

Defending Back Screens

Coach Kay Yow

Purpose

To learn to defend a back screen using player-to-player principles and to recognize guard-guard, post-post, or guard-post screens.

Organization

Four players, one ball, and a line under the basket. Players are positioned on both the left elbow and left block, and a coach is positioned at the top of the key with a ball. Another coach is on the right wing. Players rotate up the line (defense on block to offense on block, offense on block to defense on elbow, defense on elbow to offense on elbow, offense on elbow to the end of the line).

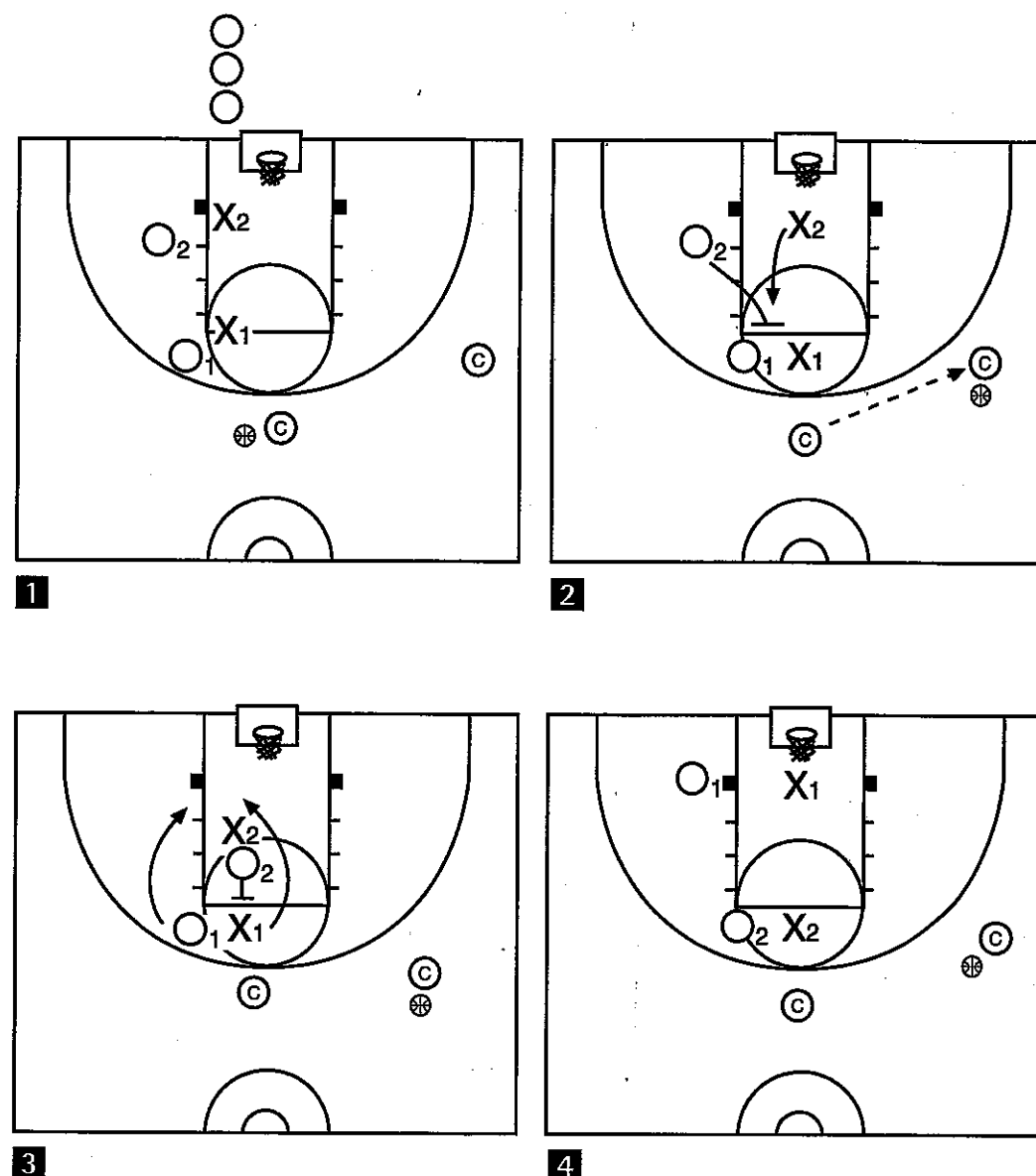
Procedure

1. X_1 and X_2 take proper defensive positions in relation to the ball at the top of the key (see diagram 1).
2. The coach passes the ball to the coach on the right wing. X_1 and X_2 adjust their positions in relation to the ball and their defensive assignments.
3. As the coach on the wing receives the ball, O_2 sets a back screen for O_1 on the elbow (see diagram 2).
4. X_2 gets as close to O_2 as possible, leaving X_1 plenty of room to get through the screen. (As an option, depending on the offensive player, X_2 may drop off O_2 and put a hand in the passing lane until X_1 recovers to O_1 . X_2 then recovers to O_2 .)
5. X_1 rolls off the screen toward the ball with her hand up in the passing lane and meets O_1 on the block (see diagram 3).
6. X_2 will help X_1 if O_1 flares or kicks back off the screen.
7. If O_1 does flare or kick back, X_2 and X_1 need to help and recover quickly.

Note. If the screen is guard-guard or post-post, simply switch on the screen.

Coaching Points

- Players must communicate. Let teammates know the screen is coming. Recognize the type of screen (guard-guard, post-post, or guard-post).
- Using proper player-to-player defensive positions, try to avoid the screen altogether.
- If help is required, help and recover quickly.
- The defender being screened must always roll toward the ball with her hand up. This player needs to look big and cut down the passing angle.
- The player guarding the screener can help slow the offensive player using the screen by bumping the cutter.



Backscreen

Coach Carol Ross

Purpose

To teach proper technique for setting a backscreen.

Organization

Minimum three players or a coach and two players with one ball.

Procedure

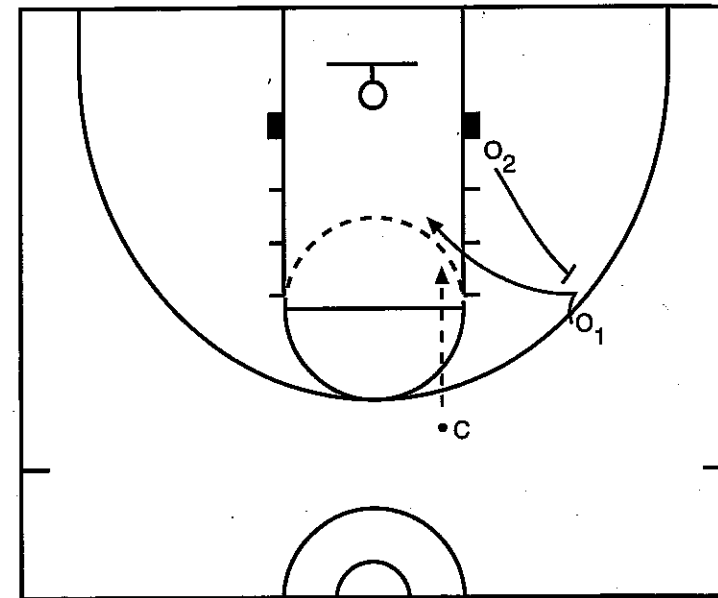
1. The coach starts with the ball at the top.
2. One player starts on the wing and one starts on the block.
3. The player on the block sets a backscreen for the wing player.
4. The wing player should set up her cut and use the screen. She should look to score after using the screen and receiving a pass from the coach.
5. The player on the block should step (roll) toward the ball after contact has been made on the screen.

Coaching Points

- On a backscreen, the screener's back should angle toward the basket.
- The screener must stay low and maintain a wide, strong base.
- The screener should always step (roll) toward the ball after contact has been made so that she is a threat to score (especially important against a switching defense).

Variation

Add defenders and build up to two-on-two.



Backscreen Roll

Coach Gordy Presnell

Purpose

Purpose
To motivate the screener to be more offensively minded.

Organization

Organization
Two players with one ball. The coach acts as a passer on the wing.

Procedure

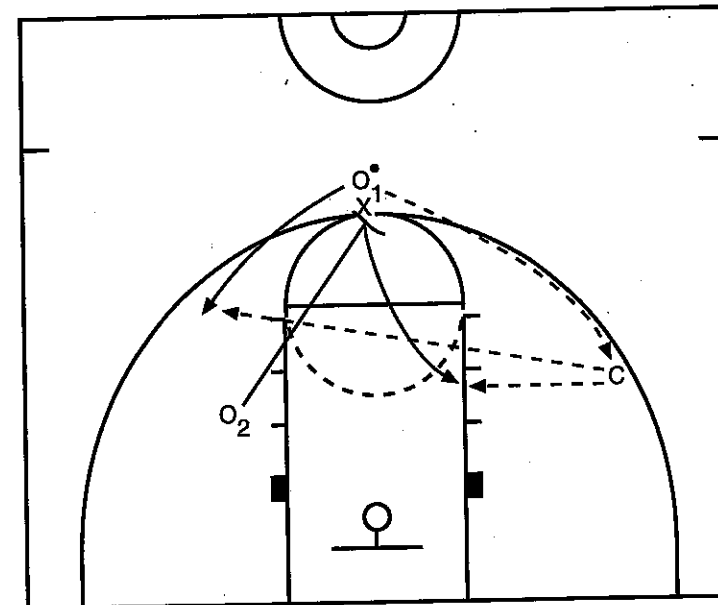
1. One offensive player (O_2) begins on the weak side. Player (O_1) initiates the drill from the top of the key.
2. O_1 passes to the coach, and O_2 sets a backscreen on O_1 's defender.
3. O_1 fades off the screen, preparing for a skip pass from the coach.
4. O_2 rolls to the ball.
5. The coach passes to O_1 or O_2 for a shot attempt.

Coaching Points

- O₂'s backscreen position on the defender should be diagonal.
- The screener's feet should be shoulder-width apart, her arms crossed, and her body balanced.
- O₂ explodes off the screen, rolling to the ball; her hands should be up ready to receive the pass.

Variations

- Add two defenders on O_1 and O_2 .
- Pick different spots on the floor to run the screen and roll depending upon the offense run.



Back Screens

Coach Andy Landers

Purpose

To teach players to set, use, and defend back screens.

Organization

Two offensive and two defensive players, one on the wing and one on the block, one coach with the ball.

Procedure

1. O_1 drives her player away from the impending screen from O_2 , setting her player up.
2. O_2 comes up to screen for O_1 (giving one step to defender if this is a blind screen [rule]).
3. O_2 screens X_1 from the rear. O_1 makes a quick, hard cut to the basket.
4. O_2 rolls back toward the ball after screening.
5. X_1 and X_2 communicate and work together to defend the screen.

Coaching Points

- Give the defender a step to avoid contact on all blind or rear screens.
- Roll back to the ball after screening defense.

Variation

- Players can combine double screens and back screens into one drill, teaching communication and taking it into two-on-two play.

