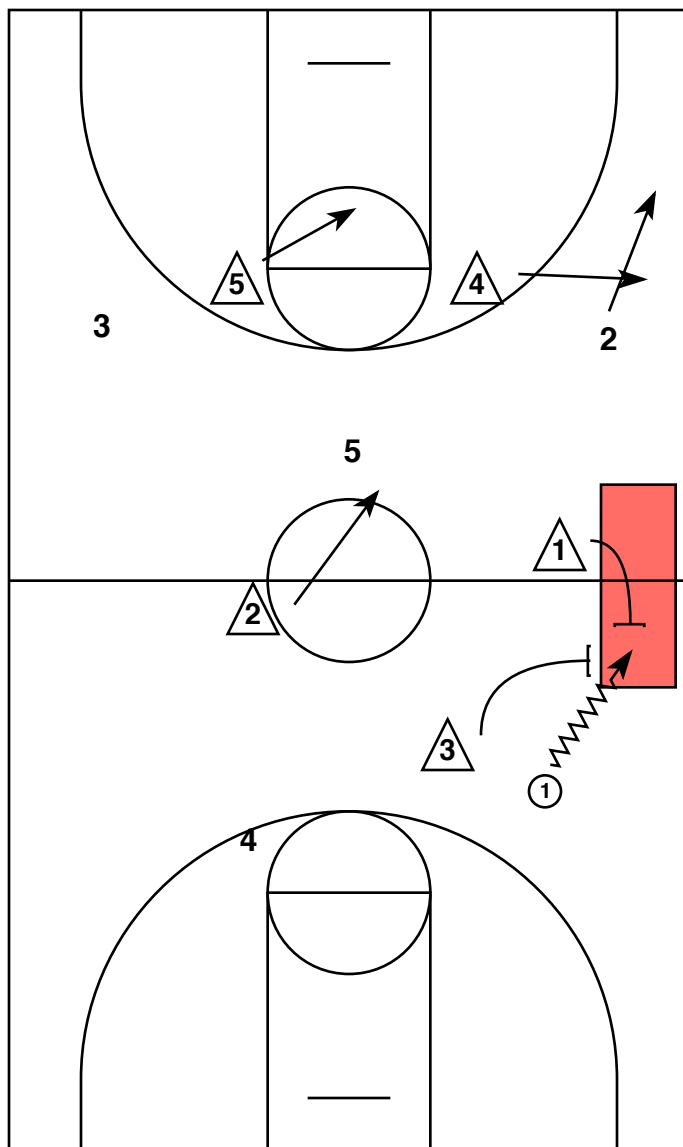


"12" Pt. 2

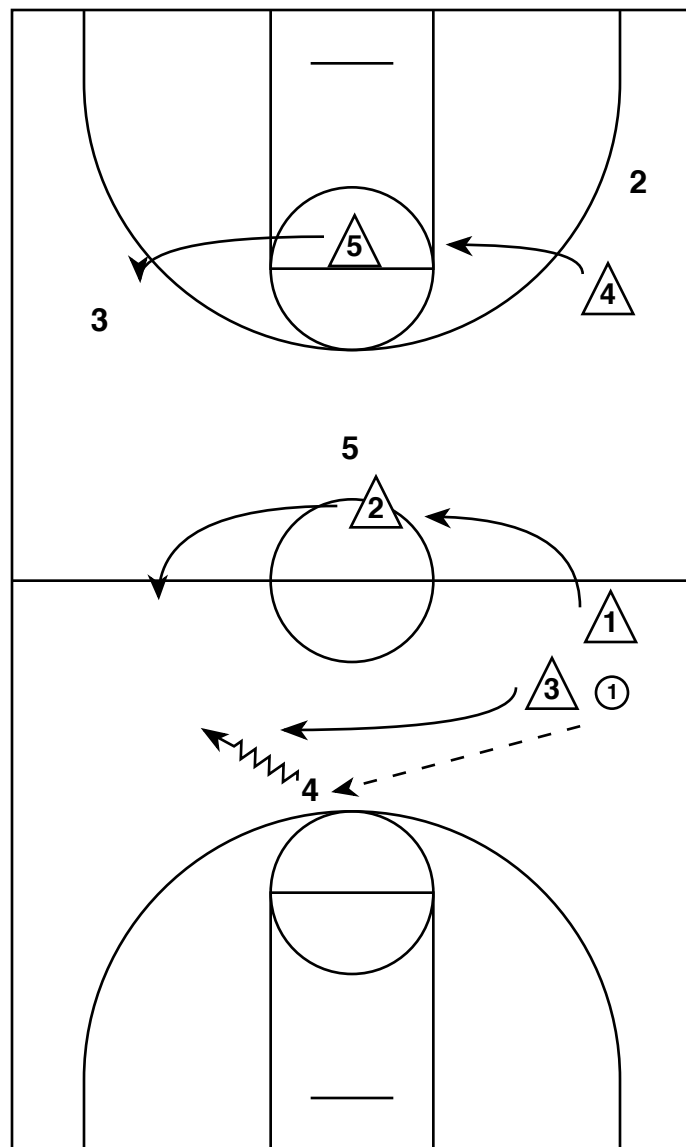
- Top:
  - A) Begin Above FT Line
  - B) Apply Ball Pressure On Inbound
  - \*If Quick Ballhandler, Stunt**
- 1st Line:
  - A) Begin On Jump Circle
  - B) Slide On Dribble, Sprint On Pass
  - \*Nothing Middle!**
- 2nd Line:
  - A) Begin On Elbows
  - B) Slide On Dribble, Sprint On Pass
  - \*Nothing Behind You!**

- Top:
  - A) Ball Pressure **\*Don't Get Beat!**
  - B) On-The-Dribble = Elbows Out
  - C) On-The-Pick-Up = Elbows Up
  - \*DEFLECT PASSES**
- We don't mind reversal passes because it takes time off the clock

## "12" Defense



"12" Pt. 3



"12" Pt. 4

- As the ball approaches half court, we look to influence the ballhandler into the "Trap Box". This is our **Primary Trap**.

- With our Primary Trap set, the remaining 3 defenders must:

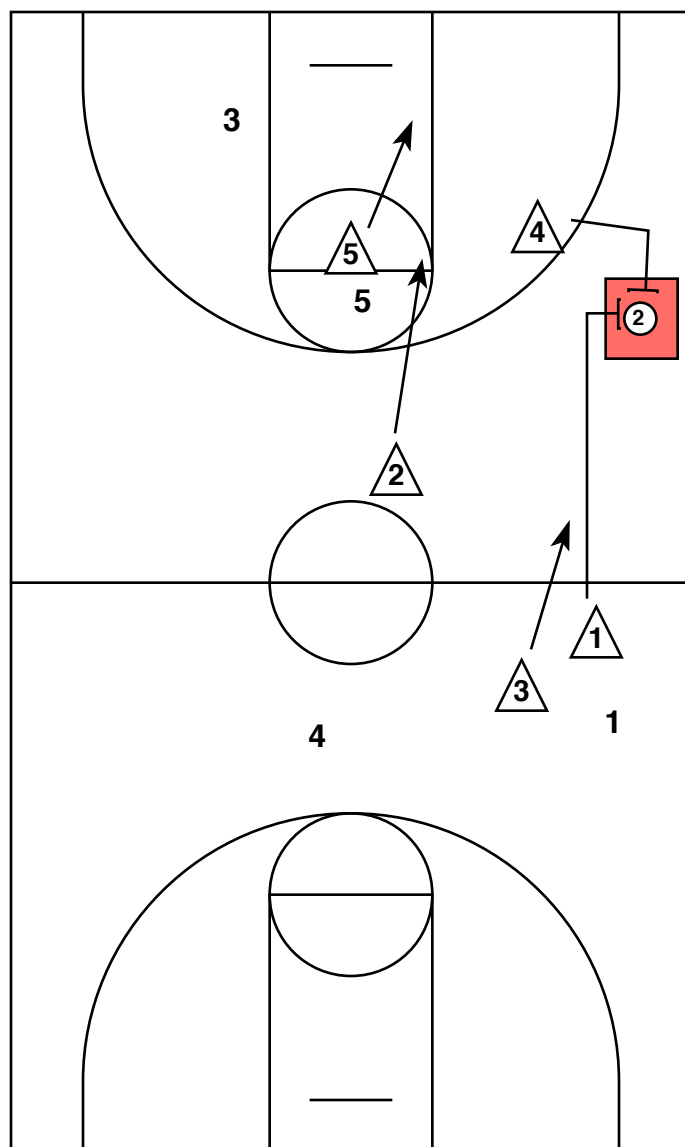
- 1) Take Away Sideline
- 2) Take Away Middle
- 3) Protect The Basket

- When the ball is reversed, all five players must **SPRINT** to position for a second trap

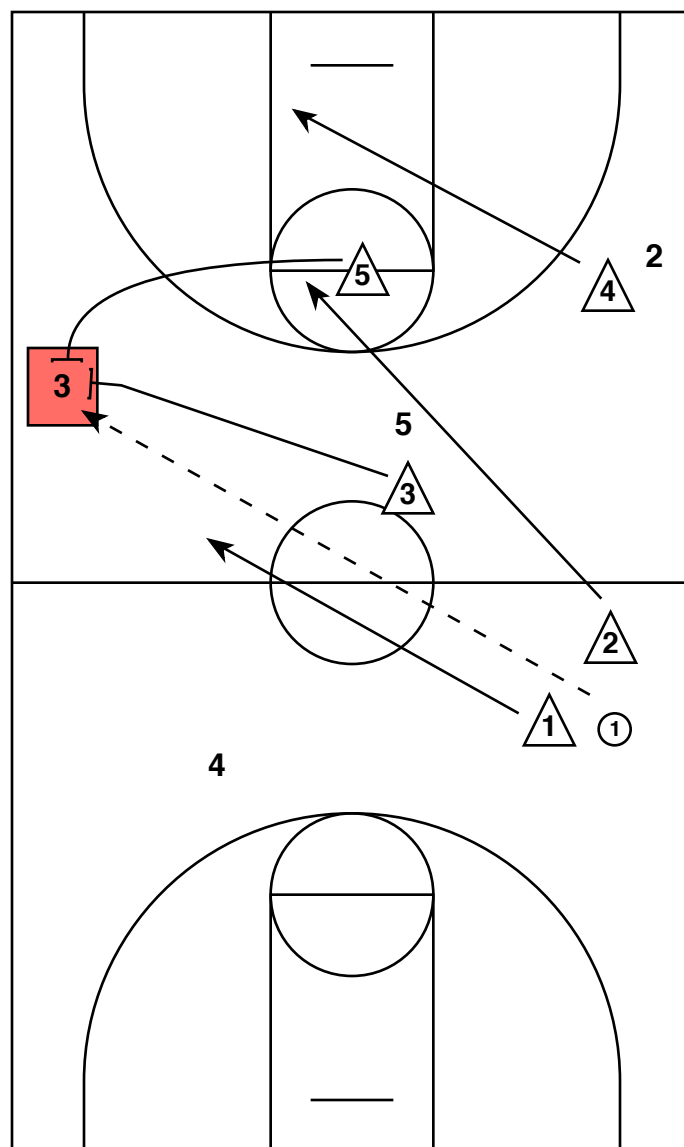
- We **MUST** keep the ball out of the middle. 1st Line & 2nd Line defenders do not release from their positions until they hear a **"Bump"** cue from their teammate.

**\*Note: The best traps usually occur on the scramble action AFTER an attempted Primary Trap**

## "12" Defense



"12" Pt. 5



"12" Pt. 6

- Any time the ball is advanced up the sideline, we go into our **Secondary Trap**

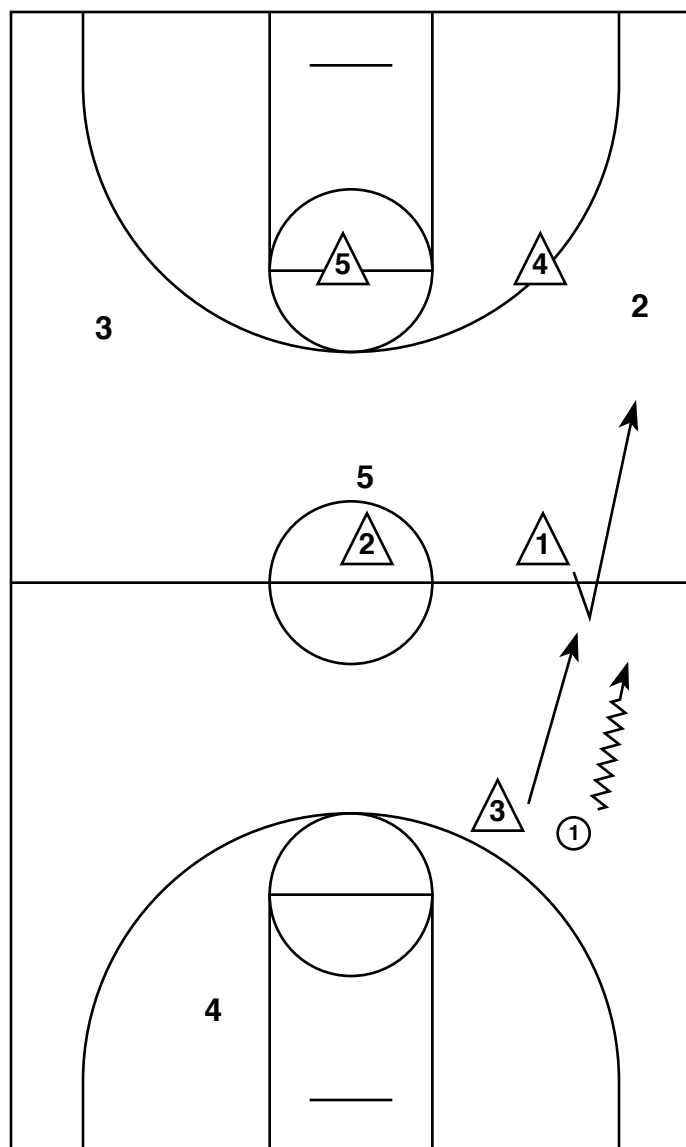
- With our Secondary Trap set, the 3 remaining defenders must:

- 1) Take Away Low Post
- 2) Take Away High Post
- 3) Take Away Reversal

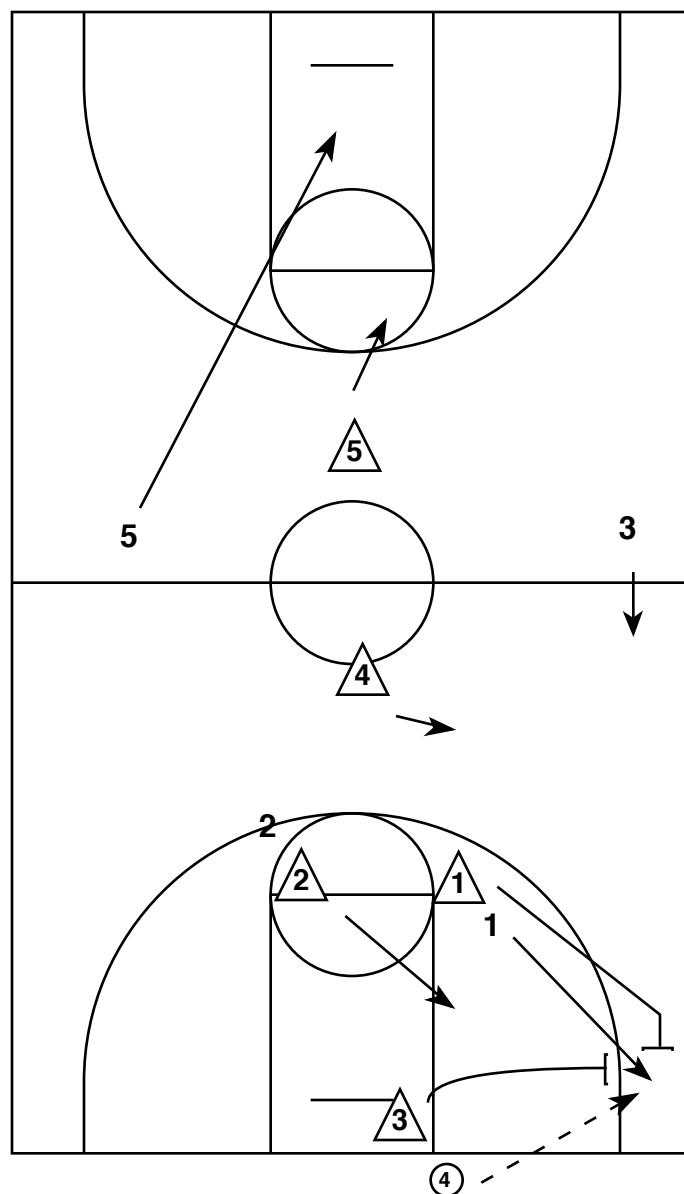
**Note: The defender taking away the high post is in a good position to anticipate a steal off a skip pass**

- A skip pass should be unlikely as we are applying good ball pressure, BUT if it does occur, we automatically rotate into our Secondary Trap positions

## "12" Defense Variations



**"Bluff" (Ahead Late Game)**



**"Black"**

- When ahead in the 4th quarter, we will be "Bluff", which means no trapping **\*Note: The key is to keep people in front of you**

- "Bluff" falls back into "32"

- A 1-2-1-1 press **\*Note: If vs. 4-across pressbreak, defenders match but play BEHIND. Then TRAP.**

- Best used for:  
 1) Behind Late Game  
 2) After Opponent Made FT's  
 3) Dead Balls

- Keys  
 1) Trap 1st Pass & Intercept  
 2) 1 Trap & OUT  
 3) Behind Late Game: No Steal, **"Chicken" IMMEDIATELY**