PRESSURE DEFENSES

1. SHADOW   **X4 DENY POINT GUARD / FRONT & BACK CONCEPT.**
VISUAL = RUB FACE

2. SHADOW TRAP   **X4 WILL LOAD TO THE BALL AND TRAP POINT**
VISUAL = TAP HEAD   **GUARD AT THE HASH MARK IN BACKCOURT.**

3. SHADOW HOLD   **X4 WILL LOAD TO THE BALL AND FAKE TRAP AT**
VISUAL = RUB ARM   **THE HASH MARK IN THE BACKCOURT.**

4. SPY   **TERM FOR DEFENSIVE TEAM IN TRANSITION WHERE**
VISUAL = POINT TO EYE   **THE POINT GUARD DOESN'T GET BACK BUT DENIES**
          OUTLET TO GREAT POINT GUARD.

5. WHITE   **DOWN LATE WITH LESS THAN 28 SECONDS.**
          1-2-1-1 FULL COURT AND SOB . WE WILL TRAP
          ONCE WHEN TEAMS EXPECT US TO FOUL
          IMMEDIATELY.

6. RAT   **2-1-2 ½ COURT CONTINUOUS TRAP**

7. RAT 12   **1-2-2 ½ COURT CONTINUOUS TRAP**

1. SHADOW FRONT & BACK (VISUAL = FACE TO FACE)

A CONCEPT USED AFTER A MADE BASKET TO DENY POINT GUARD / GREAT PLAYER THE BALL.
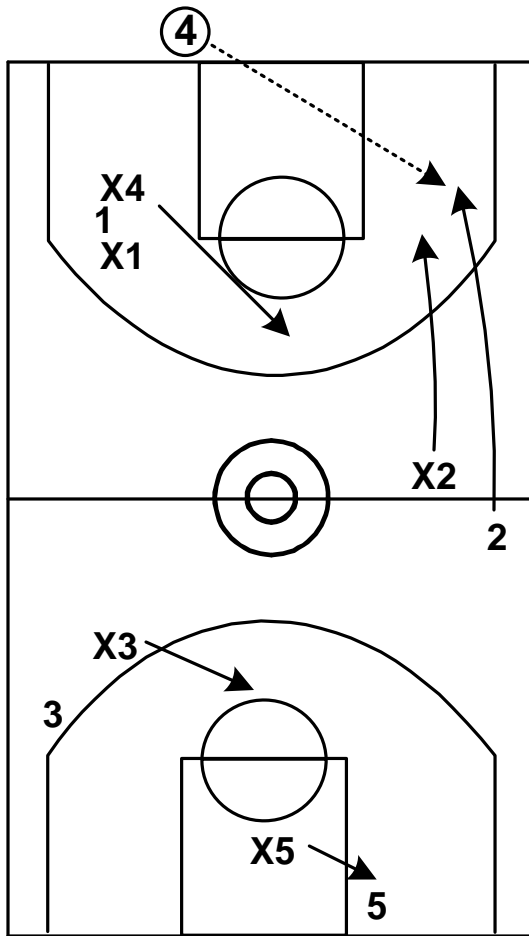
X4 WILL FULL DENY THE POINT GUARD / GREAT PLAYER THE INBOUNDS PASS. X1 WILL PLAY BEHIND.
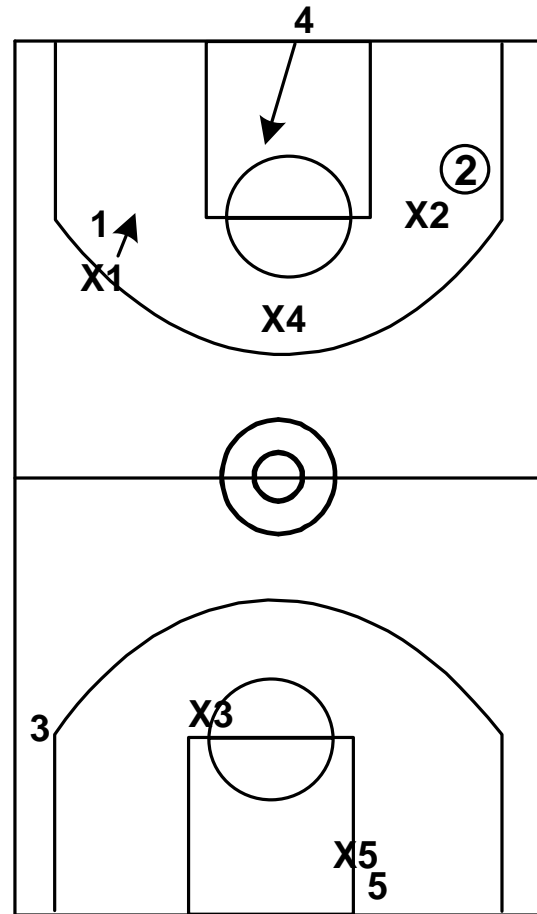
X4 WILL SPRINT TO LOAD POSITION. X1 WILL DENY BALL BACK TO POINT GUARD / GREAT PLAYER.

2. SHADOW TRAP (VISUAL = TAP HEAD)

A CONCEPT WHERE THE TRAIL BIG WILL LOAD TO BALL 8'-10' AWAY. WE WILL LOOK TO TRAP THE BALL HANDLER / GREAT PLAYER AT THE HASH MARK IN THE BACKCOURT.

ROTATION OUT OF TRAP
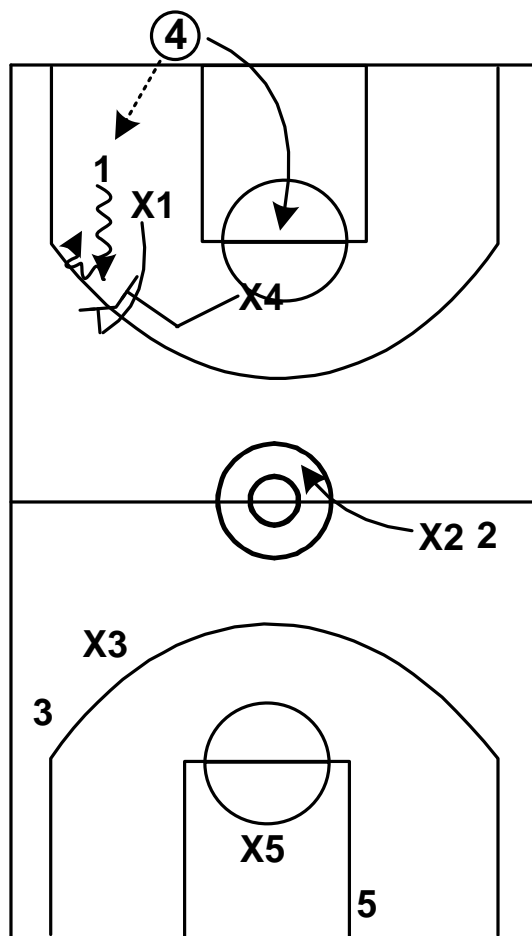
X1 WILL FORCE THE BALL TO THE HASH.
X4 WILL LOAD INTO A TRAP AT THE
HASH MARK. X3 MUST TAKE SIDELINE
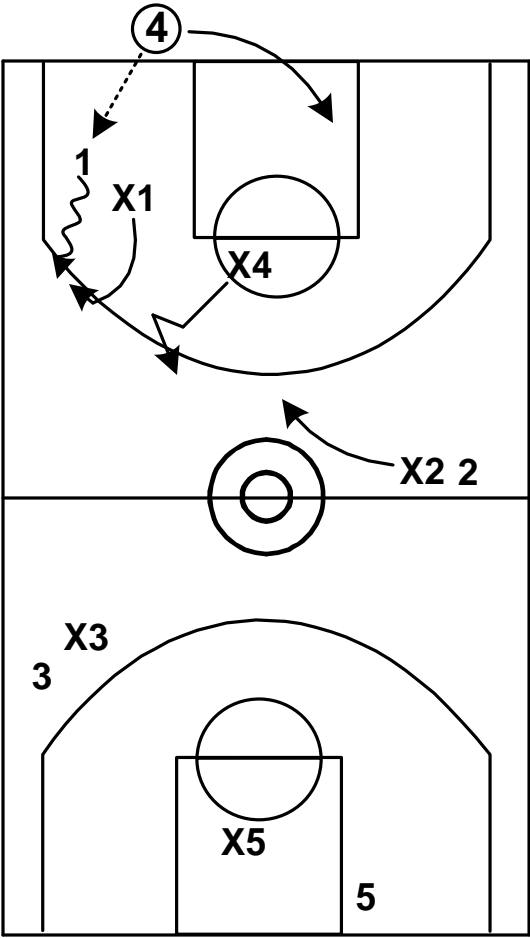PASS AWAY. X2 WILL ZONE / PROTECT
AND X5 WILL PROTECT THE RIM.
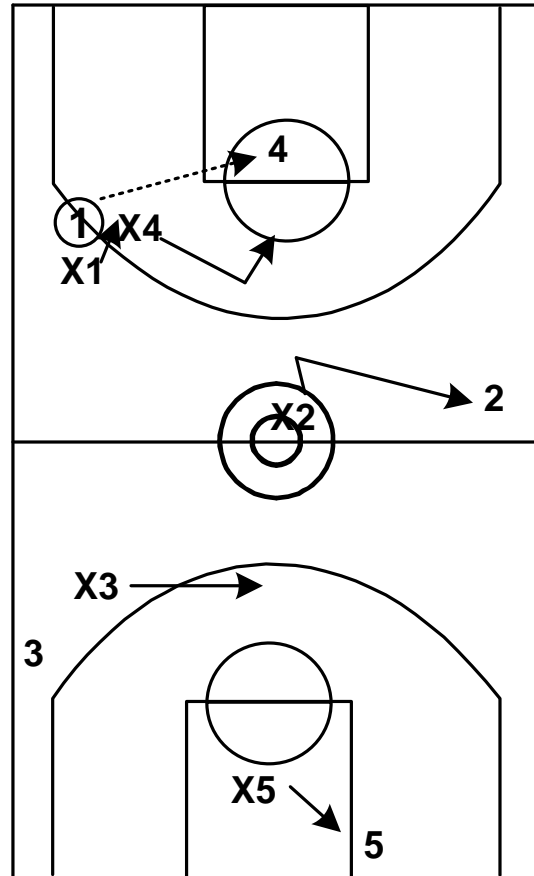
X2 WILL STUNT AT 4.
X4 WILL RECOVER TO HIS OWN.
X1 WILL DENY BALL BACK TO 1.

3. SHADOW HOLD (VISUAL = RUB ARM)

A CONCEPT AFTER A MADE BASKETS WHERE WE ARE FAKING SHADOW TRAP. WE WANT TO KEEP THE POINT GUARD GUESSING.

X4 WILL LOAD TO THE BALL 8' – 10' AWAY. ALLOWING X1 TO GET INTO THE BALL. X4 WILL FAKE TRAP AT THE HASH MARK TO KEEP POINT GUARD GUESSING.

# 4. SPY (VISUAL = POINT TO EYE)

TERM FOR DEFENSIVE TEAM IN TRANSITION WHERE THE POINT GUARD DOESN'T GET BACK BUT DENIES THE OUTLET TO THE OPPONENTS POINT GUARD/ GREAT PLAYER.
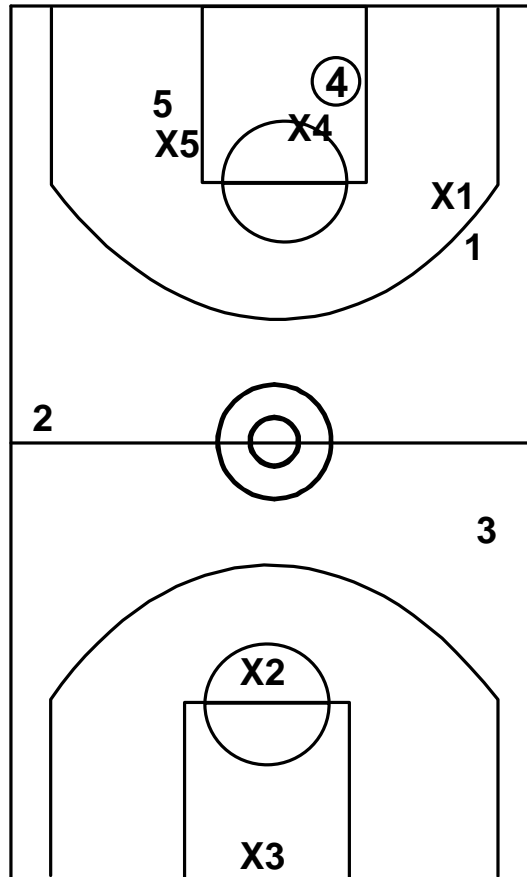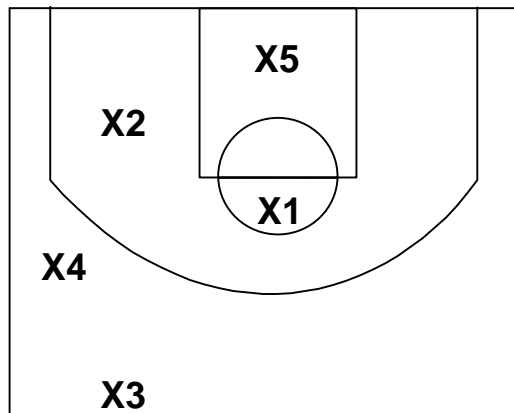
X1 WILL COMMIT TO FULL DENIAL. X2 & X3 MUST BE ALL THE WAY BACK ON THE RAISE OF THE SHOT. X4 & X5 MUST COMMIT TO SPRINT BACK.

5. WHITE (DOWN LATE WITH LESS THAN 28 SECONDS)
WE DON'T FOUL UNTIL AFTER WE TRAP ONCE WHEN TEAMS EXPECT US TO FOUL IMMEDIATELY.
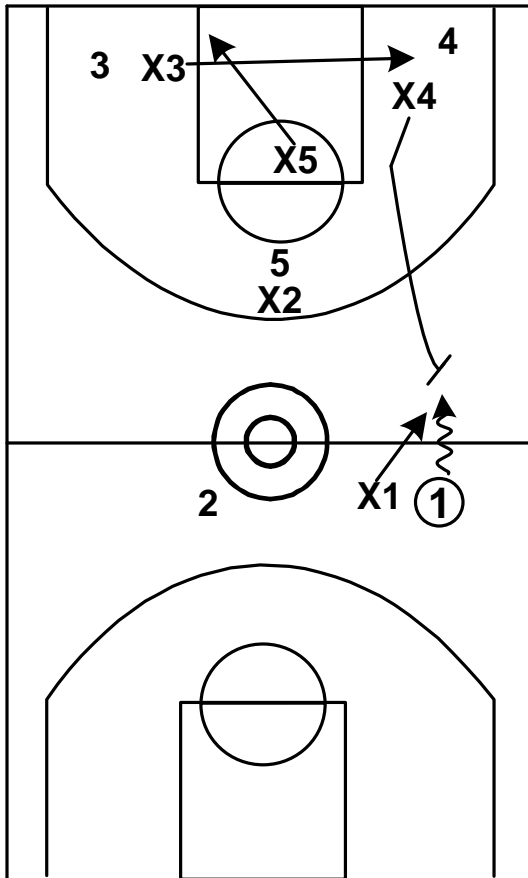
WHITE – FULL COURT

X4

X3

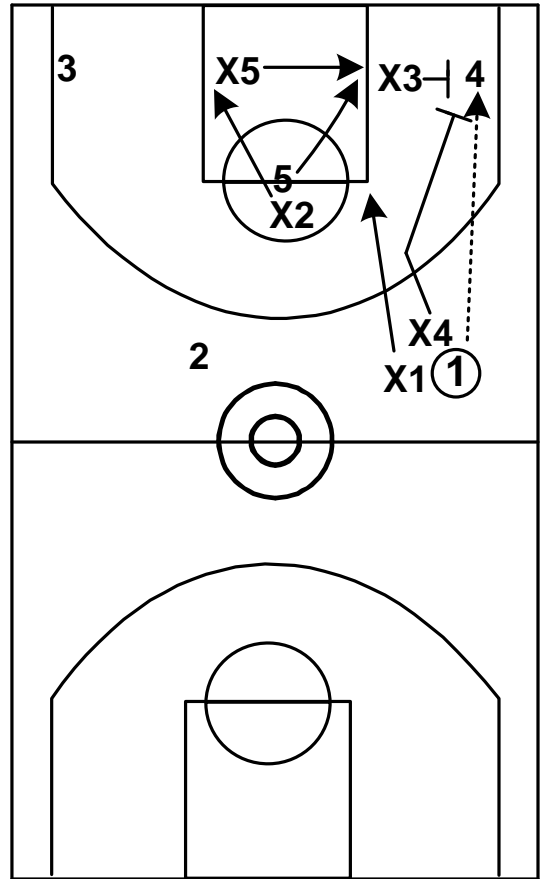X2

X1

X5

WHITE – SIDE

X5

X2

X1

X4

X3
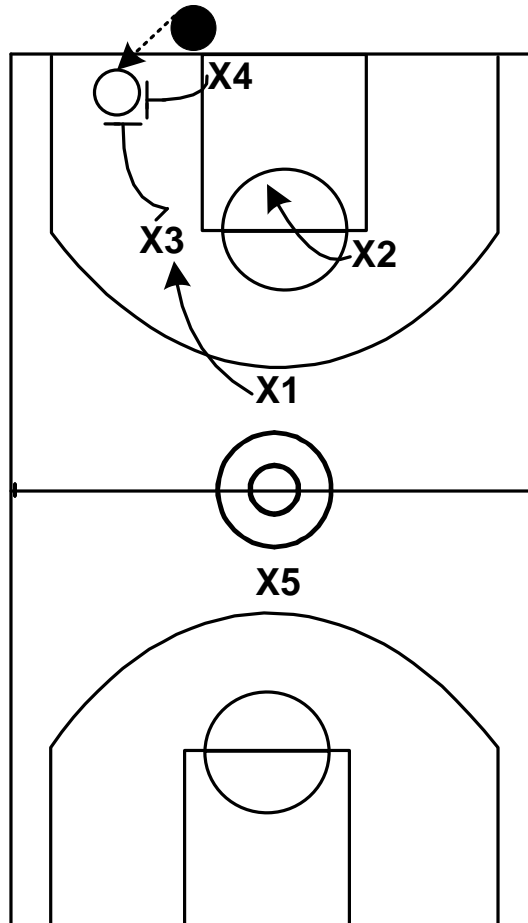
# 6. RAT (2-1-2 ½ COURT TRAP)

TRAP OVER ½ COURT

RETRAP CORNER

-X1 MUST FORCE SIDELINE.
-X4 MUST COME UP ON ANGLE (CAN'T
 ALLOW SPLIT MIDDLE). AND
 AGGRESSIVELY TRAP 1.
-X2 MUST PROTECT MIDDLE.
-X3 MUST ROTATE ACROSS THE LANE
-X5 MUST PROTECT RIM / MIDDLE.

-X3 MUST CLOSEOUT W/ HIGH HANDS
 AND AGGRESSIVELY TRAP THE
 CORNER.
-X4 MUST OPEN UP, GET AN ANGLE AND
 RETRAP THE CORNER.
-X5 MUST ROTATE ACROSS THE LANE
 AND PROTECT BLOCK /LANE / RIM.
-X1 MUST SINK TO THE ELBOW.
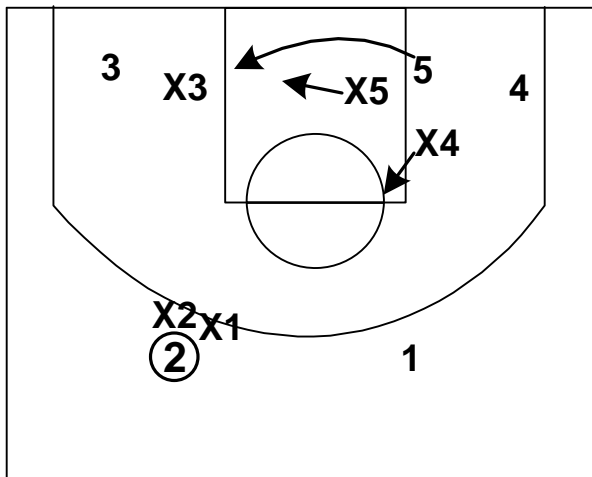-X2 MUST SINK + PROTECT.

PROTECT PAINT AND READ THE TRAP
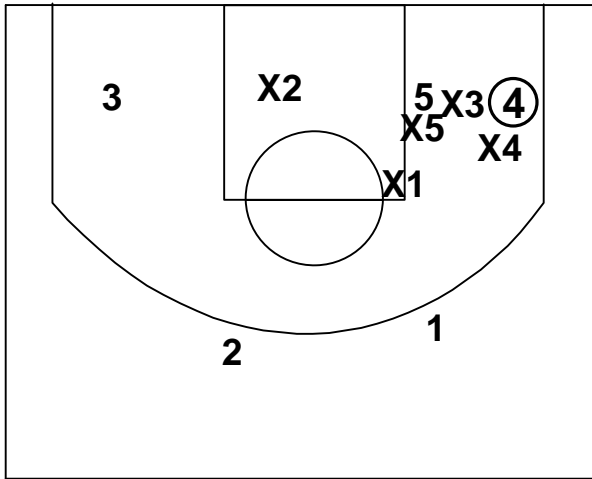
-X3 AND X4 TRAP.
-X1 MUST PROTECT THE ELBOW.
-X5 MUST PROTECT BLOCK /LANE /
 RIM.
-X2 MUST SHRINK, PROTECT THE
 PAINT, AND READ THE TRAP.
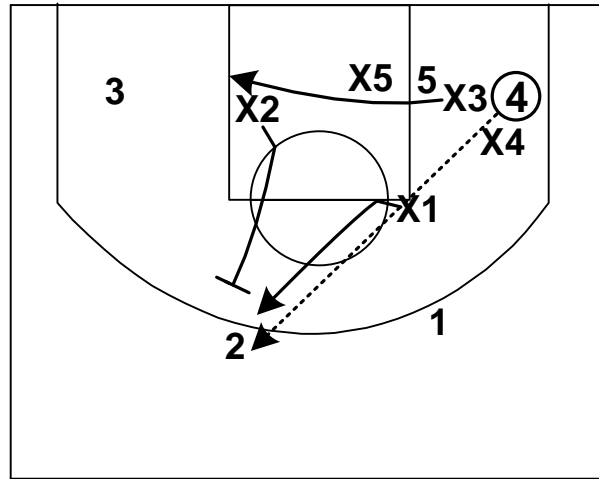
SKIP = RETRAP
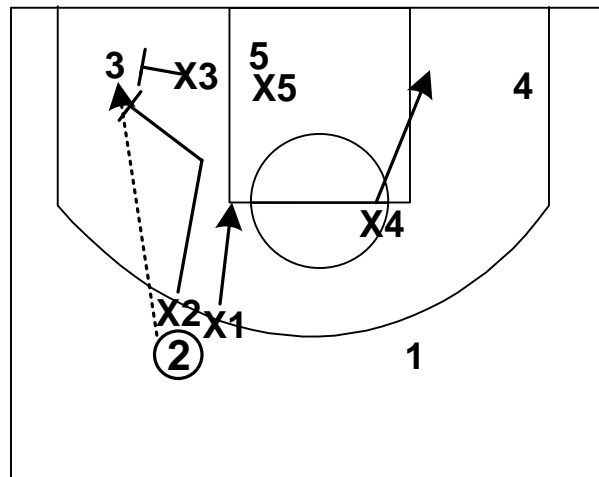

*WE WILL NOT RETRAP PASS FROM 4
TO 1.
-X1 WILL CLOSE TO O2 IN A NO
 MIDDLE STANCE.
-X2 WILL COME UP ON AN ANGLE
(CAN'T ALLOW MIDDLE SPLIT)
-X3 WILL SPRINT OUT OF TRAP TO THE
 WEAKSIDE.
-X4 + X5 MUST SHRINK, PROTECT THE
 PAINT, AND READ THE TRAP.

SKIP = RETRAP (CON'T)

-X1 AND X2 TRAP.
-X3 SHRINKS UP AND READS THE TRAP.
-X4 MUST SPLIT 2
-X5 MUST PROTECT THE RIM / PAINT.

RETRAP CORNER
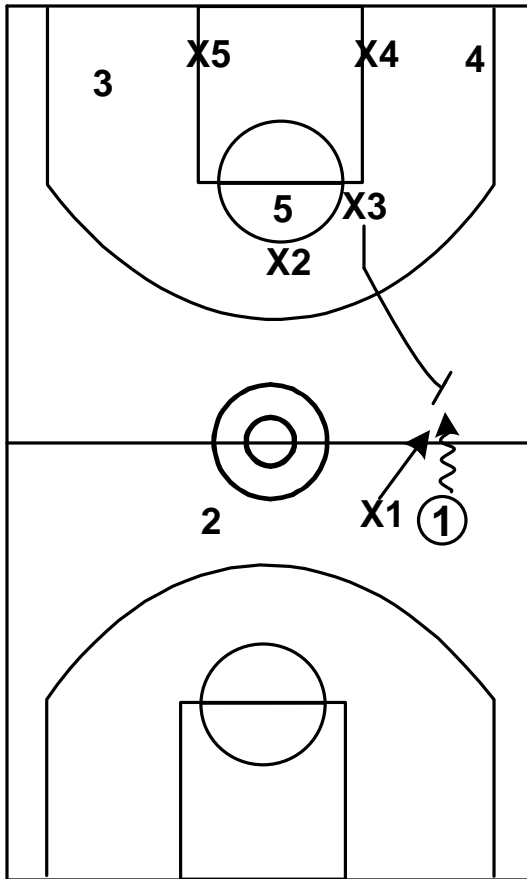

-X3 WILL CLOSEOUT WITH HIGH HANDS.
-X2 WILL OPEN UP, GET AN ANGLE, AND
 RE-TRAP THE CORNER.
-X5 MUST PROTECT THE BLOCK / RIM /
 PAINT.
-X1 MUST SINK TO THE ELBOW, PROTECT
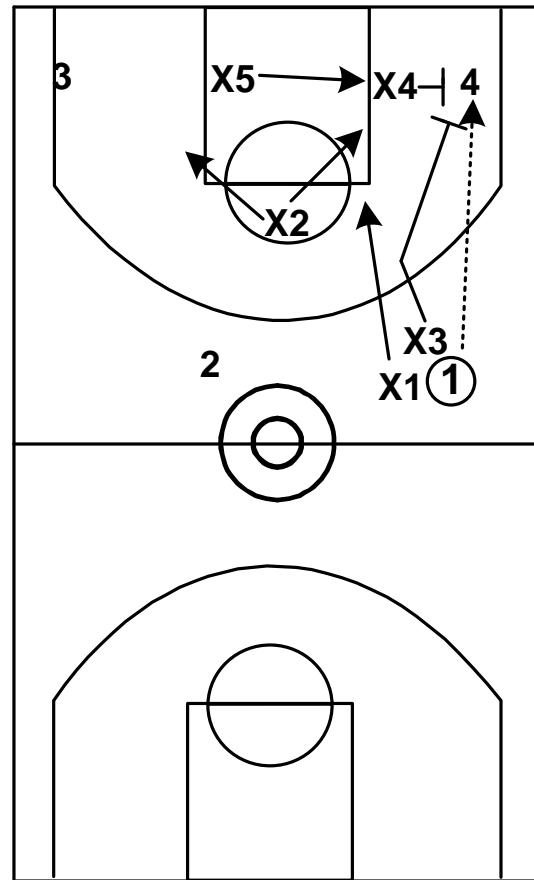 THE PAINT, AND READ THE TRAP.
-X4 MUST SINK AND PROTECT.

7. RAT 12 (1-2-2 ½ COURT TRAP)

TRAP OVER ½ COURT

RETRAP CORNER
W.S. BIG PROTECT + ROTATE

-X1 MUST FORCE SIDELINE.
-X3 MUST COME UP ON ANGLE (CAN'T ALLOW SPLIT MIDDLE). AND AGGRESSIVELY TRAP 1.
-X2 MUST PROTECT MIDDLE.
-X4 AND X5 MUST SHRINK, PROTECT THE PAINT, AND READ THE TRAP.

-X4 MUST CLOSEOUT W/ HIGH HANDS AND AGGRESSIVELY TRAP THE CORNER.
-X3 MUST OPEN UP, GET AN ANGLE AND RETRAP THE CORNER.
-X5 MUST ROTATE ACROSS THE LANE AND PROTECT BLOCK.
-X1 MUST SINK TO THE ELBOW.
-X2 MUST SINK + PROTECT.

PROTECT PAINT AND READ THE TRAP
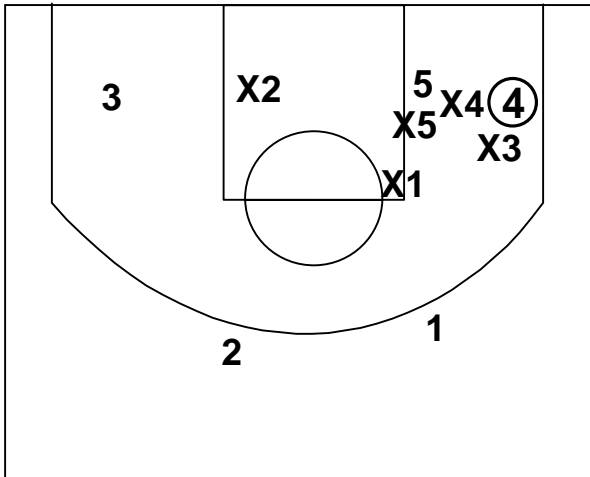
-X3 AND X4 TRAP.
-X1, X2, AND X5 MUST SHRINK, PROTECT THE PAINT, AND READ THE TRAP.

ROTATION ON SKIP (X1 + X2 PROTECT / CHEAT)
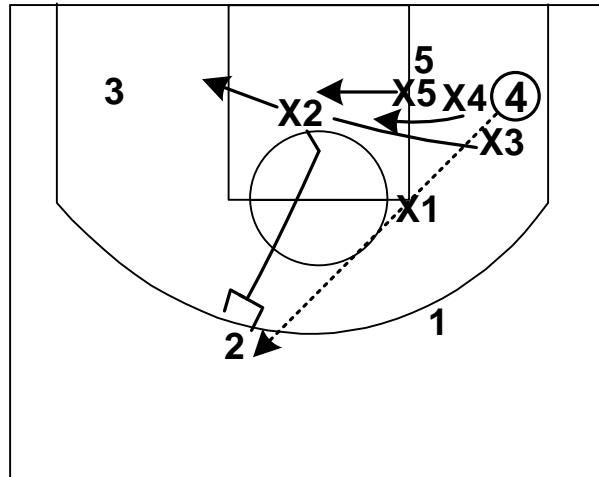
*WE WILL NOT RETRAP PASS FROM 4 TO 1.
-X2 IS FREE LANCING LOOKING FOR LONG SKIP PASS. NO STEAL = CLOSEOUT NO MIDDLE.
-X1 READS TRAP – PROTECTS LANE 1ST, THEN CAN CHEAT OUT IF IT IS A GREAT TRAP.
-X3 MUST SPRINT OUT OF TRAP TO WEAKSIDE.
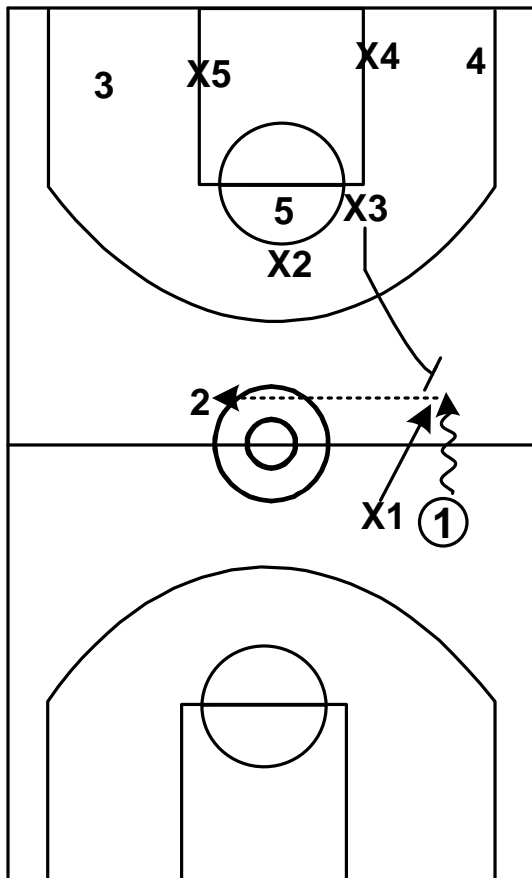-X4 AND X5 MUST SHRINK AND PROTECT THE PAINT.

X5 MUST FIGHT ACROSS LANE
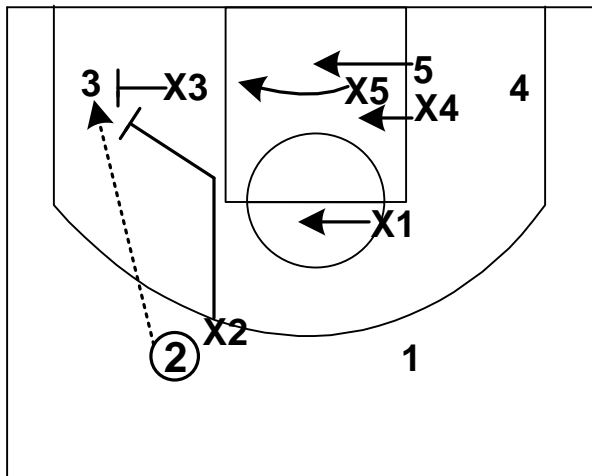
-X2 AND X3 TRAP WITH HIGH HANDS TO TAKE AWAY QUICK POST PASS.
-X5 MUST PROTECT THE BLOCK (MUST FIGHT TO GET BACK IN FRONT).
-X1 AND X4 SHRINK UP AND READS THE TRAP.

SKIP = RETRAP
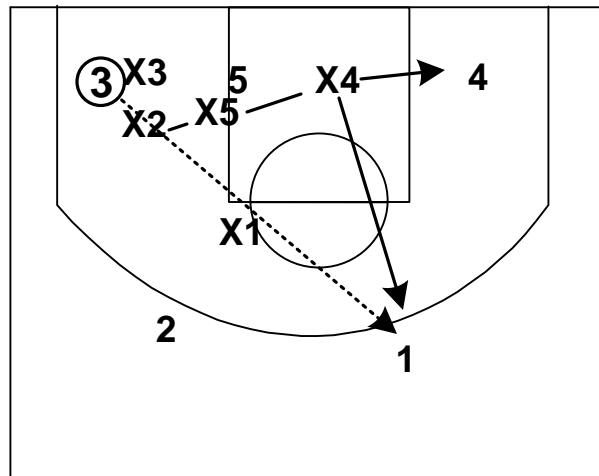
-X4 IS FREE LANCING LOOKING FOR LONG SKIP PASS. IF HE CAN'T STEAL IT, HE WILL CLOSEOUT NO MIDDLE WITH HIGH HANDS.
-X2 WILL OPEN UP, AND SPRINT OUT OF TRAP TO WEAKSIDE.
-X1 AND X3 SHRINK UP AND READ THE BALL.
-X5 ALWAYS ALERT AND PROTECTING THE LANE.

GUARD TO GUARD PASS

-X2 MUST HOLD UNTIL X3 KICKS HIM
 OUT.
-X1 MUST OPEN UP AND FOLLOW
 PASS TO RETRAP.
-X3, X4, AND X5 MUST SHRINK,
 PROTECT THE PAINT, AND READ THE
 BALL.

## OPTION TO RETRAP OR
MATCH ON GUARD TO GUARD PASS
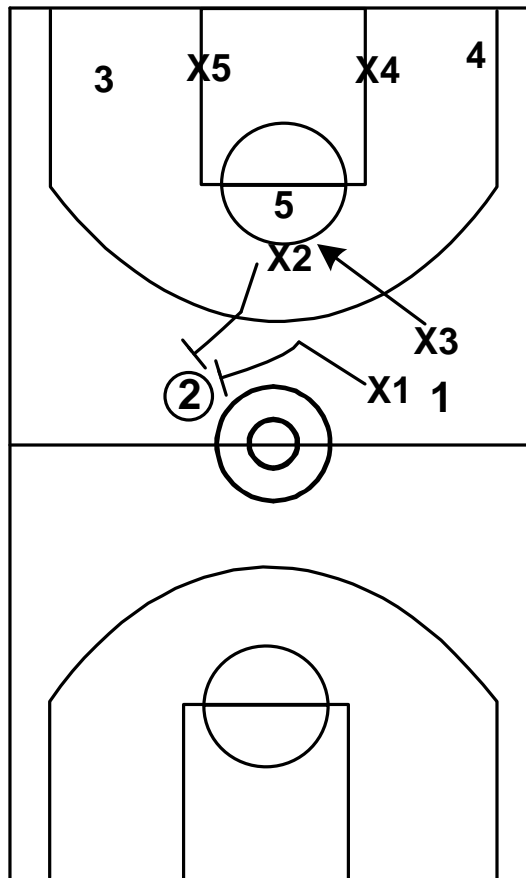
-X2 CLOSES OUT W/ ANGLE TO PREVENT
 SPLIT TO MIDDLE OF THE FLOOR WHEN
 X3 KICKS HIM OUT.
-X1 MUST RETRAP, BUT HE MUST GET
 ANGLE TO PREVENT SPLIT MIDDLE.
-X3, X4, AND X5 MUST SHRINK,
 PROTECT THE PAINT, AND READ THE PASS.

CORNER PASS – CONTINOUS TRAP OPTION
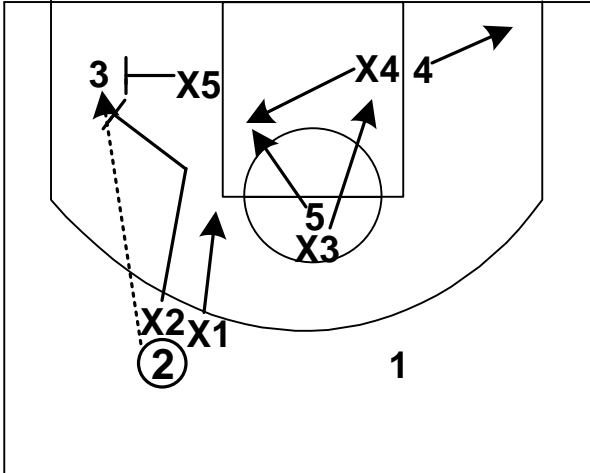
-X2 WOULD RETRAP WITH X5. HE WILL
 GET AN ANGLE TO TAKE AWAY SPLIT.
-X4 PROTECTS STRONG SIDE BLOCK.
-X1 SINKS TO ELBOW, PROTECTS PAINT
 AND READS TRAP.
-X3 SINKS TO PROTECT AND FREE
 LANCE LOOKING FOR STEAL OFF LONG
 SKIP PASS.

ROTATION ON SKIP
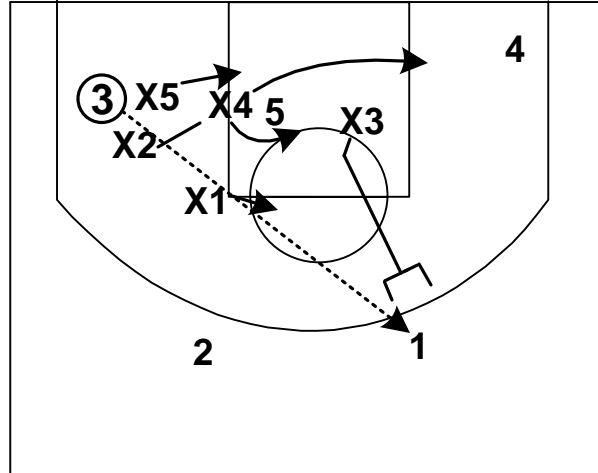
-X3 WILL LOOK FOR STEAL ON LONG PASS
 (FREE LANCING) IF HE CAN'T GET THE
 STEAL, HE WILL CLOSEOUT W/ HIGH
 HANDS + NO MIDDLE.
-X2 WILL OPEN UP AND SPRINT OUT OF THE
 TRAP TO THE WEAKSIDE.
-X4 MUST BE ALERT, PROTECT AND READY
 TO ROTATE.
-X1 AND X5 MUST SHRINK, PROTECT THE
 PAINT, AND READ THE BALL.