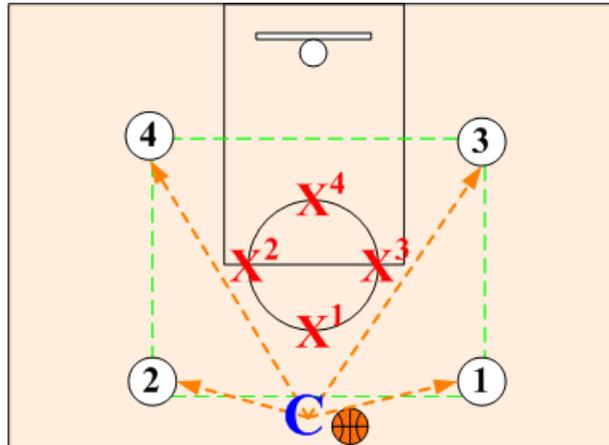
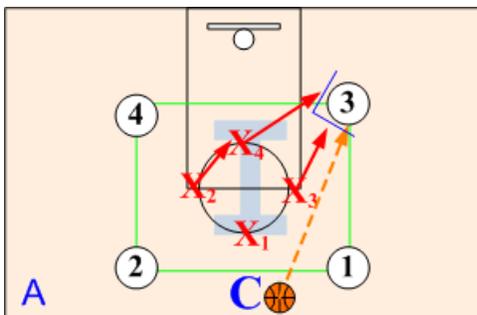


## Double Teaming – Four-on-Four Breakdown Drill

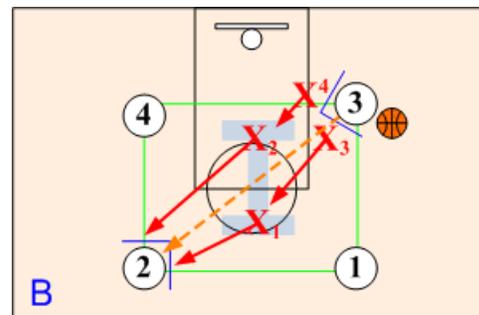
Double teams and traps are a valuable tactic to use against today's modern offenses. However, coaches cannot assume players know how to set hard traps and double teams. They must be taught and practiced. Successful double teams and traps take teamwork. Defenders need to know how to lock up and trace the ball as well as to anticipate passes out of a trap.



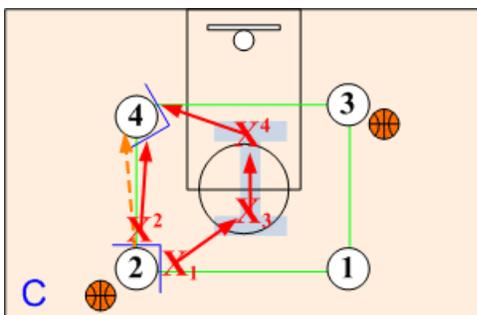
In this double teaming drill, the offensive players must move the ball against continual double teams avoiding turnovers, interceptions or five second counts. Four offensive players spaced in a square 18 feet apart and four defenders in a diamond alignment. The drill begins with coach passing to one of the offensive players. Offensive players cannot move from their spot. The defense must make a set number of defensive stops (normally 5) before going to offense. Defensive stops consist of interceptions, bad passes, and five second counts. Drill resets on deflections.



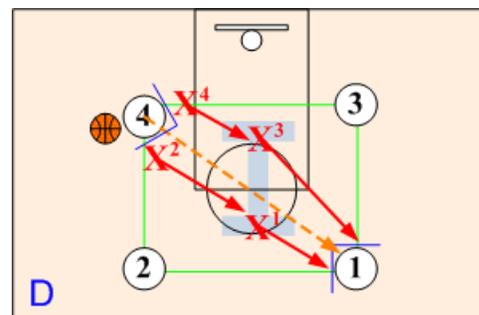
If coach passes to O3, defenders X4 and X3 double team O3. Defenders X1 and X2 become interceptors anticipating O3's pass out of the double team.



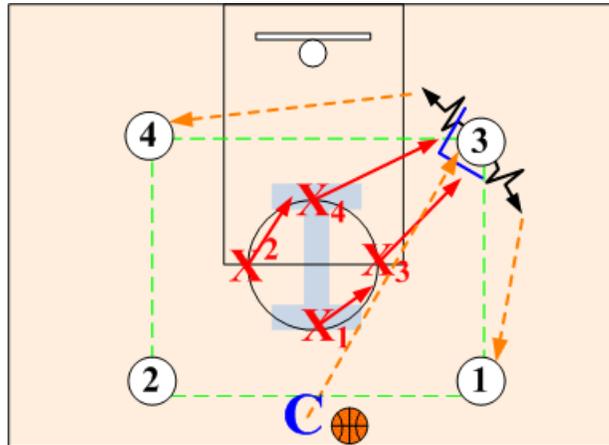
When O3 passes to O2, defenders X1 and X2 double team O2 with X3 and X4 assuming interceptor positions anticipating O2's pass out of the double team.



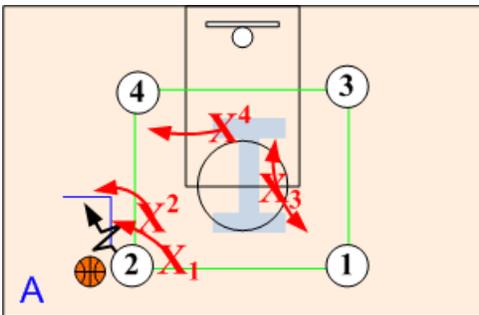
If O2 passes to O4, defenders X2 and X4 double team O4 with X1 and X3 rotating into interceptor positions anticipating O4's pass out of the trap.



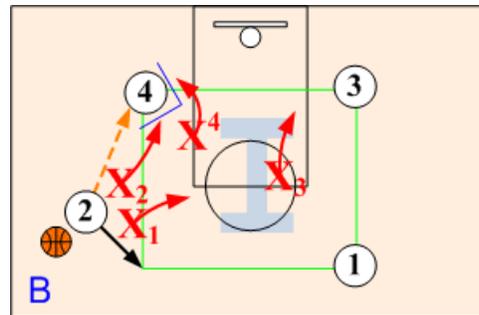
When O4 passes out of the trap to O1, defenders X1 and X3 trap O1. Defenders X2 and X4 assume interceptor positions.



Once players become adept and confident in successfully in setting double teams, allow the offense one escape dribble.



Upon receiving the ball, if needed, the offensive player can take one escape dribble.



After making a pass, they must return to their designated spot.

**Rotation:** Once the defense makes five (defensive) stops, they switch to offense, and the drill continues.

The importance of setting successful double teams cannot be overemphasized.