



Developing The Ball-Screen

By Wesley Brooks

I. Ball Screen Fundamentals

4 S's of Ball-Screen Offense for Screener

- Sprint to Screen – Beat your defender, so they are late, draw fouls.
- Screen Angle – Set the screen so ball-handler defender must go over top.
- Separation – Pop, Roll, or Run-out to create advantage.
- Score – Attack and be a threat.

4 S's of Ball-Screen Offense for Ball-Handler

- Starting Point – Be aware of how to play, know where to start.
- Set-Up – Go away, to go to the screen and wait on the screen.
- Separation – Take 2 dribbles off the ball-screen to create advantage.
- Score – Attack and be a threat.

5 W's of Ball-Screen Defense

- Where is it set?
- Who is involved? (Can the bigs shoot or not shoot? Etc.)
- What is the alignment? (Where is the 4 man, where are the shooters etc.)
- What is the communication? (early, loud, continuous) Bigs are never blind, they should be talking.
- What is the coverage? (change on personnel or type of pick, more change=more hesitation)

II. Ball Screen Training (20 Minutes A Day)

- 7:30 Minutes Defense
 - a. Practice Coverage 2 on 2
 - b. Practice Coverage 3 on 3
- 7:30 Minutes Offense
 - a. Train to Score
 - b. Train to Read
 - c. Train to Pass
- 6 Minute Competition
 - a. Play game emphasizing what you worked on that day

III. 3 Man Actions

- Roll & Replace Action
- Back Action
- Relay Action
- Loaded – Ice
- Empty - Ice

IV. Final Thoughts

- Coaches are not God's gift to basketball, basketball is God's gift to us.
- Don't do it until you get it right, do it until you don't get it wrong.
- Habits, Discipline, Structure with Execution = "*Win The Day*"
- "Stress is being unprepared for something you care deeply about."
"Pressure is being excited for something you care deeply about."
"Teach your players to embrace pressure by being prepared"
Rick Carlisle
- Be Obsess with Self Improvement
(Read For 30 Minutes Or Watch You Tube For 30 Minutes Everyday)