



Elite Coach Development
Two-way teaching in the Pick and Roll Setting
Wednesday, February 26, 2020

Introduction –

- The increased prevalence of the pick and roll at all levels of the game has not been mirrored by percentage of teaching, drilling and development time
- The pick and roll is a complex environment for young players which requires –
 - Skill (dexterity)
 - Vision
 - Communication
 - Decision making
 - Balance and agility

- How much time are you spending in providing players the tools to thrive on both sides of the ball in this setting?
- Limited teaching and practice time dictates we need to “two-way teach” more and more and develop strategies to do so efficiently
- “Show it, drill it, explore it, play it”
- Communication is a skill, just like shooting or passing
- Vision and awareness key aspects on both side of the ball – “what did you see there?”

Drill One – 2 v 1 navigate the ball screen

- Groups of 3, 2 on offence, one on defence
- No ball to start, the “offence” manipulates through cutting to run defence into screen
- Defence must use vision, awareness and agility to navigate screen
- Introduce ball
- Defensive cues – go towards the ball when you realise screen is coming, don’t “melt” into the screen, use “chase”, “slice” or “spin” technique at point of contact
- Build to 2 v 2

Drill Two – 2 v 2 plus 1 multiple screens

- 2 v 2, drill starts with handler under basket, turning out off screen at block
- Coach entry, post loops up to set side pick and roll
- Handler come off, defender navigate
- Pass to coach and space
- Next action “punch” pick and roll, play it live
- Offensive focus – sprint, screen, separate
- Defensive focus – look, leverage and leave

Drill Three – 2 v 2 “mush” drill

- Handler out top, defender starts directly behind
- Screener and defender at foul-line, sprint out to screen
- Screen defender in “drops” coverage



- On-ball defender has to navigate, talk and get back in position
- Handler has momentary advantage
- No “strike zone” passes
- Play to a result

Drill Four - Hornets 3 v 2 plus 1 pick and roll decisions

- Play out of seam or middle pick and roll
- Screener starts with the ball in lane, pass out to handler
- Handler out top, 3rd offensive player in corner
- Defender must sprint and get both feet out of bounds as man sets the ball screen
- Play the momentary 3 v 2 advantage until the 3rd defender gets back

Drill Five – “Gets” as the pressure release

- Concept of using stationary hand-off (“Get”) as a pressure release to the pick and roll
- If overt pressure on the ball or the screener gets delayed, hit the screener with pass and play-off it
- 3 v 3 “Gets”
- Offence – “widen the catch”, use of “clean pivots”, cutting angles
- Defence – ball pressure, wide stance, navigate the contact at point of the pivot

Summary –

- The ball screen will not be a crutch for lack of skill – skill must precede the concept
- Vision so important in the ball screen setting – cues for vision “corner, middle, corner”, use of questions “where was the help defender?”
- Be creative – “Creativity is contagious; pass it on” – Albert Einstein