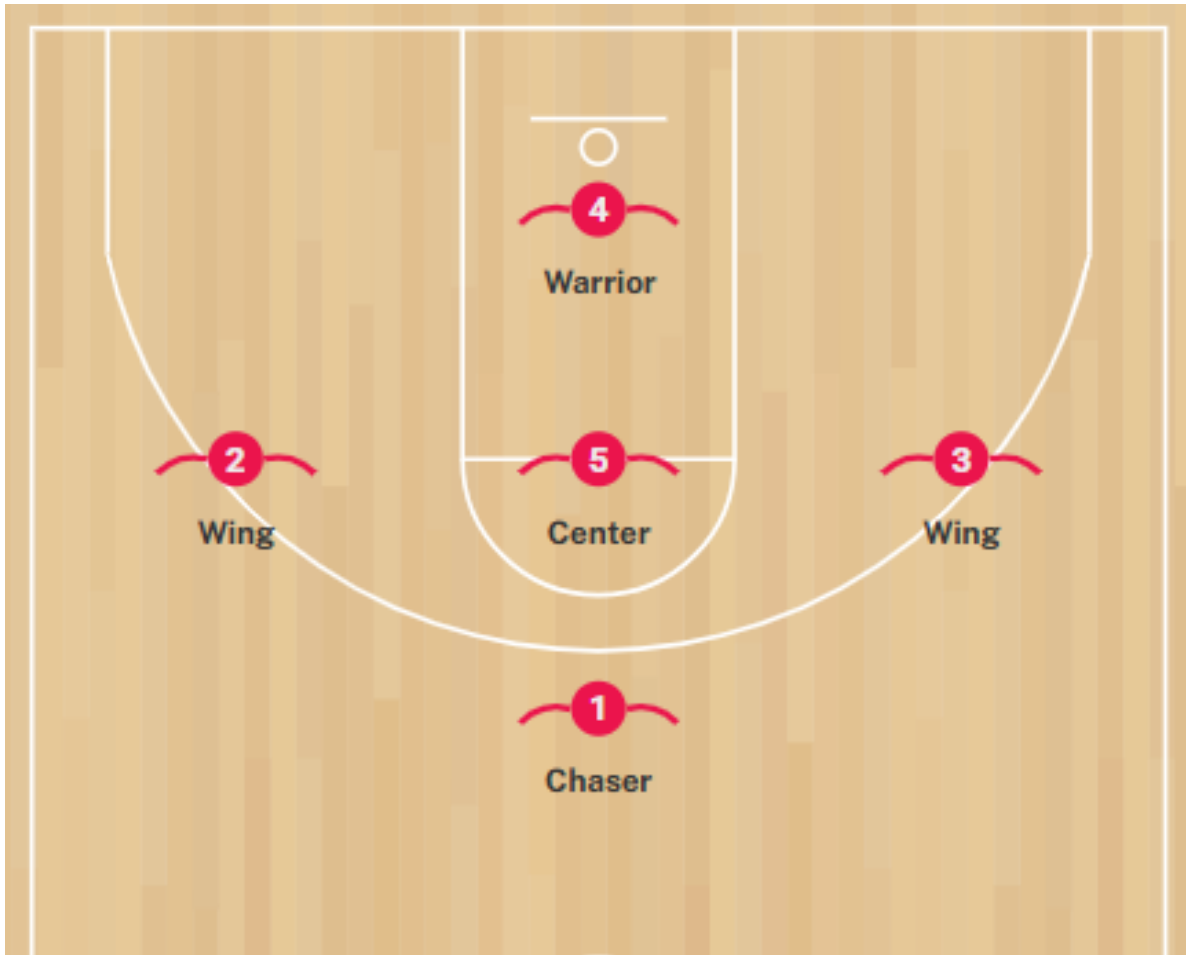


# 1-3-1 Zone Defense

## Basic Set up



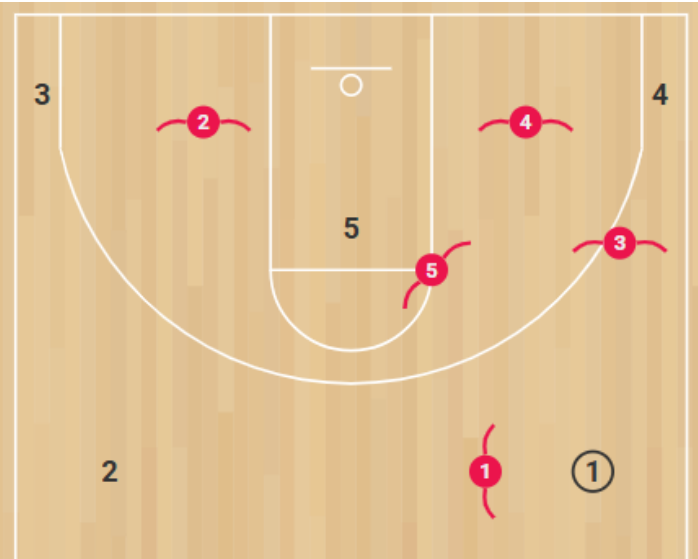
- **Chaser:** Force the ball to one side—then shut the door on the reversal. Sit high in the guard-to-guard lane, feet to the sideline. Hunt deflections with hands and feet. On corner entries, own the ball-side elbow.
- **Wings:** Trap both corners. Guard your side's wing on the catch. When the ball swings away, drop to protect the weak-side low block.
- **Center:** Live between ball and rim. Deny all post touches.
- **Warrior:** Own both baseline corners—sprint side-to-side. Inside, fight for position on every possession.

**Key weaknesses:** Short corners and high-post

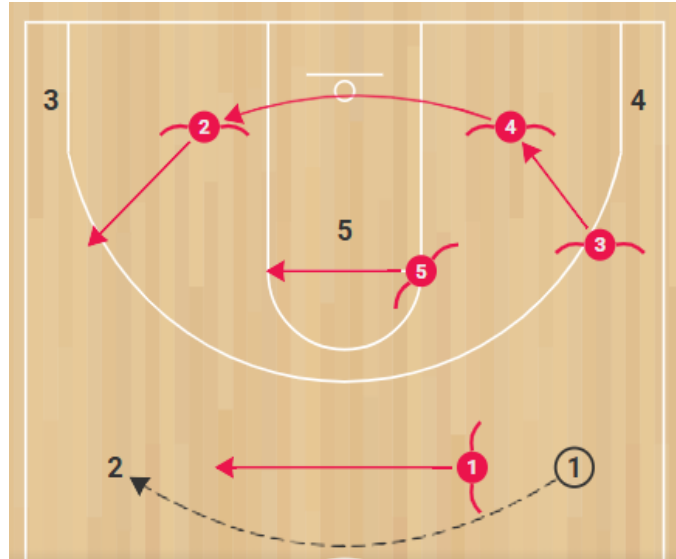
# 1-3-1 Zone Defense

## Trapping and Positioning

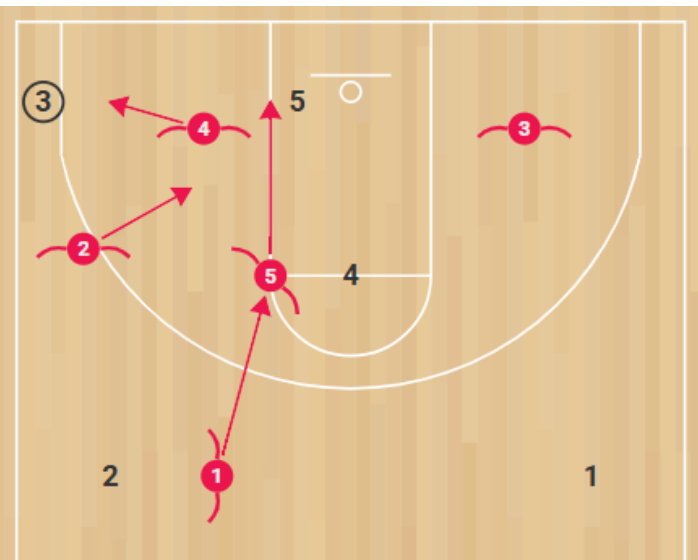
Forcing to side & taking away high post and corner



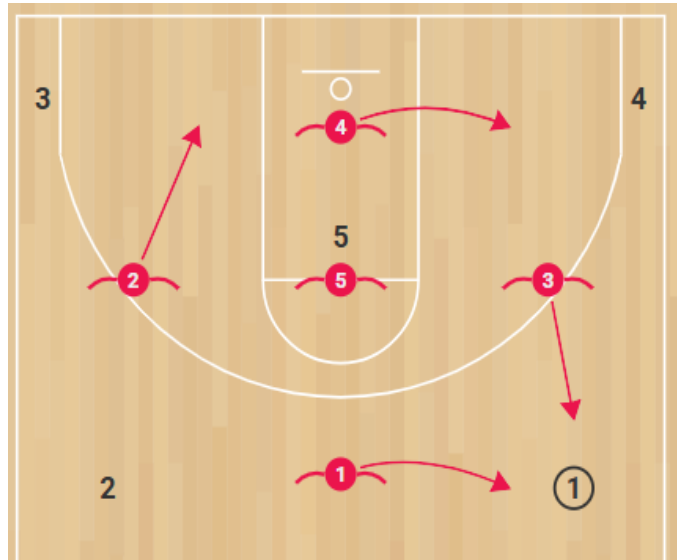
Rotating on slot-to-slot pass



Rotating when ball in corner



Trapping at half court



Video: <https://youtu.be/dDeMqcpGbhl>

Video on how to beat: <https://youtu.be/CC33uehXGVU>