

13. Defending the Pick and Roll

Purpose:

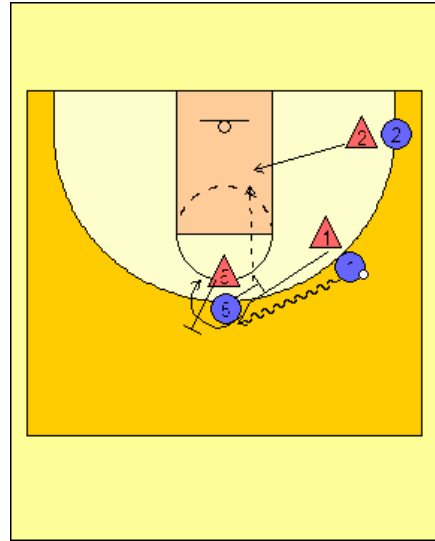
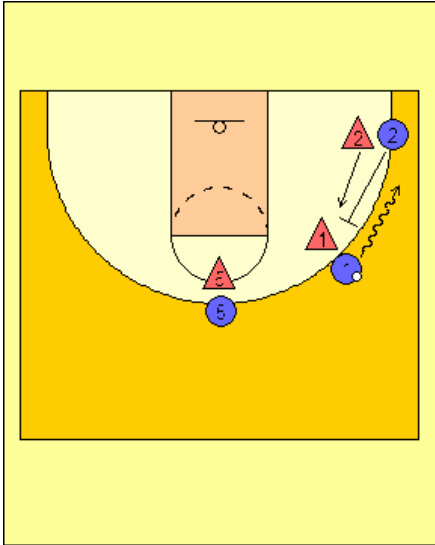
This drill is designed to teach your defensive players what to do in the event of a screen.

Setup:

There will be 3 offensive and 3 defensive players, one group at the top of the key, another on the wing, and the final group in the corner.

Execution:

- * For the first half of the drill, the point guard on the wing will dribble towards the corner, and the offensive player that is currently in the corner will come up and screen the defensive player.
- * The defensive player has a few options when attempting to avoid this screen: (s)he can either call for a switch with the defender that is guarding the screener, (s)he can slide in between the screener and the ball handler, or (s)he can go around the screen and take the long route back to the ball handler.
- * For the second half of the drill, the point guard on the wing will dribble towards the top of the key and the post player will set a screen.
- * The two defenders will converge on the point guard and double team him/her.
- * At this time, the post player will roll to the basket, and the defender in the corner will come over and prevent the pass to the post.
- * If the pass goes to the corner, everyone on defense should recover to his/her initial responsibility.



Coaching Points:

* Continually tell your players to...

- Set solid, stationary screens
- Run as close to the screener as possible when handling the ball – this will make it much harder for the defense to slip between you and the screener.
- Mix up where the pass goes in the second half of the drill.
- Talk with each other! Let each other know when a screen is coming and when a defensive switch is in order!