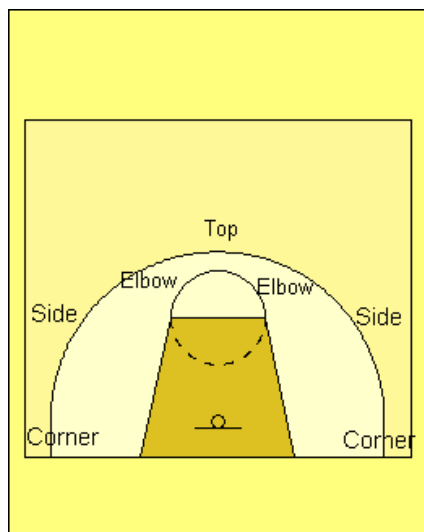


Albert Switzer Coaching Clinic

Manheim Germany

Side Pick and roll

Note: The entire clinic was mainly about the side pick. It shows the detail that is put into one simple concept of the game. He emphasized how the players are taught the various reads at different stages of development. He did not expect a younger player to master all of these reads. If taught with patience and time, by the time the player reached the senior team he/she would be able to handle all situations. The coaches' job was to teach the players to read the different options. In a game it was to help the players with the reads, not to turn the various reads into set plays called out by the coach.



1

Pick and Roll

Jovica Arsic - Serbia Montenegro Junior
Men's Coach

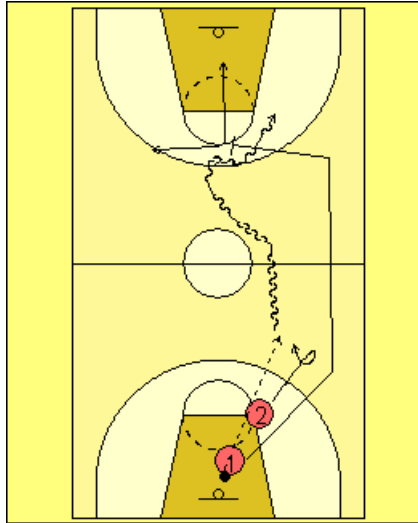
Keys:

Must know the proper spacing when running

- side picks
- top picks
- horns (elbow picks)
- corner picks

Players must also learn the defense

- under - 1 behind or 2 behind
- lateral hedge
- high hedge or chest
- trap
- red - force away from the pick
- switch



2

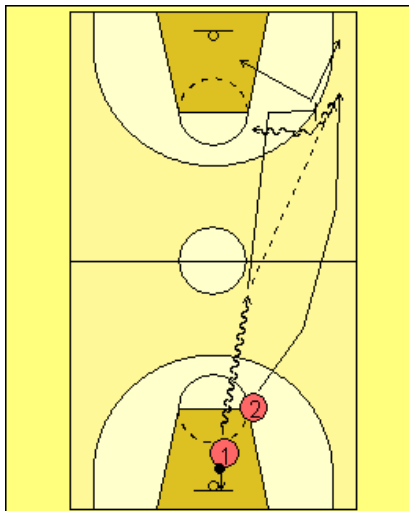
Warm up

The players worked with a partner. The player tosses the ball off the back board and rebounds the ball. The outlet goes vertical first and then circle cuts back to the ball. This player now dribbles vertical to the top. The rebounder runs wide and comes to set the pick. It is key to make sure this is a legal pick. It must be stationary and be in the vision of the defense.

The screener can roll to the basket or sprint to space.

Load the drill

- add a guided defender on the screener
- add a guided defender on the ball handler



3

Warm up #2

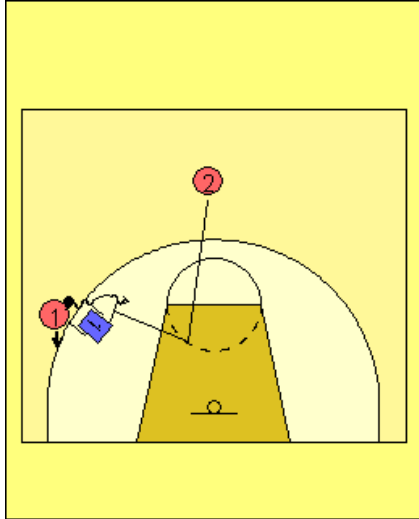
In this situation the rebounder executes a break out dribble. The outlet keeps running wide to receive the wing push. We want this pass made so that the wing can receive the pick in a stationary position.

Again, make sure the pick is legal. The screener can sprint to the corner or roll to the hoop.

Loading the drill

- add guided defense on the screener
- add guided defense on the ball handler
- add guided defense to the rebounder and outlet

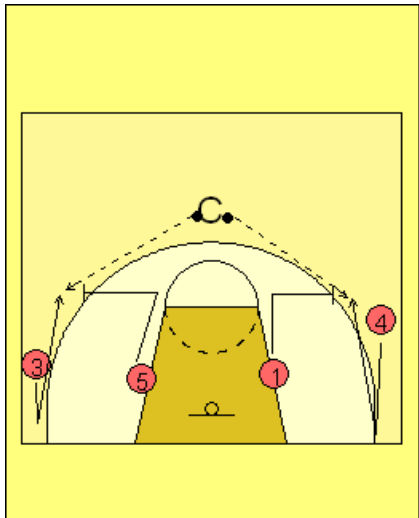
Using the pick



The screener wants to sprint into the pick. Make a sharp cut into the pick. Go slightly out of the vision of the defender at first (below the foul line). At the last second it must be legal. Take one hard step below the foul line. The defense must respect the basket cut.

The ball handler must make the defender go below the level of the pick. If stationary, fake, if dribbling take one dribble below. Go chest to chest when you use the screen. A key point is that the **eyes must be up** looking at the basket. Players who look at the floor on picks are very easy to defend.

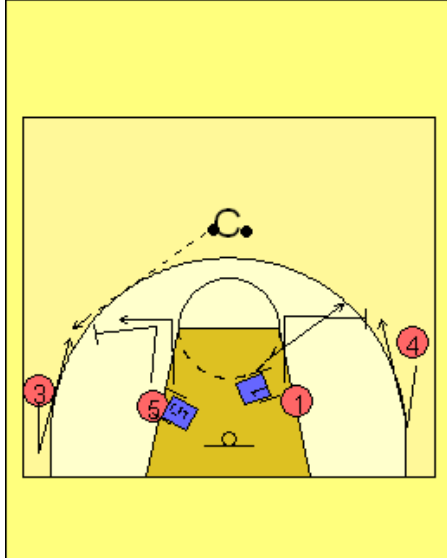
Side pick



The wing bumps the baseline and cuts to the wing. The post **sprints** high and hard cuts to set the screen. Work on rolling and sprinting to space. Once one side is completed the other pair executes the same action.

Be sure to work both sides. It is key that the wings catch the ball in shooting range at the attack spot. It makes it much more difficult to defend.

Load the drill



Add defense to the picker

- high hedge - attack the outside of the hedger - drag them higher - may be able to split or use them as a screen for the recovering defender- if stays too long pass
- lateral hedge - drag further - hesitation and go - if stays too long pass
- sag - shot or attack and freeze - pass
- switch - pass or pull out for isolation 1 on 1

Only give the defense two reads at first.

Defending screens

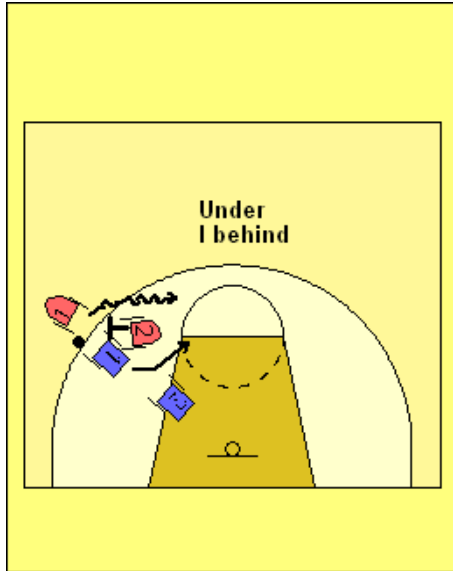
It is important to understand the various ways in which teams will defend the pick. We will use two words to describe the defense. The first word is the method used by the defender of the ball handler and the second is the method used by the defender of the screener.

For example: under / hedge means that the defender of the ball handler is going under the pick and the defender of the screen is stepping out laterally to the pick.

We will also use some common terms used by coaches to describe the action.

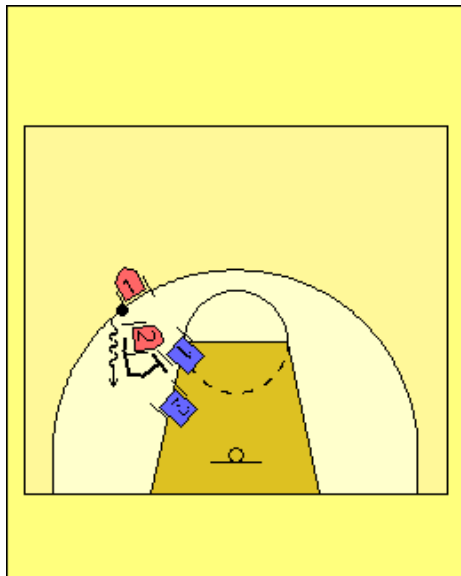
These are presented in no particular order. It is key that you do not overload younger players with too much detail. Only two options at first.

Under / Sag (1 behind)



This is used when the ball handler is not a threat to shoot the ball and the player setting the pick is also a non-shooter. This is also the method of choice when the pick is set outside of a scoring area. It is crucial that the pick is communicated **early and often** by the back defender. An open court pick that frees a great penetrator and forces rotational help is very difficult to defend.

Counter - Re-pick

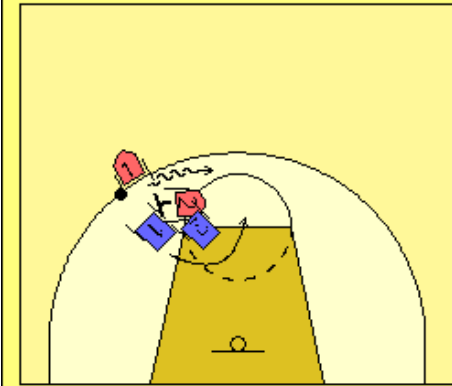


Once #2 sees the defense go under the pick he/she calls "**under**" and executes a front pivot to set a second pick on the defender. The ball handler executes a quick cross over dribble using the new pick. This now gets the player closer to the basket for an easier shot.

The screener can roll to the basket or sprint to space if X2 helps.

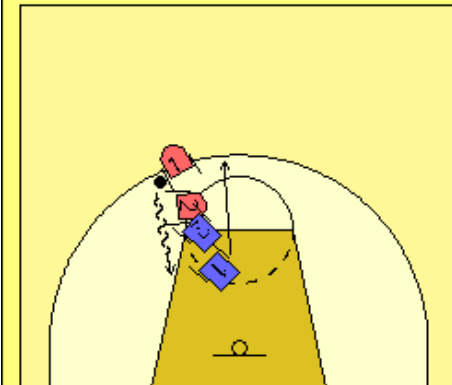
There is a lot of timing involved in this move to make sure that the pick is legal. With practice it can be very effective.

Under / Squeeze (2 behind)



This is used when the ball handler is not a great shooter, but the player setting the pick has the ability to shoot. The defender of the pick pushes up tight to the screen and keeps a hand up. This gives the ball handler lots of room to go under both players. By staying tight to the screener it is difficult for this player to roll or sprint to space for a shot.

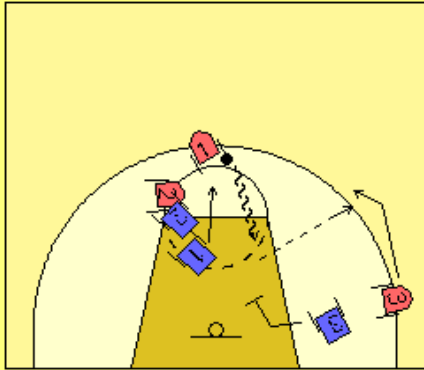
Counter - hide and seek



If the ball handler can shoot he/she stop behind the pick and shows shot with eye fakes. Which ever way the defense shows go hard in the other direction.

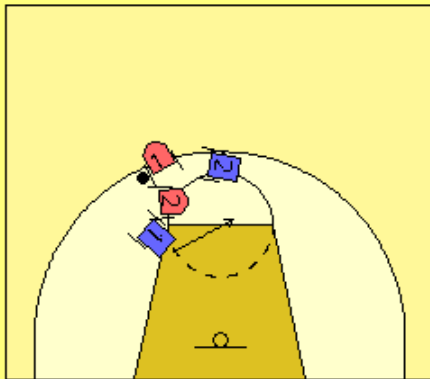
The next time the pick is set it should be closer to the basket. You can also use the re-pick.

"Hessie" (this is a Toronto term!)



Many players use a hesitation dribble just after the pick. As the defender starts to recover the ball handler goes hard again the outside of the defender. Since the player had to go behind two defenders it is often difficult to take a good angle of recovery. Very often they place their best shooter on the open side hoping to draw the help defender.

Under / hedge



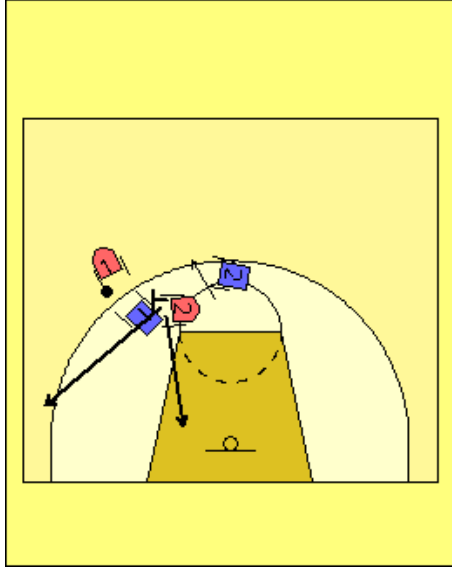
Some teams are starting to use this as a method of defending picks. The ball handler's defender goes under the pick while the defender of the pick shows a high hedge. This forces the ball handler high and gives the defender time to recover. He/she has a much better angle and does not allow the offensive player to turn the corner.

The best counter for this is the **re-pick**. You will catch both defenders on the other side of the screen.

Another option is for the screener to sprint to space. It is difficult to have switch rotation from recovery on a side pick.

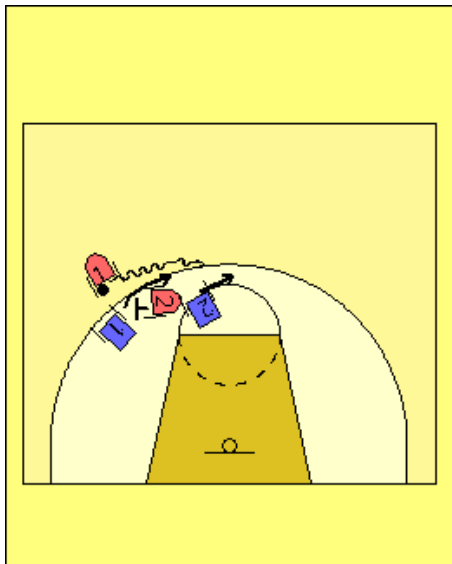
Slip

If at any time the defender of the pick shows too early the screener can "slip". He/she may either sprint to space for a shot or go to the basket.

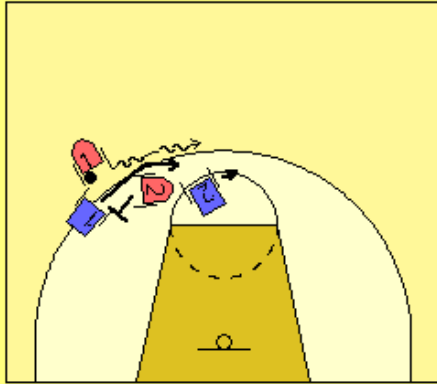
**Over / hedge**

This is a common method for many teams. The defender slides over the screen while the defender of the pick stays in the small of the screeners back and show laterally. Not allowing the ball handler to turn the corner.

This method is vulnerable to the player faking to use the screen and then driving baseline. By sliding the player can often get caught.

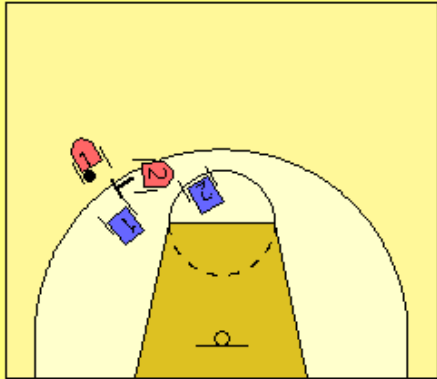


Muscle technique



Because of the reason mentioned before many coaches teach their players to "muscle" the pick. In this situation the player being screened turns sideways and forces the ball handler to use the screen. By using his/her forearms he/she muscled through the screen. If the player does not go tight to the screen there is a natural lane to run through as a defender.

Counter - pick the space not the person

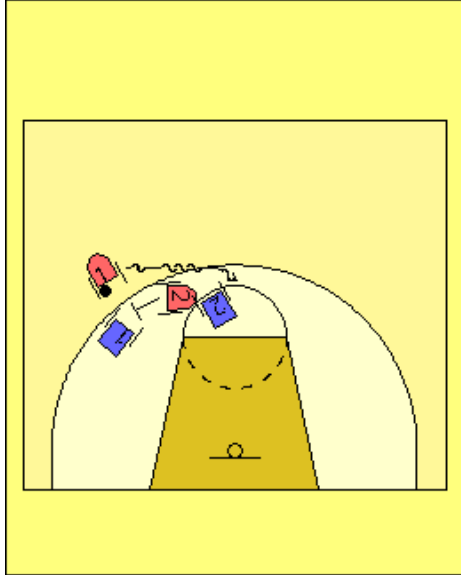


One option is to pick the space. This takes away the ability of the defender to run through the space. It puts the defender in the trail position or has to go under.

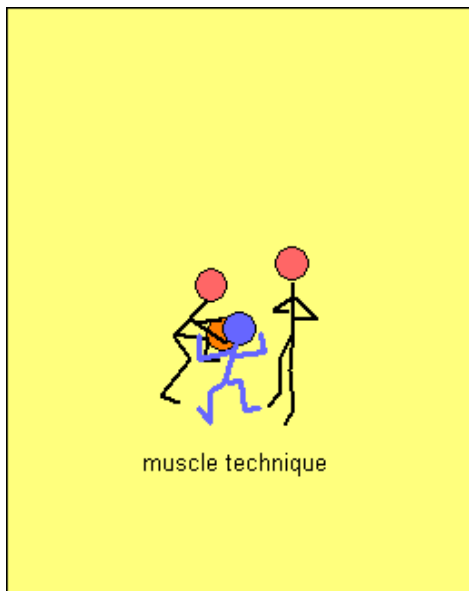
Other options are the hessie. Also if the screener is a shooter running to space is a great option.

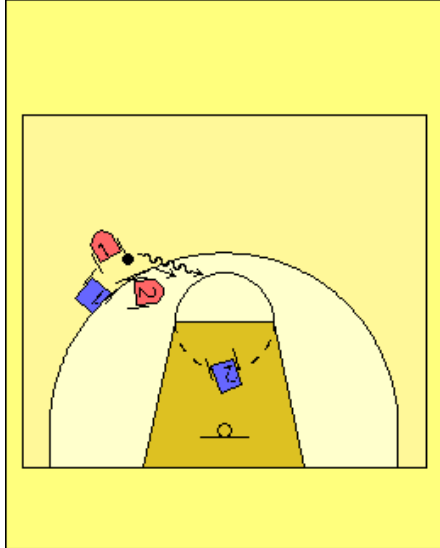
Attack the outside shoulder

Another concept is to attack the outside shoulder of the defender. As this player recovers he/she will often set a screen on his recovering team mate.



Put a forearm on the hip of the ball handler and one on the hip of the screener. Bull doze to make space for you body to run through.

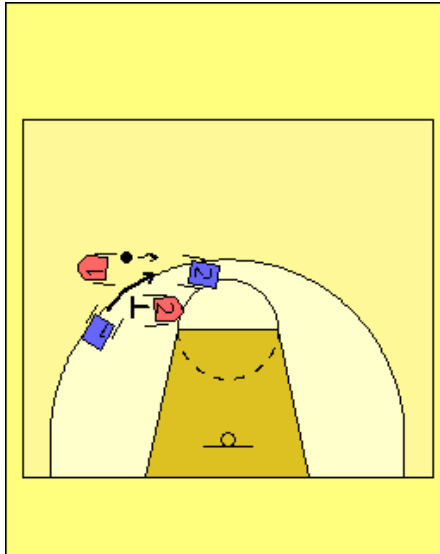


Over / sag

This is not a promoted way of defending the pick, but it is often used, because the defender of the pick is late to become involved.

It can be effective if the screener is not a shooter, because the defense is double teaming the ball.

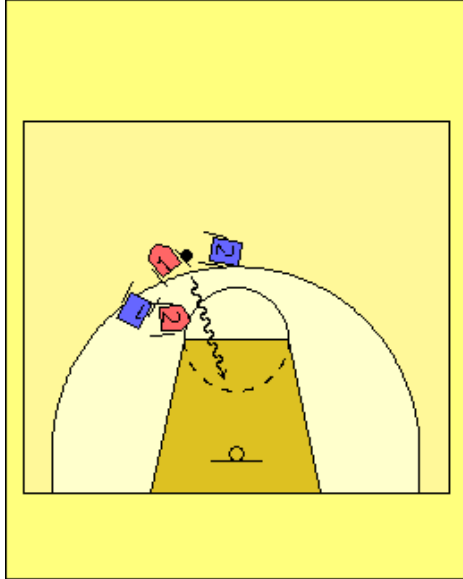
To counter have the screener sprint to space to look for the shot.

Over /chest - high hedge

In this defense the player defender the screen steps out and shows his/her chest. The idea is to make the ball handler pick up the ball or change direction away from the basket. By taking away the passer's vision it is often difficult to pass to the screener rolling or running to space.

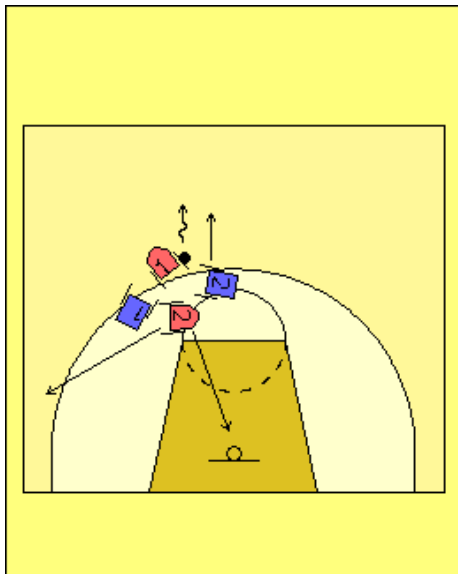
Split

If the defender leaves a gap split the screen. It works best with a slight hesitation and pull back dribble.

**Back dribble**

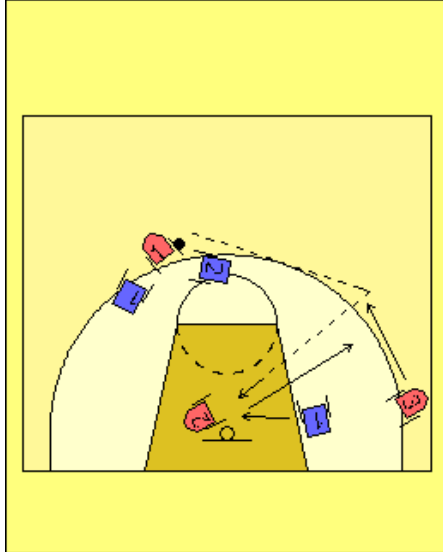
The ball handler takes a back dribble. This creates space to be able to pass or room to hesitate and read. He/she can also attack the outside shoulder.

Keep vision on the rim.



Relay pass

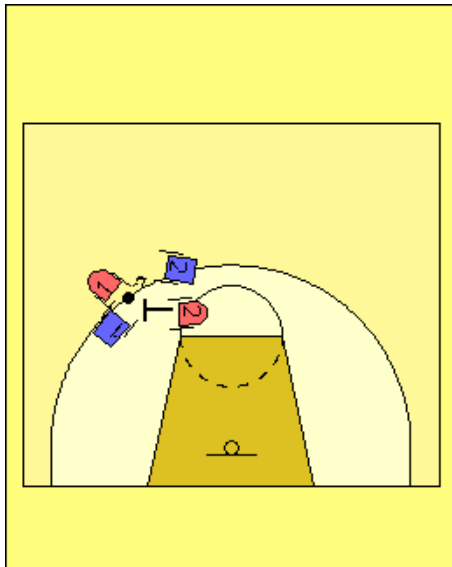
It is also to involve the other players in this situation. Making a "relay" pass is one of the best ways to defeat the rotational helping defense.



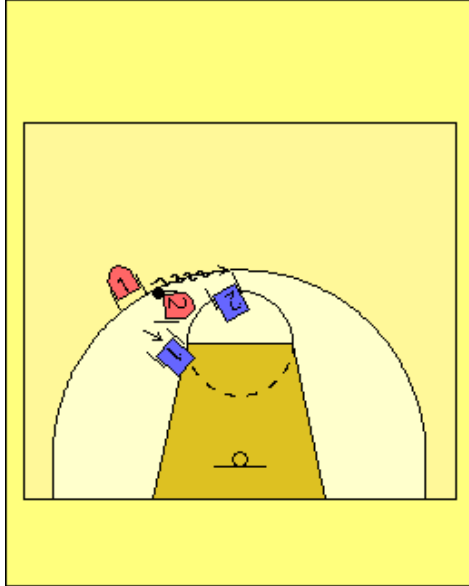
Over / trap

In this situation The two defenders trap the ball handler as soon as he/she dribbles. Other players will rotate to help cover the next logical passes.

To counter this it is best to drag the trap back as far as possible. This creates creases and gaps that can be split and it also makes recovery more difficult when the ball is passed out of the trap.



Under / switch or over / switch



Teams will often switch picks. Especially any pick involving players of the same size or late game to prevent 3 point shots, or late clock so mismatches cannot be exploited.

There are two theories:

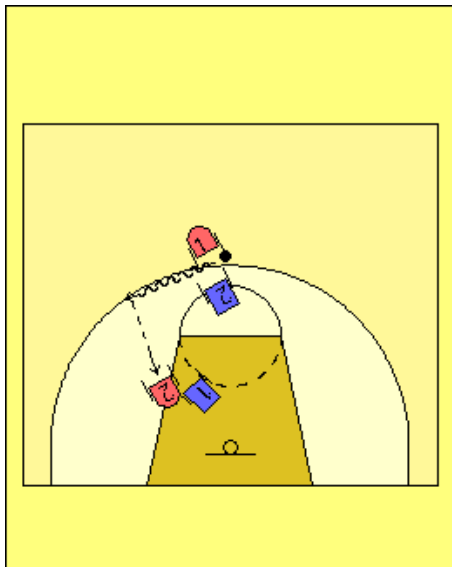
Go under on the switch - This prevents the player rolling to the basket, and running to space. The down side is that you get caught behind and are easily posted.

Go over on the switch - you are in a front position on the bigger player and force a more difficult pass. Can get sealed for the pass on the roll.

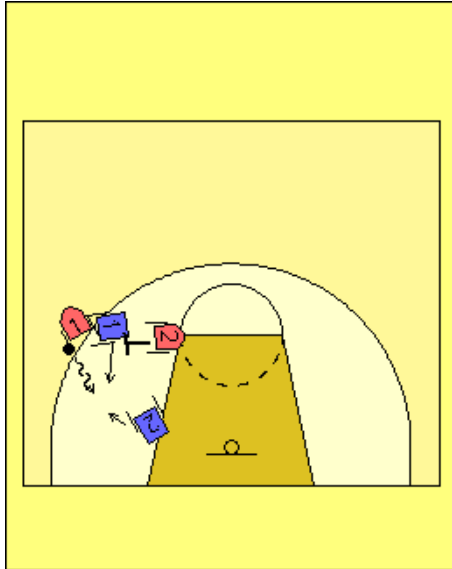
Most teams counter this by posting the bigger player against a smaller player or by isolating the bigger defender against the quicker offensive player.

Key: keep your dribble alive!!

You may have to create a passing angle to pass the ball into the post.



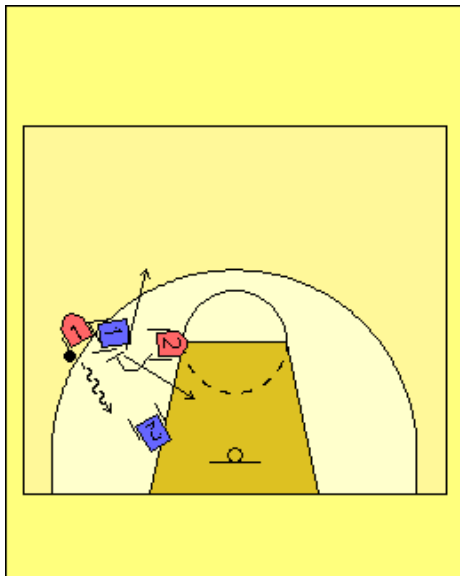
Deflect/ sag (red)



A common method used in defending side pick is to not allow the offense to use the pick. Because teams that use side pick run shooter to the corner it can be very difficult to defend with rotating help defense.

In "red" the defender of the ball handler gets into an extreme force position not allowing the ball handler to dribble to the middle. The defender of the screen sags to help on the baseline drive.

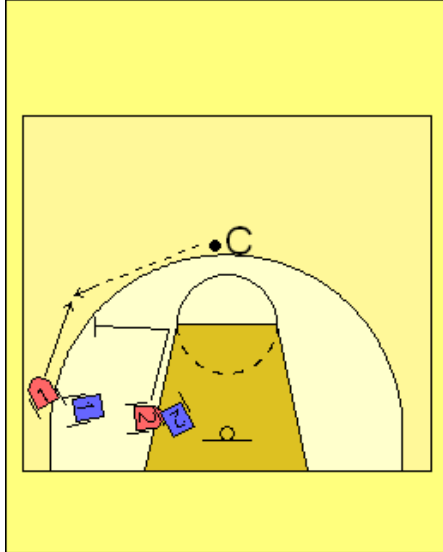
Re-pick



A common counter is to re-pick. This forces the sagging defender to help and takes away their recovery.

Many teams will also step the screener out for a reversal pass. Once he/she passes the player goes immediate and sets another pick. The sagging defender must quickly recover to help on this second pick.

Playing 2 on 2



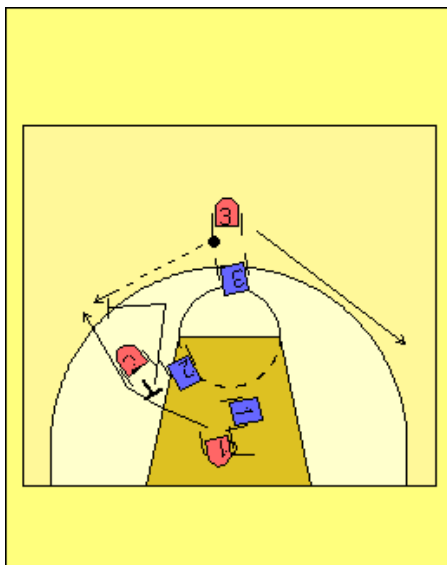
It cannot be emphasized enough the importance of letting the players play lots of 2 on 2. The problem is that most coaches only have their team defend ball screens a certain way. As coaches we must guide our defenders to allow our offensive players the opportunity to learn the various reads that they may face.

You cannot run these as set plays. Your players must learn to use the right action to attack how the defense plays.

The important thing is to teach:

- catch the ball at the attack spot in your shooting range being a threat
- Set a legal pick by "sprint" from the blind spot of the defense
- Fake before using the pick to set up your defender
- Go shoulder to shoulder with your eyes up
- read the defense

Playing 3 on 3



This allows the offense and defense to work on using and reading the help defenders. Players have to read who has the best opportunity to pass the ball to the open player. Also you can start to work on some of the more complex screening situation. That is material for another time.