1-3-1 HALF COURT TRAP

Reasons to Play 1-3-1 Wide Defense (“31”) – (DeChellis)

1. It was completely different. No one played it at the time.
2. Opponents would have to spend valuable time teaching the 1-3-1 to prepare for us.
3. A lot of preparation time by our opponents.
4. Allowed the use of different lineups.
5. It was a defense to use against major teams to combat their dominant post play.
6. Can get into the 1-3-1 on makes or misses.
7. Defense leads to easy steals and easy baskets. At East Tenn. State, they were 3rd in the nation in steals and 4th in points. Scored off the defense.
8. Changes the tempo of the game.
9. Takes the athleticism out of athletic teams. They tend to stand around.
10. Use in late game situations to take time off the clock.
11. Fun to play!! Players loved to play it.

Why use 1-3-1 Zone? - Greenberg:

1. Most teams have an offense to play against a Man to Man defense.
2. Most teams have an offense to play against a 2-3 Zone.
3. Most teams have an offense to play against an Odd Front Zone (1-2-2 Zone)
4. The 1-3-1 is unique and difficult to prepare for.

1-3-1 Gives The Team - Greenberg:

1. A change of pace.
2. A Personality.
3. Something to go to.
4. Something to feel good about.

Good Defense to Run out of - Greenberg:

1. Wings in position to change ends of the floor.
2. Point guard in position to receive outlet pass.

Effective Against Transition Teams - Greenberg:

1. Stops the ball early.
2. Defense is back.
3. Ball is in a soft trap.
4. Takes away transition.

KEYS TO DEFENSE - Greenberg:

1. Keep the ball off the high post.
2. Get the ball out of the midpoint – Push to the sidelines.
3. Be constantly aware of the passing lane. Play the ball and the passing lanes. Force passes over and around defenders.

4. Push the ball out!!!!

5. Traps will never have hard pressure by 2 defenders. Hard pressure by 1 defender and soft pressure by 2nd defender.

6. Keep the Ball out of the Middle of the Floor (Vonn Read).

REBOUNDING A CONCERN - Greenberg:
1. Must run to the ball.
2. Understand rebound responsibilities.
3. Point man comes back and rebounds from middle of the floor.

Weaknesses to 1-3-1 Wide Defense (DeChellis):
1. Rebounding!!! Hard to get specific to block out assignments. Defense to spread out. Susceptible to 2nd shots.
2. Dribble Penetration. Because the defense is wide, there are gaps in the defense.
3. 3-Point shot. Especially from the corners.

General Teaching Points (DeChellis):
1. Must decide pickup point. According to personnel, athleticism, and quickness.
   - Can be at 3/4 Court
   - They pick up at Half Court.
2. Must have Hands active.
   - Emphasize hands active instead of hands up.
   - Emphasize – Having “Bounce”
3. Make the offense pick up their dribble.
   - Out of 1-3-1, they rarely trap!!!!
   - If they do trap, they call it “31X”
   - They always look like they are going to trap you.
   - Always looking to charge, bluff & retreat at the offensive player. Attack and Retreat!!!
   - Once offensive player picks up dribble and they are not in a scoring area, we back up and get into the passing lanes.
4. Must always be wide and in the passing lanes, between the ball and next receiver. Offense should not be able to throw direct passes. If they can, the defense in not doing their job. Lob passes and bounce passes are acceptable. No quick direct passes!!!
5. Take Chances!!! Especially the wing players!!! Encourage players to take chances. It’s okay if the players try for a steal and they don’t get it. They need to know this.
6. Push the ball out of the scoring area!!! Push the ball away from the basket.
7. When offensive player has a live dribble, we must have pressure on the ball!!! No pressure on the ball makes passes too easy.
8. Sprint to spots!! No slides!! Sprint when the ball is in the air.
9. Fake pressure!!! No traps out front. Only trap in the corners!!
10. Communication.

TEACHING POINTS – GREENBERG:
1. Point and wings must distort passing lanes.
2. Push the ball out.
3. No Gaps!!! On dribble penetration, you must attack the ball.
4. Cheat the shooter!!
5. Force non-players to become players.

POSITIONS RESPONSIBILITIES - Greenberg:

Top Player:
1. Use a bigger player.
2. Must be long, athletics, can distort passing lanes, and must have an attitude.
3. Pick up ball at 3/4 Court.
5. See if he can get the offense to pick up the ball. If the ball is picked up, he must align himself with next passing lane.
6. Cannot be below the ball – Allows direct passes. Must be in the passing lanes.
7. On passes up the sideline to the corner, the top player must keep the ball off the high post. Hands high to distort skip pass.
8. Rebound ball from middle.
9. Don’t leave ball handler until he picks up the ball.

Wing Player – Ballside:
1. Start wings high – Old hash mark a good starting point.
2. Must be aligned with next pass. Distort Guard to Forward pass. Do not allow direct passes.
3. On right side of floor, we want our bigger guard (X2/X3)
5. On ball pickups, wing will back up and distort passing lane. “Soft Trap”.
6. When ball is passes to the corner, the wings will “Soft Trap”. Do not completely commit.
7. On ball pick ups, back off into the passing lanes.

Wing Player – Weakside:
1. Wing players mirror each other. If one is up, the other is down.
2. Take away diagonal pass. May have to go all the way down to the block.
3. Player must be on high side of block player. Cannot get screened and blocked in the paint. Sit on top leg!!
4. On Guard to Guard pass, the weakside wing must push the ball out. Very important!!! Attack the ball. This will allow the other wing time to protect the hoop. Cannot come out soft!!!!
5. Key Point – On Guard to Guard pass or skip pass from corner to wing, the down
defender has no regard for what is behind him. Push the ball out. Force the
offensive player to turn shoulders.

**Middle Player:**
1. Biggest player.
2. Deny high post. Force ball one full step over top of key. One full step over the 3-
point line.
3. Always go underneath high post player on guard to guard passes.
4. Side deny
5. On Guard to Forward pass, the middle player must drop and defend lowest post
player (Block)
6. Must attack all middle penetration. Trap ball with the point, wing, and post
middle player. Aggressive step up!!!
7. When ball is in the corner, keep the ball out of low post. Must Front the Post!!
   Side Front position.
8. On passes from Corner to wing or Corner to opposite wing on skip pass, middle
player must come up quick to original position to keep ball out of high post.

**Baseline Player:**
1. 1 Player will play the baseline.
2. Most teams set up in a 2-1-2 offense. Most shots are taken from Corners or on
Corner to wing skip passes. Not concerned about the 1 player playing on the
baseline.
3. 1 player can use quickness against forwards and cover corner to corner.
4. Must be difficult to screen. Have some toughness
5. Play on High side of low post player. Sit on top leg!!!
6. Take any pass below first hash mark.
7. On Guard to Forward pass, the baseline player must close hard to the ball. Take
away baseline square to the ball.
8. On skip passes from corner to wing, the baseline player must go from Corner to
opposite block and maybe to corner.
9. Get to shooters!!! No excuses!!!
Positions (DeChellis):

- X1 will play in the back.
- X2 will play the top
- X3 will play the right wing
- X4 will play the left wing
- X5 will play the middle

1. X1 – Must be a great communicator because he sees the whole floor. Must be tough to mix it up with big guys down low. Must always be on ball side of the floor. Must be on top of any post player. Must cover corner to corner!!!
2. X2 – Pickup point is at Half Court. Long and athletic guard. Crafty!! Must make sure the ball goes from side to side. Must be a decent rebounder. High post rebounds. Cover side to side. Must cover high post elbow on passes to corner.
3. X3 – Tallest guard. Long arms. Athletic. Will have weakside block coverage when ball is on top.
4. X4 – Best rebounder. Most teams are right handed offensively. A lot of shots will come from right side, which would put him in great weakside position on the left side. Will have weakside block coverage when ball is on top.
5. X5 – Most important player in entire defense. He is the linebacker. Must stop all penetration. Must be a great rebounder. Largest area to cover of anyone on the floor. Must deny all passes into the high post. Must deny 2 steps above the 3-point line. Must cover the blocks when ball is in the corner.

31X (Trap) (DeChellis):

1. We only trap in the corners!!!
2. When they trap the corners, they allow passes to go to corner. Allow direct pass by taking player 1 step off passing lane.
3. We keep trapping the whole possession.
4. They do not like to trap!!! They’ve gotten more steals in Basic “31” defense than trying to trap.
5. Trapping gives them a different look.

The 1-3-1 is a very good Transition Defense on a Miss (DeChellis):

1. X1 – is in great position to get back and into his spot.
2. X2 – sprints back and picks up the ball at half court. Do not go 3/4 Court and try and stop the ball. If he gets beat doing this, the defense is in trouble.
3. X3 – Runs wide to their spot. Run the Right Lane.
4. X4 – Runs wide to their spot. Run the Left Lane.
5. X5 – Runs to the top of the key.
6. With X3 and X4 running wide, it takes away secondary breaks.
7. 1-3-1 is a good retention 3/4 Court Press after Made baskets.
MISCELLANEOUS:
1. Weakside lobs can be a problem. Screen and Lobs!!!
2. Against 1-3-1 defense, there are only a few things you can do against it.
3. 95% of the teams tried to attack with a 2-1-2 set.
4. Double low post offense can be a problem for 1-3-1 Trap.
5. Forces a 4th player to become a decision maker!!!
6. They don’t use against all teams.
7. Move on the Airtime of the pass

WEST VIRGINIA GAME NOTES:
1. Positions = X3 on Top, X2 on Right Wing, X4 on Left Wing, X1 on Bottom, and X5 in the Middle.
2. X2 and X4 (Wings) are always forcing penetration to the middle. Funnel to X5.
3. Corner Pass = X1 will cover. On pass back out, the defense will push back out into the 1-3-1 Trap. Or they could go into a 2-3 Zone with X1 playing a Forward position.
4. Wing Pass – On Passes to the Wing with X2 or X4 playing High = X1 must take the wing pass. X5 will take the short corner player or Block, while X3 will take the High Post player. X4 or X2 (Weakside Wing) must help or take Short Corner or High post if X3 or X5 are late!!!
5. Wing Pass Trap – On Passes to the Wing with X2 or X4 playing High = X2 or X4 will trap the wing with X1.
6. Wing Pass Bump – On passes to the wing, X2 or X4 can bump X1 off, with X2 or X4 taking the wing position.
7. Wing Pass – The wing defenders must force the dribble to the middle of the floor. No baseline penetration allowed!!
8. Ball Middle of the Floor – Get the ball out of the middle of the floor!! When the ball is in the middle of the floor, it is tough on the back player (X1). It is especially tough for X1 when there is a Double Low Post set. Louisville penetrated from the top and hit one of the double low players (Tough)!!!
9. X1 Covers Wing Pass – When X1 covers the wing, this is not a problem for the most part. If there isn’t a corner player, X1 can cover the wing with no problems. X5 will take the Block or Short Corner. If there is a High Post and Short Corner, this can create problems for X5 to cover.
10. Wing Pass to Corner Pass Overload – This can be a problem!!! X5 must cover the corners on this action!!
11. Short Corner Pass Trap (“Trap”) = X5 and X1 will Trap the Short Corner. X4 or X2 (Weakside Wing) will play the bottom of the “I”, while X3 will play the Top of the “I” (High Post Area).
12. Corner Trap = X2 or X4 can Trap the Corner with X1 if they are close enough to Trap or the Trap is called.
13. Middle Pass at or Inside 3-Point Line = X5 will play 1 on 1.
14. Middle Pass High above 3-Point Line = X3 will drop down and Cover, and X5 will drop back to the paint.
15. Dribble Pick Up on Top = Top player will back off and play the next pass on Top.
16. X2 and X4 Gamble on Guard to Guard Pass = It is easier to gamble if the player they are guarding is in the Corner and not on the Block. If they are Guarding a Block player, you must play more honest. If they are Guarding a Corner player, they can take more chances.
17. Penetration = X5 will attack all Dribble Penetration to the Middle. The other 2 defenders will funnel the drive to X5 and then Fan off to other players.
18. Changing the Point on Dribble Drags = On Dribble Drags out of your area, the Defense must bump and change the point of the defense.
19. Bumping – Anytime you must bump to get back to your area, do so!!!
20. 2-1-2 Sets = Go 2-1-2 Defense and Matchup. With the ball on top, have X3 (Top Player) back off and play the next guard to guard pass!! When this happens, it looks like a 2-1-2 Set, which matches up with a 2-1-2 Trap Offense!!!

1-3-1 TRAP ATTACKS:
1. 2-1-2 Attack (Box Attack)
2. 2-3 Low Attack (1 or 2 Low Post Players)
3. 2-3 Low Attack – Upscreen Middle Defender Post Entry.
4. Double Low Post Attack (2-3 Low Attack)
5. 3 Out 2 In Double Low Post Set (Louisville)
7. Wing Entry Attack
8. Drive and Kick Attack
9. Guard to Guard High Ball Screen on X3 (Creighton Men)
10. Guard Flash Middle (Creighton Men)
11. Screen in Back Defender in the Paint – Corner Shot.