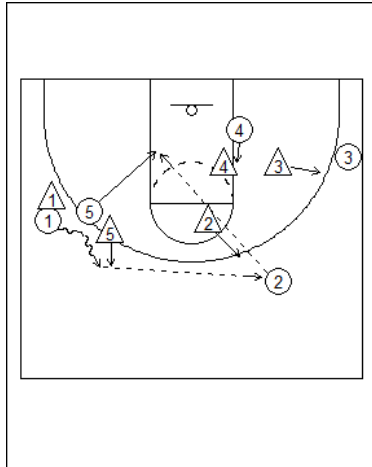


What are Some Solutions to Various Defensive Ball Screen Tactics?

Tactic: Hard Hedge

Solution: Players should slip screen or make a quick reversal across top or to corner. In addition, and offensively against a hard show, the ball can be reversed quickly to hit the roller as the screen defender has extended and may not be able to recover.



Tactic: Two-under

Solution: Players can re-screen by coming off one way, re-screening and coming back. The screener must get below the ball to set the second screen.

Tactic: Trap

Solution: The player can sprint to the middle, outlet on either side of the ball and attack four-on-three. The key is to attempt to get the ball to the weak-side as quickly as possible.

Tactic: Switching

Solution: Players can make a pocket pass or take the “big” outside and attack.

Tactic: Down

Solution: Players can attack the “big” with Euro-step, inside-out or crossover. The screener re-screens by turning and putting their back to the baseline.

PICK-AND-ROLL (PROGRESSION TEACHING)

Pick-and-roll is the most employed offence of the modern basketball game (estimated at between 35 and 45 times per game). At the highest levels of play it is integral to see pick-and-roll actions from the transition offence to the end of the possession (no matter if the execution is effective or not). If the guards have good ability to read the situation or if the screener is fast enough to quickly roll to the basket, it can also be used against a zone defence.

During the preparation of the defensive game plan it is very important to decide to defend the opposite team’s pick-and-roll. The basic offensive concepts in pick-and-roll are to create:

- Five-on-four situations and find the open offensive player before the fifth player can recover.
- One-second advantages for the offensive players.

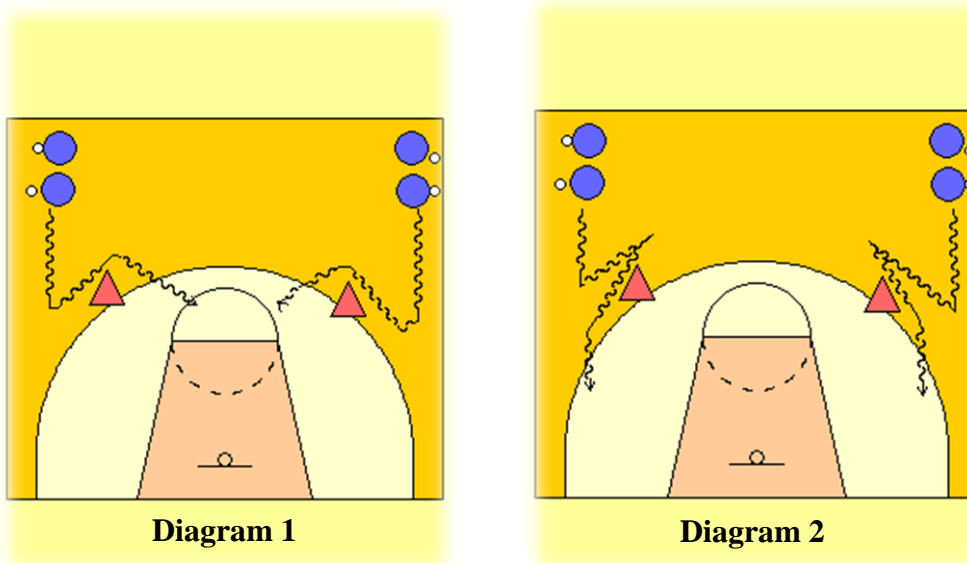
- An advantage from a derived option.
- Running pick-and-rolls within an offensive possession as the players can find best options and create action or flow into an alternative tactic if nothing materializes

It is important for players to have the basic foundation of skills and concepts before they can attempt to use a complex concept such as pick-and-roll. In youth programs many coaches have adopted the need to run pick-and-roll because of the dominant use at higher levels of play but players need to master the basic skills and concepts first.

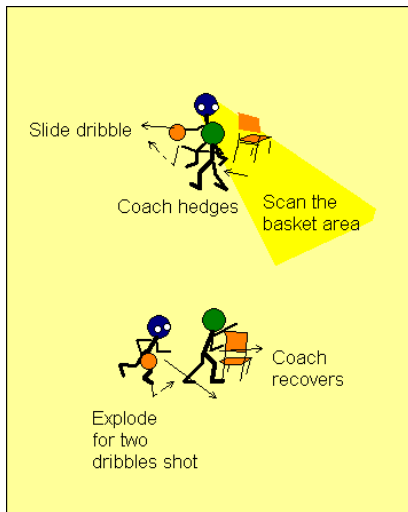
In order to execute and successfully defend the pick-and-roll, a high level team may spend up to 50 percent of its training time on this concept. Pick-and-roll should be taught and utilized with other offensive concepts instead of as an indispensable and essential solution.

When players reach the Train to Train stage of the Long Term Athletic Development model it is appropriate to begin to teach this concept.

What follows is some technical advice on how to begin to use pick-and-roll within an offence. In **Diagrams 1-4**, the ball-handlers are taught how to use the screen. It is essential that the guards take the ball below the screen before. In Phase A, the use of a chair to simulate the pick is added. In Phase B, the coach can provide guided defence. In Phase C, the team moves to live defence. Next, the progression to advantage situations: two-on-one, three-on-two, four-on-three in Phase D where game-like situations are simulated.



In **Diagram 1**, if the defender of the ball-handler hits the screen, take the jump shot from two or three points.



When the coach adds the guided defence it is important that the players focus on the important teaching points:

- The eyes are always scanning the area of the basket. This allows the ball-handler to see all of their teammates and their defenders.
- When the coach hedges, the ball-handler must slide dribble to protect the ball. The intent is to slide so that the player can change direction quickly when required.
- When the coach recovers, explode for two dribbles for the shot. The key is not to get in to a wrestling match with the screen defender.

In **Diagram 2**, if the defence passes under the screen, change hands and make two dribbles to the baseline with a jump shot. Be sure to add the guided defence once the players have had a chance to get the idea of the drill.

In **Diagram 3**, the ball-handler splits the defence against an aggressive help that does not get close to the screen. Never allow the ball-handler to use more than two dribbles after they have passed the screen. They must either pass or shoot the ball to exploit the advantage. This should be one strong low crossover dribble.

In **Diagram 4**, the ball-handler has to retreat to avoid the aggressive help and pass the ball to the other guard (triangle pass) who has to be ready to catch the ball and shoot. The pass has to be on time and on target. Work on the footwork of the passer and the receiver.

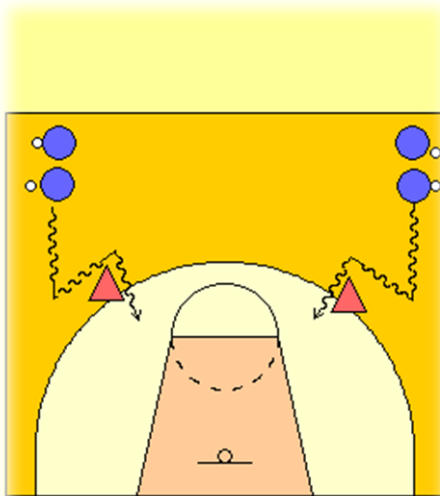


Diagram 3

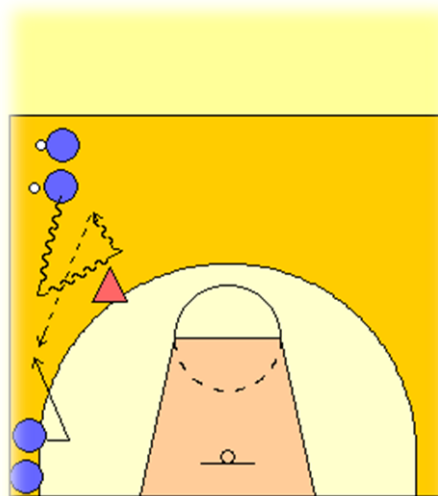
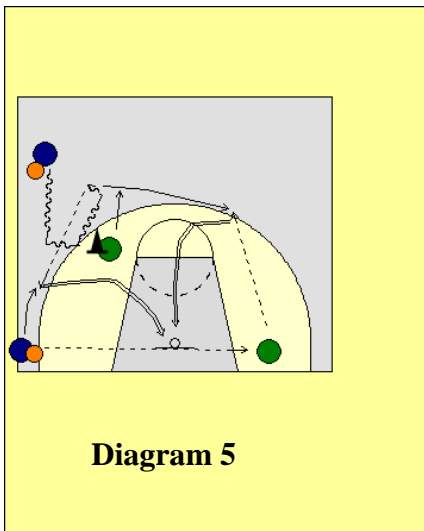
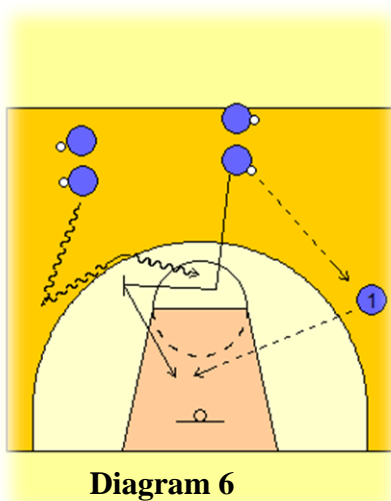


Diagram 4

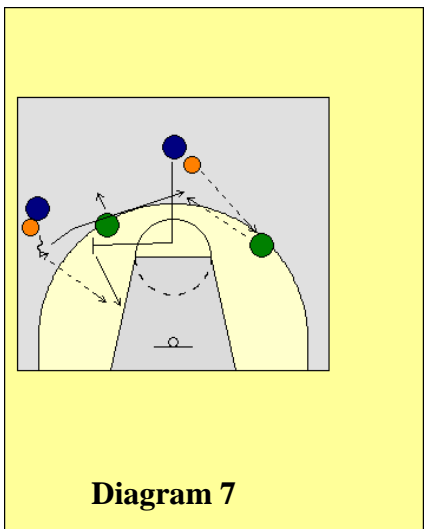


To optimize the drill the player in the corner can make a pass to the coach on the far baseline. The player at the top uses the screen and reads the other coach hedging. The corner offensive player must time their cut to be available for the triangle pass. The player on the wing shoots the ball. After passing, the top player cuts to receive a pass back from the coach for a second shot.

Note: The pivot foot of the passer is the one furthest from the defence. It is a drop pivot to make space to pass. Do not take the ball behind the pivot foot.



In **Diagram 6**, the idea is to practice with both the screener and the ball-handler. The screener passes the ball to the coach, and fakes a cut to the basket to then set a screen for the ball-handler. The ball-handler has to pass shoulder-to-shoulder before taking a jump shot. The screener rolls to the basket and receives the ball from the coach. The footwork for the player rolling is our outside/inside footwork. This helps the player play on balance. If they have to pivot, use the leg furthest from the defence. In this situation, the roller can see the ball and the basket at the same time. Both guard and screener take a shot.



Slip the Screen

The coach guides the screener. When setting the pick, the screener looks over their inside shoulder (place chin on inside collarbone). If the defender is cheating early to hedge, slip the pick and go to the basket. If the defender is visible, continue with the pick.

The coach provides a guide by mixing up how they play defence. If the pass is made to the player slipping, the ball-handler cuts for a shot from the other coach.

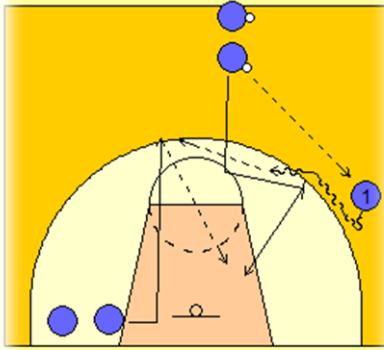


Diagram 8

In **Diagram 8**, the intent is to work on the triangle pass between the two inside players (high-low pass) with a focus to teach the timing between screener and the other inside player. While the first is rolling to the basket, the second runs outside of the paint.

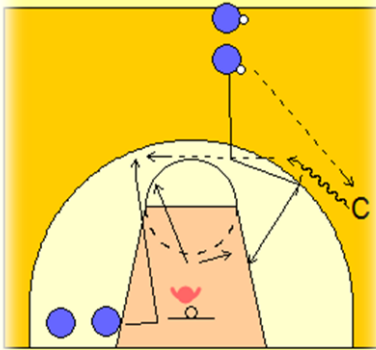
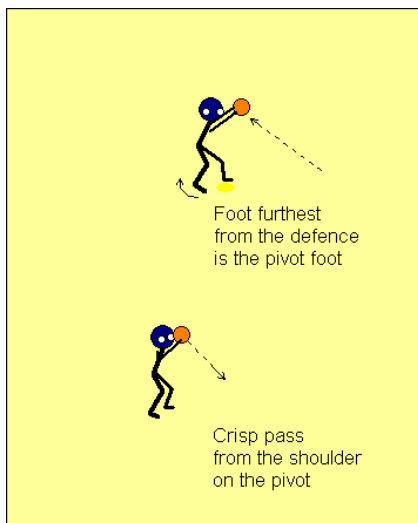


Diagram 9

The drill in **Diagram 9** is like **Diagram 8**, but a guided defender is added (Phase B-C) that has to decide to either defend the player running outside or the one going into the paint. It is crucial that all players feel confident shooting the outside shot. If not, the defensive team will not guard the player in the pick-and-roll action; therefore nullifying any one-second advantage that can be created.

The timing of the cut is very important. In the next phase the coach adds the guide. The receiver must decide to pass or shoot the ball based on the read given by the coach. The intent is to still create a two-on-one situation for the players.



Make sure the passes are realistic:

- No chest pass
- No soft passes

The top foot is the pivot foot of the player filling the high post. Catch the ball high and make a quick crisp pass from the shoulder and back pivot.

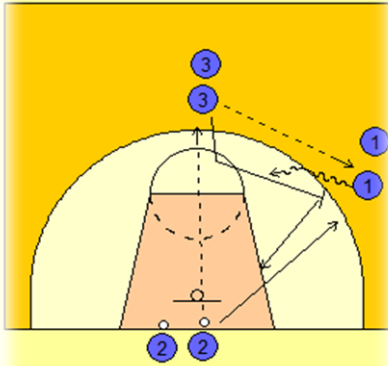
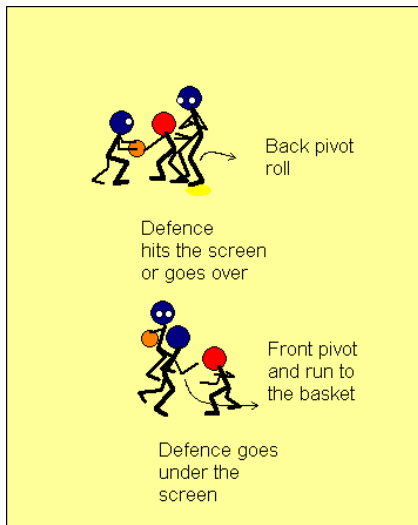


Diagram 10

In **Diagram 10**, the players are working on a two-on-one situation, teaching how to set a screen on the player defending the ball-handler. The player under the basket passes the ball to the wing player and runs to defend the player that has received the ball. The player at the top sets a ball screen (approaches the defender where they are blind to the pick and set-up their feet in order to form a T. with the feet of the defender). The top and the wing play pick-and-roll against the defender, who can decide to guard either player.



One question players and coaches often ask; Which way should I roll to the basket after setting the pick? There is no one single way to tell the player how to roll. The action of the defender will guide them.

If the defender goes over the screen or makes contact, it will be very difficult to do a front pivot and the player will be fighting the contact of the defender. Reverse pivot and roll, use the push of the defender to gain an advantage.

If the defender goes under the player can front pivot and run to the basket. This also allows for a re-screen back in the direction that the ball came from, if required.

The screener must be in balance so they control the direction they want to go – a roll, sprint or pop. Remember that balance means that the arms are over the legs.

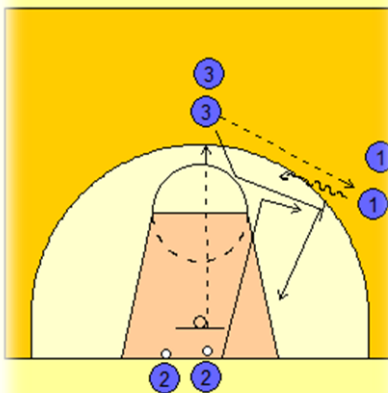
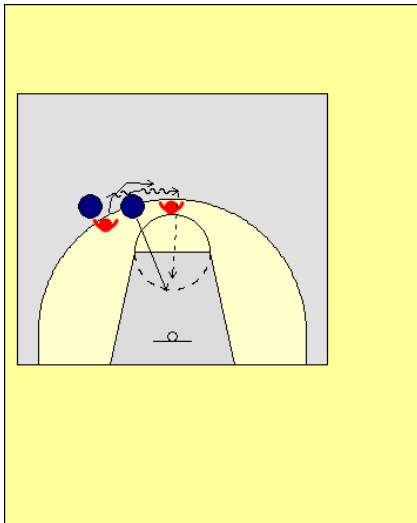


Diagram 11

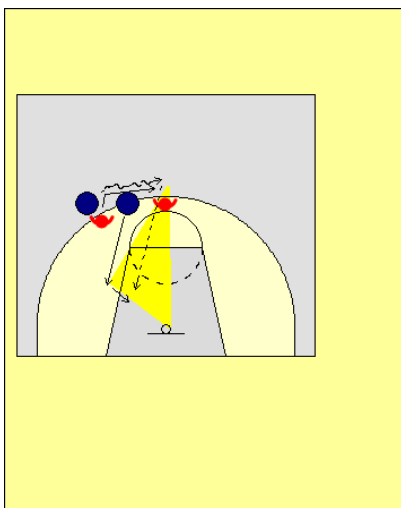
Diagram 11 is like **Diagram 10**, but here the baseline player begins defending the pick-and-roll by guarding the screener. The two offensive players must make the appropriate reads based on the action of the defender.



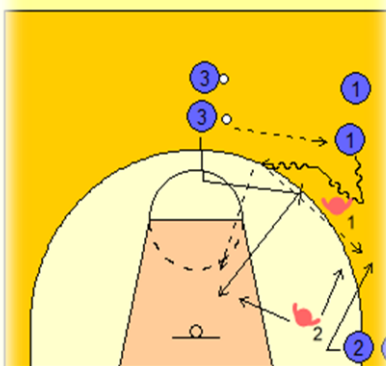
See the Ball and the Basket

In the diagram to the right, the defence did a poor job of forcing the ball-handler back to the sideline. Since the player who set the screen rolled directly to the basket, they are in a position where they could not see the ball and basket at the same time. Also, there is very little room for the pass.

If a third defender enters into the play, the roller is vulnerable to being surprised. This often leads to a fumble, travel or an offensive foul.

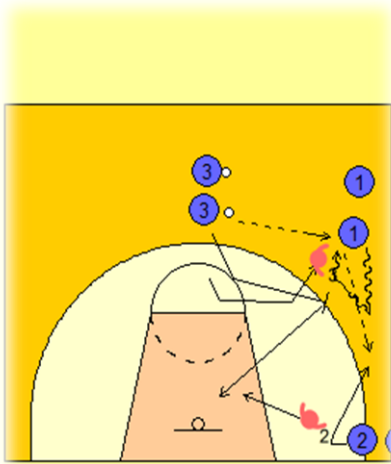


In this drill, the situation is the same but the screener rolls to space. This puts them in a position where he can see the ball and basket. More importantly, they can see the third defender. This allows for anticipation, which is a very important element to have on offence. They can anticipate a pass or shot before the ball arrives.



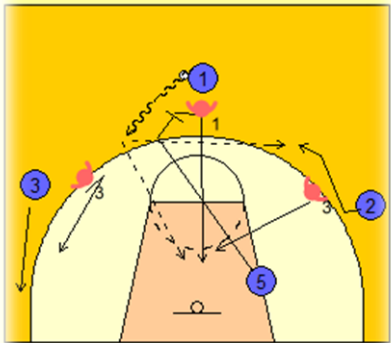
Diagram

In **Diagram 12**, the players play three-on-two and put two defensive players on the guard using the pick and the perimeter player in the corner. The drill starts with the player on top making a pass to the wing (allow this pass to occur). After the pass, they set a ball screen for the wing player before rolling to the basket. The two defenders will decide who they want to cover and the three offensive players have to find the open person. The ball-handler has only two dribbles after he has passed the screen. The players are working on the use of the triangle pass to find the open player.



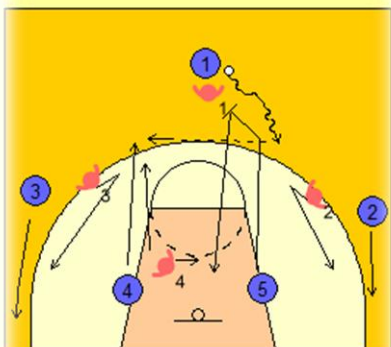
Diagram

In **Diagram 13**, the idea is to put the defence on the screener and the offensive player in the corner (still working on the triangle pass). The defence mixes up how it plays defence. This forces the offence to read the open player. Remember, only two dribbles once the screen is used.



Diagram

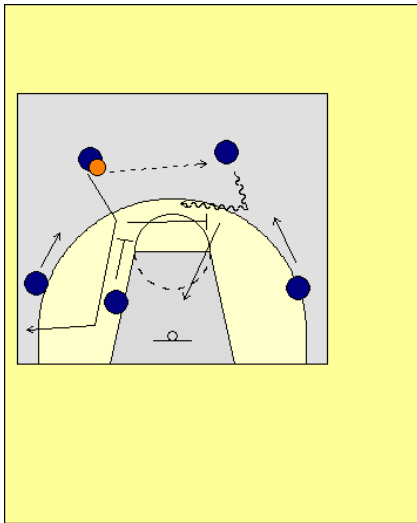
In **Diagram 14**, the players are playing four-on-three with the same rules as in the previous diagrams (**Diagrams 12 and 13**) but a perimeter offensive player has been added. Here, triangle passing and spacing are taught. No one is guarding the inside player who is setting the screen. The three defenders have to try to cover the screener, help on the ball-handler and then recover.



Diagram

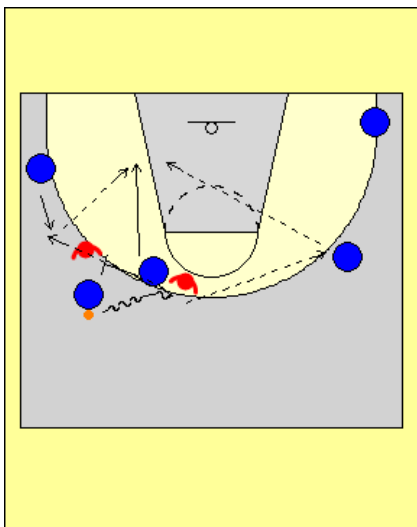
Diagram 15 is like before, but the players are still going five-on-four. Here, timing between the two inside players and the spacing with the three perimeter players are focused on. There is only one defender of the two inside players.

It is up to the coach to use their imagination to create game-like situations.



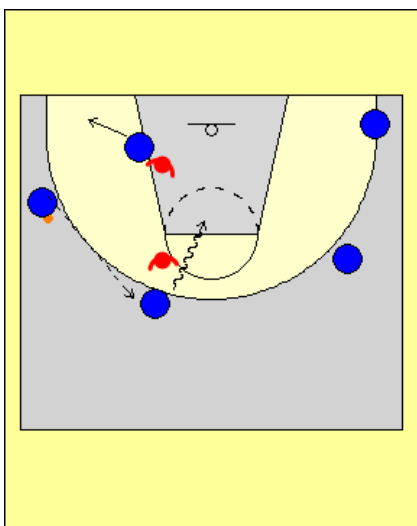
Pick-and-Roll in the Offensive System

Using the offensive system, the pick-and-roll as an option to begin the offence can be added. On the guard-to-guard pass, the post up-screens an immediately sets the pick. This play action makes it difficult for the defender of the post player to be on time for the pick. It is important that the players are allowed to play with freedom. The more they have worked on the skills and concepts, the more effective they will be. Skipping the foundation work and moving directly to the system is asking for a disaster at some later time.



Against Switching Defence

When the defence switches the pick, the first option to teach is to make use of the triangle pass. If done properly, the switching defender will be out of position and can feed the post player inside.



If not open, get the ball back to the guard. The post player slides to the short corner to make space. The guard creates a one-second advantage off the dribble.

Note: Avoid overuse of analysis early in teaching.

The above exercise will help the coaches to teach the rules that are used while attacking with a pick-and-roll offence. But coaches have to be clear that these options have to be interpreted by the team as a team offence and not only as a two-person game, both defensively and offensively. The two best players are not isolated.

It is used to create the one-second advantage; the players are playing two-on-two within the five players of the entire offence. The pick-and-roll offence will be more effective if used the proper way and needs to be practiced every day with different defensive options and from different positions on the court.

Early Clock

Screening in the early clock is often used to free-up a shooter or to create penetration. They are effective since the defence often is not set and in position to properly defend.

Mid Clock

The coach must decide on the screens used with the half-court offence. It is recommended that when opportunities appear to attack the basket. Screens are a way to create a one-second advantage.

Late Clock

A solid screen late in the clock can be effective if the players read the options correctly. Against good defensive teams it is important to stay from running ball-screens too late in the clock. Many teams will trap the ball and with limited time the offence cannot exploit the options available.