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web half court trap is a type of half court defense in which the defensive team attempts to disrupt set plays by the offensive team at the half court line in combination with a half court press the half court trap s sole purpose is to prevent the offensive team from employing any sort of set offense a typical half court trap involves one  
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basketball the main idea in a half court trap defense is to trap the opposing player at the half court

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 basic slides of a 1 3 1  
 quarter court trapping zone  
 defense this is a good  
 defense to use out of a  
 timeout or to just keep your  
 opponent on their toes on  
 offense i always liked to use  
 it out of timeouts or after  
 running a two guard top  
 zone defense for a while  
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 web when your team is  
 playing defense a half court  
 trap can effectively disrupt  
 the other team s offense and  
 force them into turnovers a  
 half court trap is when two  
 defenders pressure the ball  
 handler in the frontcourt  
 while the other three  
 defenders drop back and  
 zone up the rest of the court  
 the idea is to force the ball  
 handler into making  
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 player positioning here are  
 the initial positions and  
 responsibilities for the half  
 court trap x1 typically the  
 point guard this player  
 should pick up the ball  
 handler at about 3 4 x1  
 should not crowd or play the  
 handler too tight  
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 force turnovers while also  
 forcing tempo i have found  
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 team and i think it is best  
 utilized as a second defense  
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 zone is a very aggressive  
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