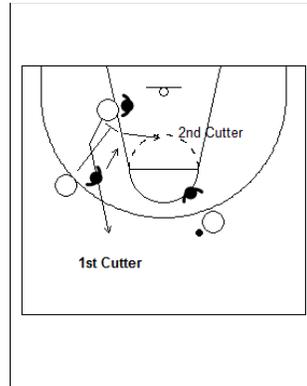


## SCREENING

Screens are used to create a one-second advantage. Players can use screens as a way to create confusion for the defence. Properly reading the defence gives the offence a one-second advantage. Players must be taught how to properly set and read a variety of screens.

### Fundamentals of the Screening Game

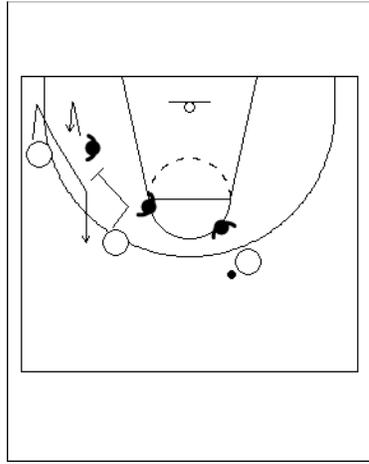
- There must be visual and verbal communication. The players must use hand signals and cue words. The coach must determine who communicates – one player, two, three, etc.
- On each screening action there is a first cutter and second cutter – usually one goes outside (to the ball) and one goes inside (to the basket). A term used for this is “one out, one in.”



- The defenders will show the offensive players what to do (i.e. read the defence).
- After every screening action spacing on the floor must be re-established.
- There should always be a focus and action towards the basket.

### Cutting Principles

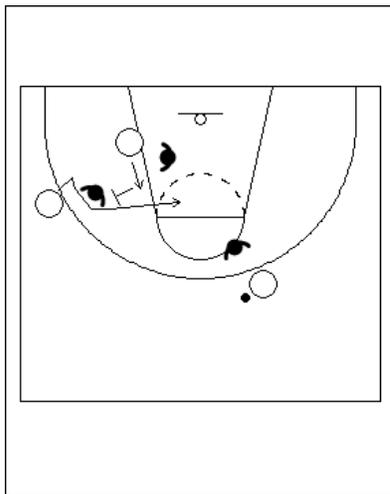
- Cut to be open and not to be guarded – cut hard, looking at the ball.
- Cut to the front of the basket, open up to see the ball and then exit out to the three-point line
- Cut through contact – execute an incidental screen by running through the arms of the help defender while cutting to the basket. This makes it difficult for the defender to recover to the second cutter.
- Change pace or stop/start if the defender is following or tailing tight behind.
- Take one to two misdirection steps to set-up the cut. Enlarge the space by moving away from the screen before cutting off the screen
  - Down screen – drag the arc
  - Other types of screens – v-cut or stop/start



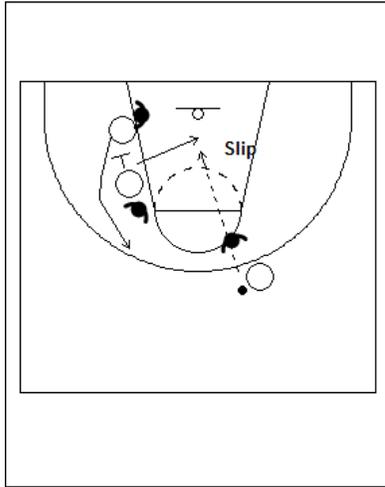
- Players need to be quick second cutters. A player will not be open for long and therefore cutters must force the defender to make a quick decision.
- By getting the inside arm through first, players can cut tight off screens. Players should grab the screener when possible as this prevents the defender from taking the inside path over the screen.
- Players should wait for the screen to be set. Some examples of the rules on receiving screen:
  - Wait and watch
  - First rule – wait
  - Second rule – wait
  - Third rule – wait
  - Better to be late than early
  - Sprint to set it, walk to use it

### Screening Principles

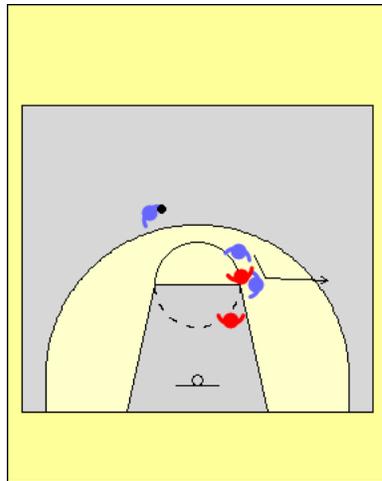
- **Location** – players should know where on the floor each type of screen should be set. It is important for players to be familiar with proper spacing and position for screens.
- **Every screener should be a cutter first** –in the diagram below, the post player sets the back screen by cutting to the key first; setting up the screening angle.



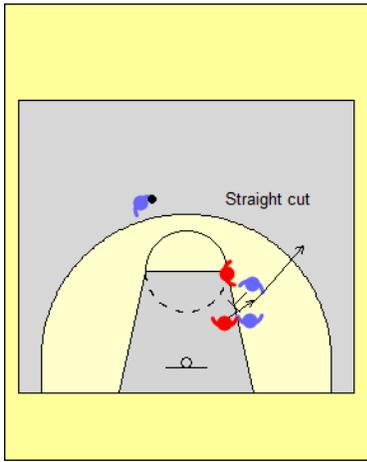
- **Sprint to screen** – this method forces the defender to focus on the screener and not be a helper. When players sprint to screens it is easier for them to slip (when the screener becomes the first cutter). This occurs when the basket is left unprotected by the defence after the screen is set.



- **Angle of screen** – wherever the back of the screener is facing determines the direction where the cutter should cut.



- **No fouls on screen** – the screen must be stationary and take a two foot stop – wide and low. On blind screens the offensive player must give the defender one step.
- **First cutter and second cutter action** – the first cutter reads their defender, while the second cutter reads the first cutter.

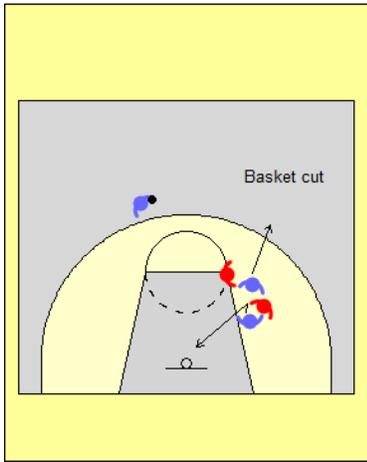
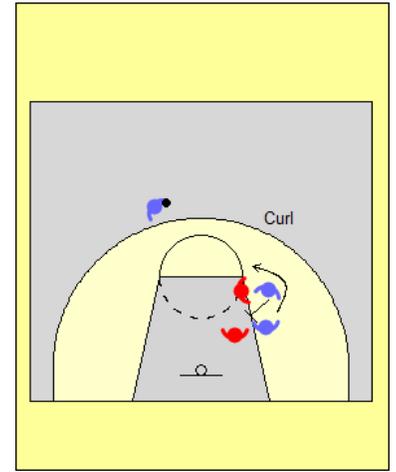


### **Straight Cut**

The read is when the defender of the cutter is following the cutter and the defender of the screener is in a good hedging position.

### **Curl**

When the defender of the cutter trails the screen and the defender of the screener is not in a good hedging position.

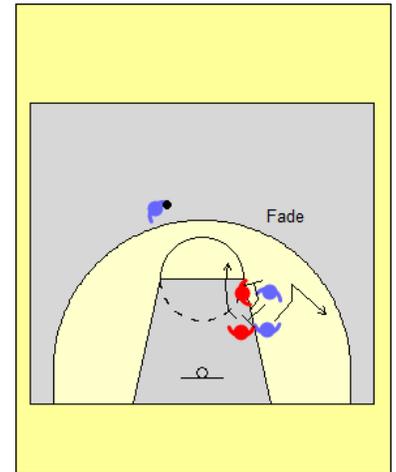


### **Basket Cut**

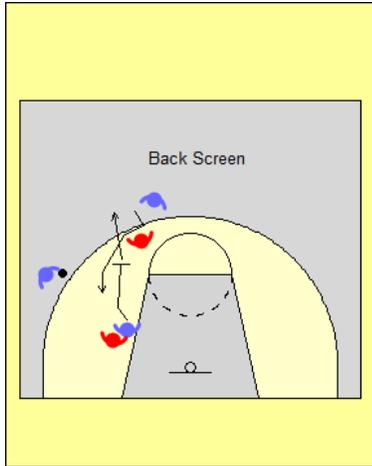
If the defender cheats above the screen early, the cutter cuts to the basket. The screener can second-cut to the outside.

### **Fade**

If the defender of the cutter takes a short cut the cutter fades. The screener can rescreen (change their screen angle) to set a second screen as the defender recovers.



## Types of Screens

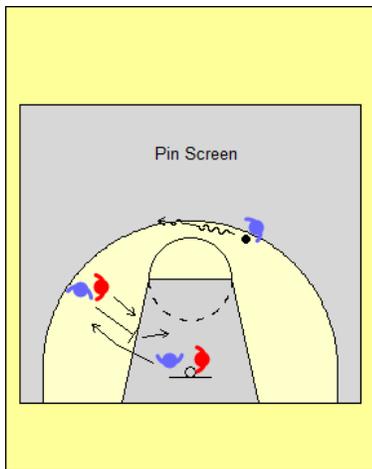
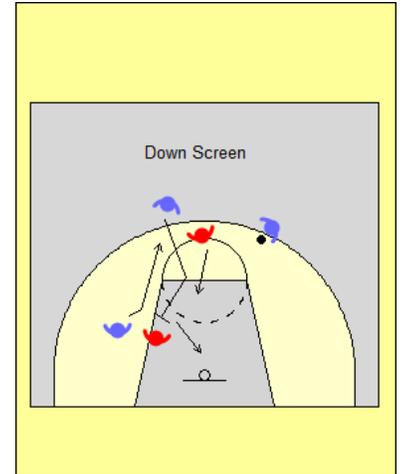


### Up Screen (UCLA Screen)

A player from the baseline comes up to screen for a player at the top.

### Down Screen

This can occur for a player coming off the post or be set for a wing player. A player on top screens for a player below.

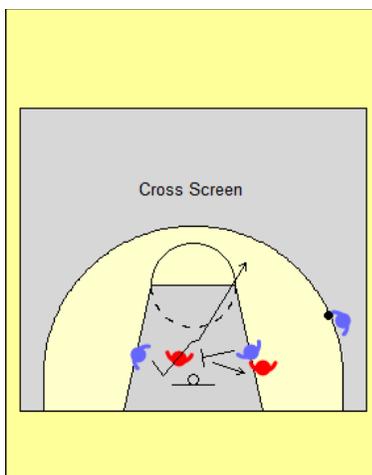
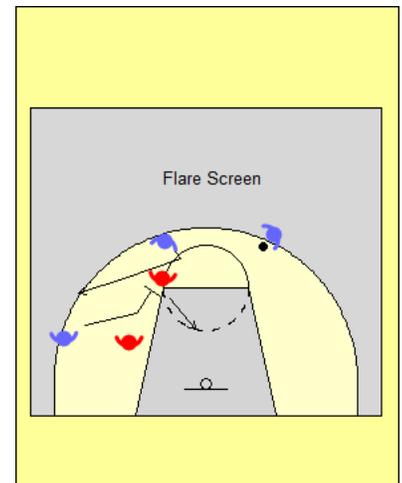


### Pin Screen

A player on the perimeter, closer to the sideline, screens for a player closer to the basket.

### Flare Screen

A player closer to the sideline screens with their back to the corner for a player closer to the middle of the court.

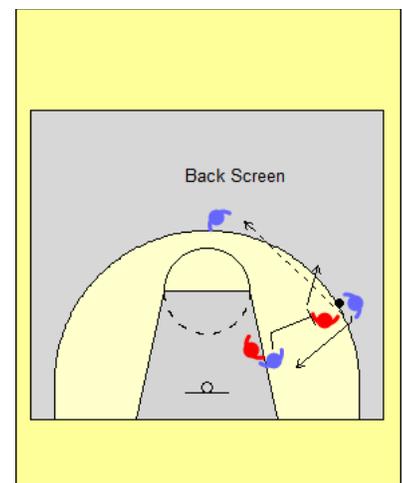


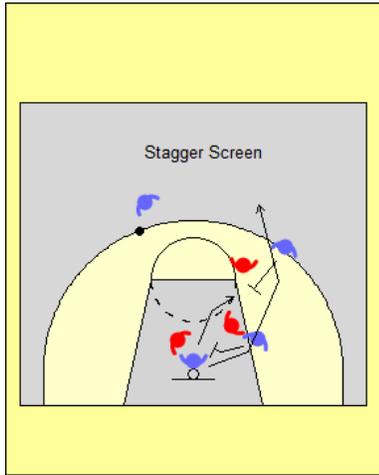
### Cross Screen

A player from one side of the key screens across to the other side. This can be high or low.

### Back Screen

A player closer to the middle of the court screens with their back to the basket for a player closer to the sideline.





## Stagger Screen

The diagram shows an example of a multiple screen. The player at the basket receives a pin-down followed by a down screen.

## Ball Screens

### Why do teams run a Pick-and-Roll or Ball Screen Offence?

1. The ball is usually in the hands of good ball-handlers/decision-makers.
2. Teams are more likely to determine who gets shots.
3. Teams can establish tempo – control tempo.
4. Teams can create mismatches.
5. Preferable offence is established without making an entry pass.
6. Teams are able to spread the floor and allow more penetration and offensive rebound opportunities.
7. Teams can take a shot blocker away from the basket.
8. Teams can put the best defender in the pick-and-roll.
9. Teams exploit the worst defender in the pick-and-roll.
10. Teams can pick an early foul on a “big” if they make a poor hedge.
11. Teams are able to make one defender guard two players on the weak-side.

### Ball Screen Offence – Questions

Q. Where is the screen set?

A. Middle, elbow, wing and corner.

Q. How is the ball brought to the screen?

A. Dribble, pass and cut away and pass and hand-off

Q. What is the angle?

A.

Q. Where are other players positioned?

A. Spread, high-low, double high, empty corner (for pick and pop) and one in corner (for roll and lift).

## **Concepts that must be taught:**

The ball-handler should:

- Use the hesitation, crossover, inside-out and back-up dribble. Players should be able to split the defence if the hedger leaves space.
- Know to wait for the screen unless the defence rejects the screen.
- Reject the screen when the on-ball defender leans or peaks to get over the screen early.
- Get to the lane; think basket first and pass second.
- Make a pocket pass (quick pass from the hip pocket), take at least two dribbles off the screen.
- Stay on the top foot of the hedge.
- Feel their defender and see the others.
- Pass off jump stop and pass in the air.
- Utilize the pocket pass.

The Screener should:

- Slip against the early show and a trap.  
Sprint to screen – the objective is to arrive at the screen without their defender.
- Move the screen down if defender goes under the screen – twist.
  - Twist when their defender shows early on a middle screen.
  - Twist when the defender downs a wing ball screen.
- Pop and roll properly.

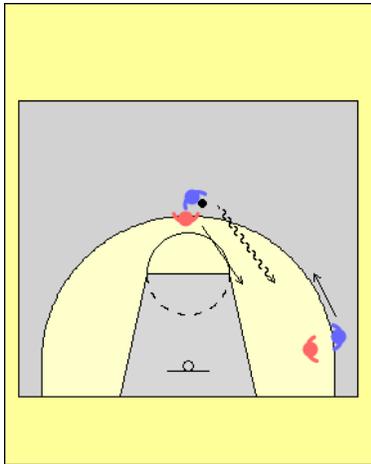
Teams should:

- Lift off the baseline when only one on a side.
- Get the ball to the weak-side quickly against a trap.
- Look for the open player when they get two-on-one on a side.
- Find the passing lane for the penetrator.

## **Types of Ball Screens**

1. Wing
2. Middle
3. Dribble hand-off

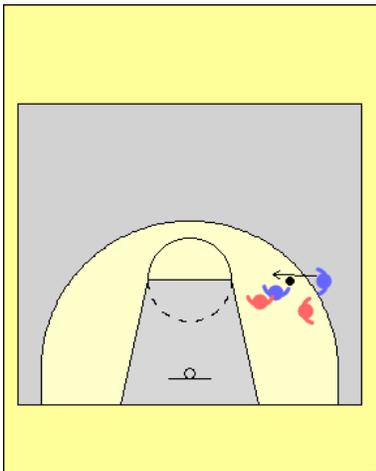
## Dribble Hand Offs



### Dribble Hand-Offs

Dribble hand-offs are a very effective way in keeping the ball alive when an interior player cannot make a pass to a perimeter player. In this drill, the post player dribbles at the inside leg of the defender.

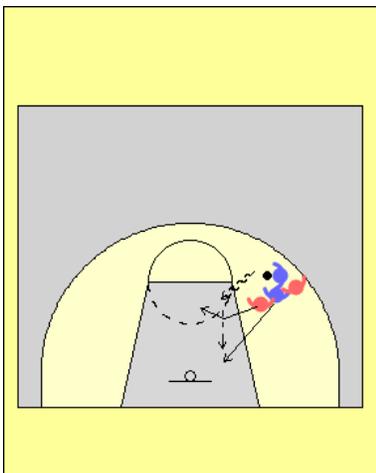
It is important to note that if the post can attack the basket to score, a dribble hand-off is not the best option. In this case the best approach is to use the penetration principles and have the wing read off the help defender.



### Drop Pivot

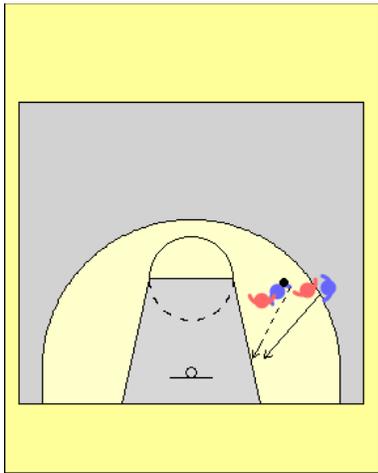
One option is for the post player to come to a jump stop and perform a drop pivot as this allows the wing player to cut "down-hill" when taking the hand-off. It also acts as a seal by the post and facilitates rolling after the hand-off.

The passer should hold the ball with one hand on top and one hand on the bottom of the ball. This allows the receiver to take the ball with her hands on the side of the ball. A second option is for the dribbler to hold the ball out to the side for the wing player to receive.



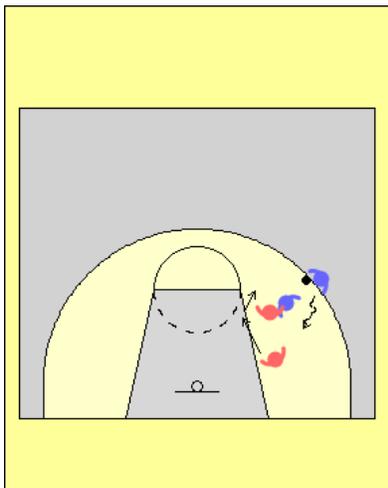
### Dribble Hand Off and Roll

The wing takes the hand-off and dribbles to the basket, while the post rolls. If the post defender helps, the wing can pass to the post.



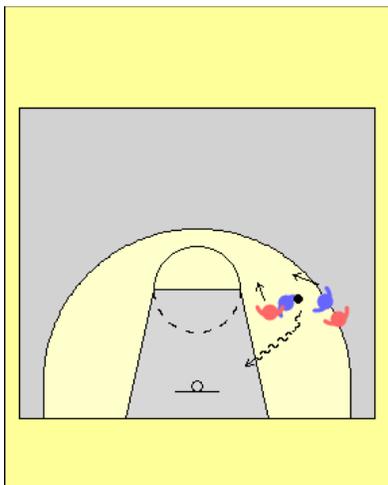
### **Back-Cut**

If the wing defender attempts to jam the wing on the cut to the basket, the wing back-cuts to the hoop. The post can throw a drop bounce pass or a high overhead flick.



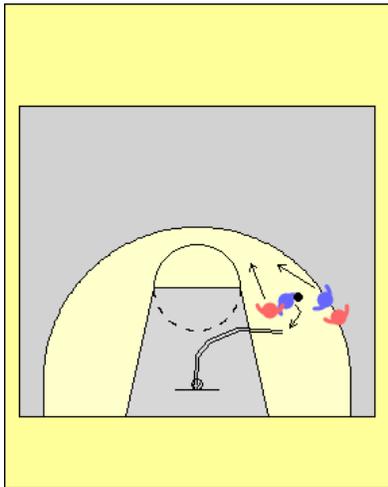
### **Defender Goes Behind**

When the wing defender cuts under the hand-off the wing can stop behind the post. Then, they can look for a shot or look to penetrate in either direction based on which side the defender closes out.



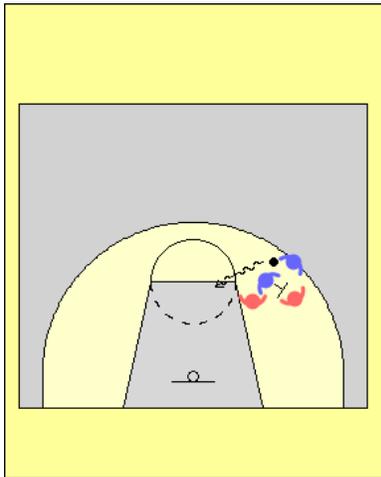
### **Fake Hand-Off**

The post can fake the drop pivot with a hesitation fake spin move. The player keeps the ball and drives to the basket. This method is effective when teams want to attempt to switch.



### **Fake Hand-Off Shot**

The post fakes the hand off and pivots for a shot.



### **Hand Off to Ball Screen**

After handing off the ball, the post immediately runs a ball screen for the wing player. This screen makes it very difficult for the defence to hedge on.

### **Team Switches**

Mismatches may develop on a switch. The perimeter player can take the post defender off the dribble or the post may be able to set-up inside.