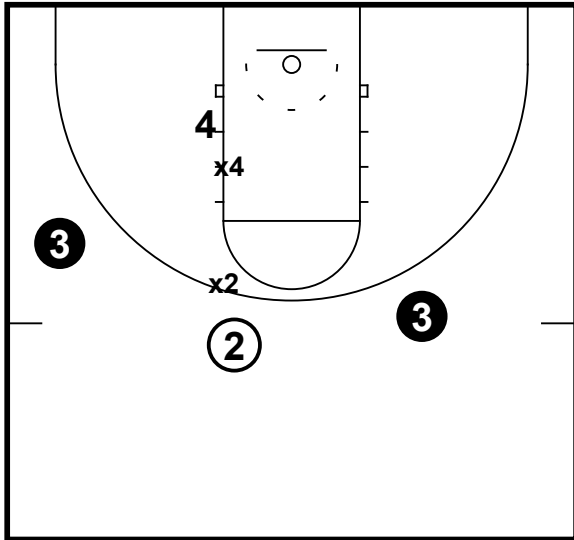


2v2 Screening Circuit

Submitted by Sahar Nusseibeh at Bowling Green State University

2v2 Screening Circuit
Full Ct Competitive Partner Drill



Drill Setup: Put 5-10 min on clock and let it run once partner teams are set and ready to go. Entire team divided into partners (a post and guard together). Offense and defense (2v2) on both ends of the floor (full-court competitive drill). Extra partner pairs will be waiting at half court.

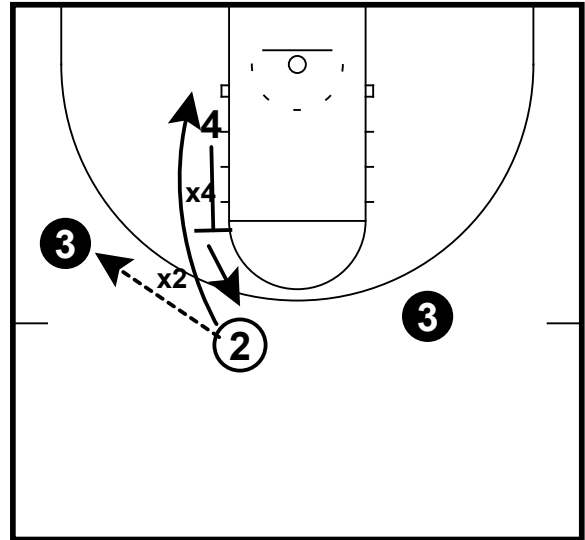
Can be an Offensive OR Defensive drill (OR BOTH!) depending on what you want to emphasize. Offensively, you want your kids to make reads on the defense while they go through the screening series. You can reward the offense by passing into them at any point in the drill if they read the defense correctly (Ex: Post slips on a flare because defense is out of position). Defensively, you want your kids working through all four screening actions the way you teach it (or if it's prep specific).

Rotation: If Offense scores in any of the actions or off the final ball-screen action, they get the points and stay on offense. New partner set comes in from half-court as defense. If Defense gets a stop (including a box-out and secured rebound), they will go to Offense and a new set of Defensive partners will come in. Original offensive partners will go to half court.

Scoring: Offense is the only way to score. 2s = 2pt, 3s = 3pt, offensive rebound = 2pt. Each partner set keeps track of their points. Partners with most points at buzzer, win!

****You will see who your major competitors are!!****

2v2 Screening Circuit
Full Ct Competitive Partner Drill



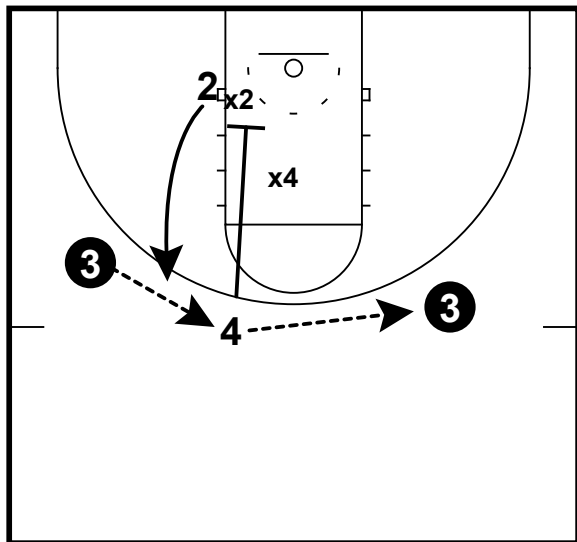
Guard starts with the ball lane line extended. Post is on strong-side block. Guard will pass to coach (3). Post will then set UCLA screen for her guard diving to block. Post then pops out for catch on perimeter.

****If post defender isn't ready to go on the pass to coach on the wing, coach can enter right away to offensive post to score! If guard defender doesn't jump to ball on the pass and gets hit in the UCLA screen, coach can enter to the guard open on the cut to the block. If post defender holds too long on the UCLA because the guard didn't jump and the offensive post player pops with shot ready hands, let her know she can shoot it (if that's what you teach!) Reward offense if defense isn't being played to your standard!****



2v2 Screening Circuit

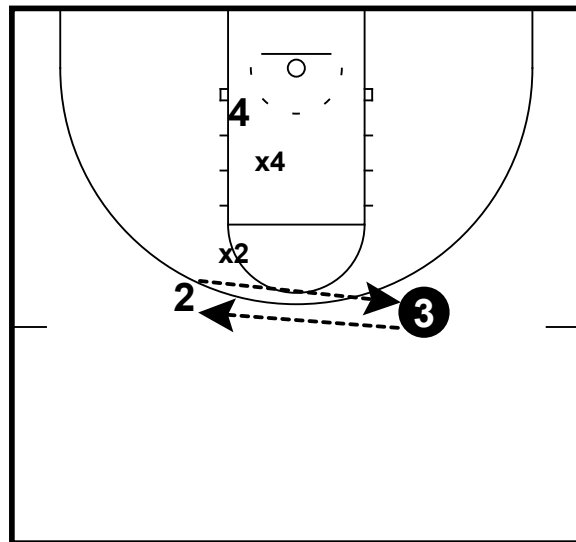
2v2 Screening Circuit
Full Ct Competitive Partner Drill



Post receives catch and reverses to 2nd coach/manager on right wing and then sets down-screen for her guard.

****If guard defender falls asleep on the downscreen, or if offensive guard makes a good read and curls and is open, coach can enter the ball in play****

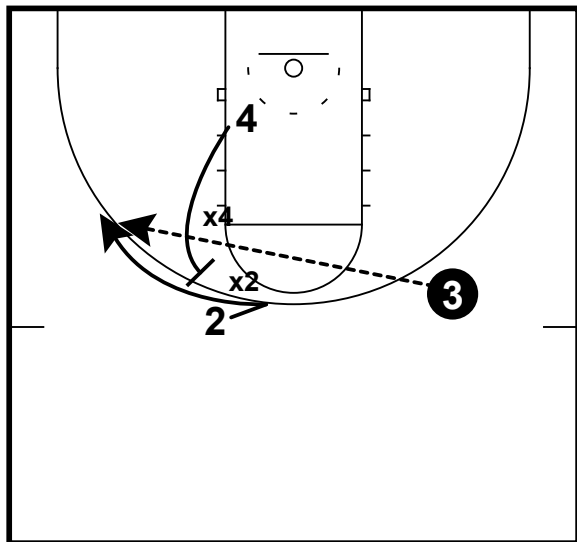
2v2 Screening Circuit
Full Ct Competitive Partner Drill



Guard will check her shot on the catch and throwback to coach on right wing.

2v2 Screening Circuit

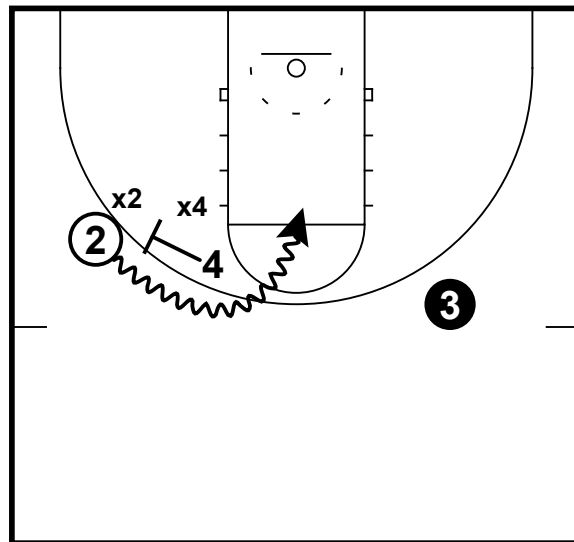
2v2 Screening Circuit
Full Ct Competitive Partner Drill



On the throw back to Coach, post player will set a flare screen for her guard. Coach will skip to guard on left wing.

****If post defender isn't on the Rim Line while defending the flare and offensive post makes the read to slip and is open, coach can throw it in there! If guard defender gets hit in flare and offensive guard is open, she can shoot it****

2v2 Screening Circuit
Full Ct Competitive Partner Drill



From here, 4 will set ball-screen. Live after the ball-screen.

Change Drill

Coach Ceal Barry

Purpose

To create gamelike situations of defending screens while rewarding the defense. To react quickly in the defensive position and to slow or stop the ball.

Organization

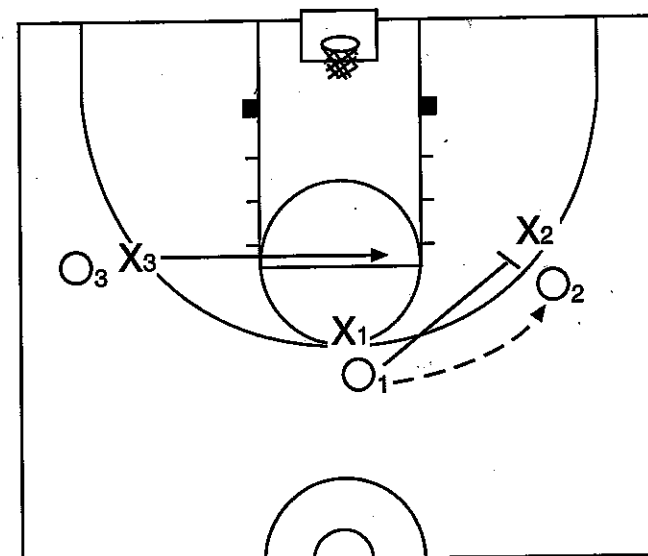
Five offensive players in a shell, five defensive players, one ball, shot clock, scorekeeper.

Procedure

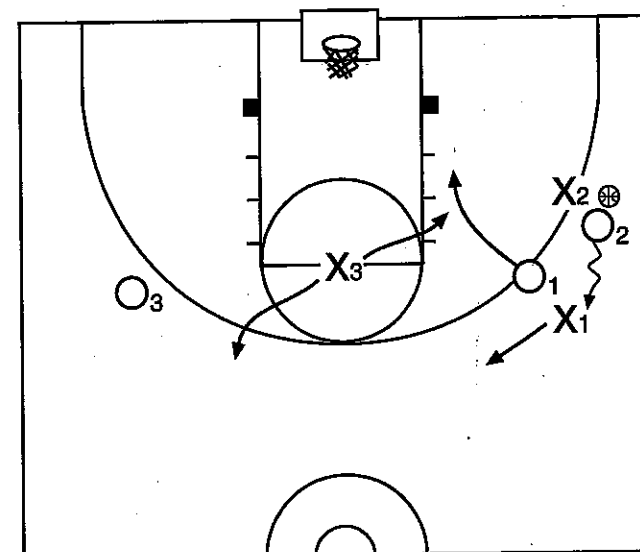
1. Offensive players set up in a shell (either four perimeters and one post or three perimeters and two posts).
2. Offense can down screen and cross screen but always fill the original shell (see diagram 1).
3. The defenders call the screens and create space for teammates to get through the screens (see diagram 2).
4. Defense scores 2 points for a steal or a charge, 1 point for deflection.
5. After 20 seconds on the shot clock, the coach yells, "Change." Offense sets the ball down; the defender picks it up and goes in transition to the opposite end (see diagram 3).
6. Each defender must now guard a player other than the one who was guarding her. Run a 30-second clock for this possession, again scoring points for defense.
7. Start the drill again in a half-court shell for 20 seconds.

Coaching Points

- Teach proper positioning on defense.
- Be vocal—call screens.
- Create the space for teammates to get through the screen.
- Teach defensive transition—stopping the ball in transition.



1



2

Continuous Cross Screens

Coach Kay Yow

Purpose

To teach players to stay with their defensive assignments on screens that occur away from the ball by using solid player-to-player principles and positioning.

Organization

Three lines, one at the top of the key and one on each wing. The first player in each line is defense and the next player is offense. The offensive player at the top of the key starts the drill with a ball. Offense goes to defense, and defense rotates clockwise to the end of the next line.

Procedure

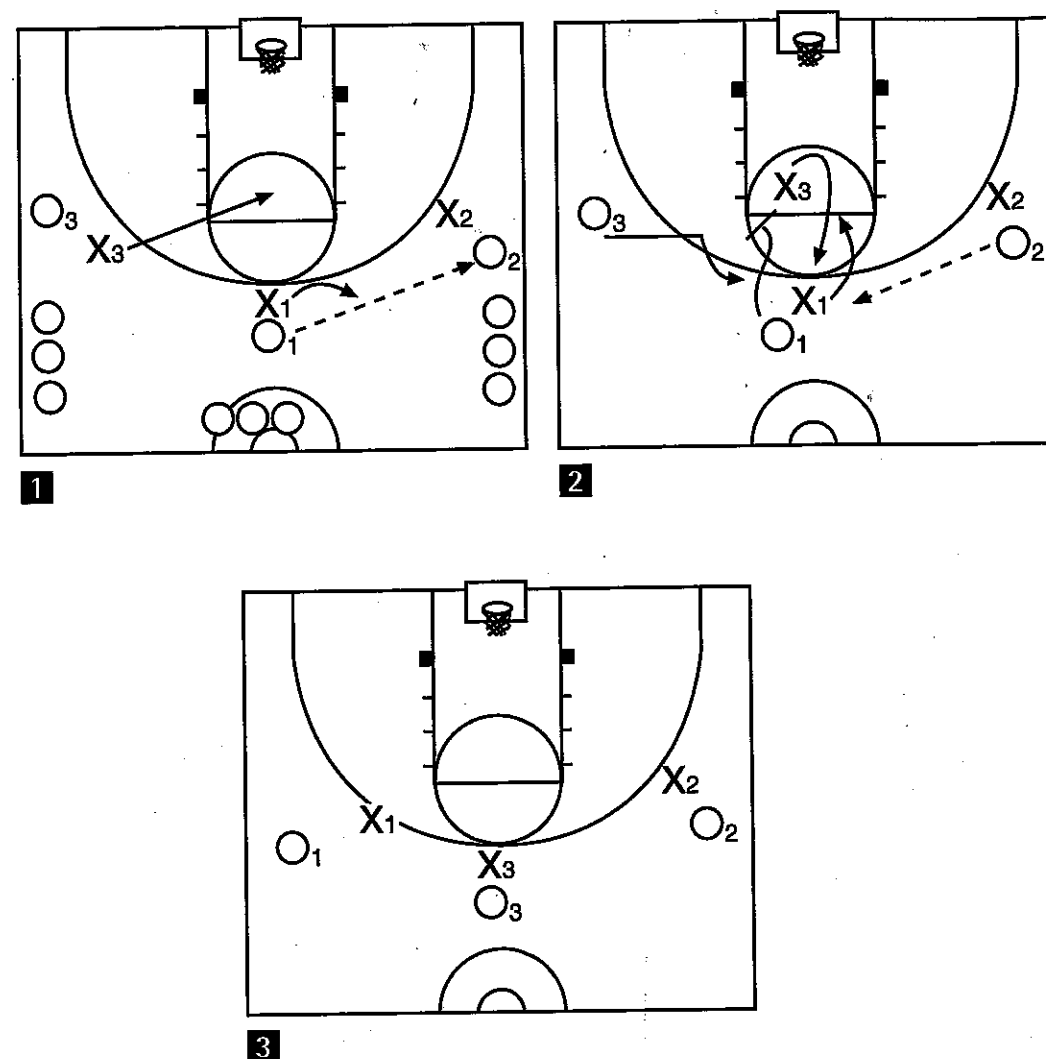
1. O_1 passes to O_2 .
2. All the defensive players adjust their positions based on where the ball is.
3. After passing, O_1 goes away from the ball to set a screen on X_3 .
4. X_1 sags toward the basket in her help spot as O_1 goes away from the ball. X_1 needs to be sure to leave X_3 enough room to slide through the screen.
5. X_3 takes a step backward toward the basket and slides through the screen to beat, or at least meet, O_3 at the top of the key.
6. X_3 is in a position to steel or knock the ball away.

Coaching Points

- Teach proper body position and angles.
- Stress the fundamentals of proper player-to-player defense. The defensive players must reposition themselves on every pass and jump to the ball.
- Teach players to see the screen coming so they can avoid the screen altogether.
- Stress the importance of communication between teammates.

Variation

- Have the wings V cut to get open and receive the ball. Once the screen is set, play live (three on three). Offense can score only off a cross screen.



UCLA Cut

Coach Cindy Anderson

Purpose

To defend front cuts and work on jumping to the ball.

Organization

One-half of the team at each end, one ball, one line at the top of the key.

Procedure

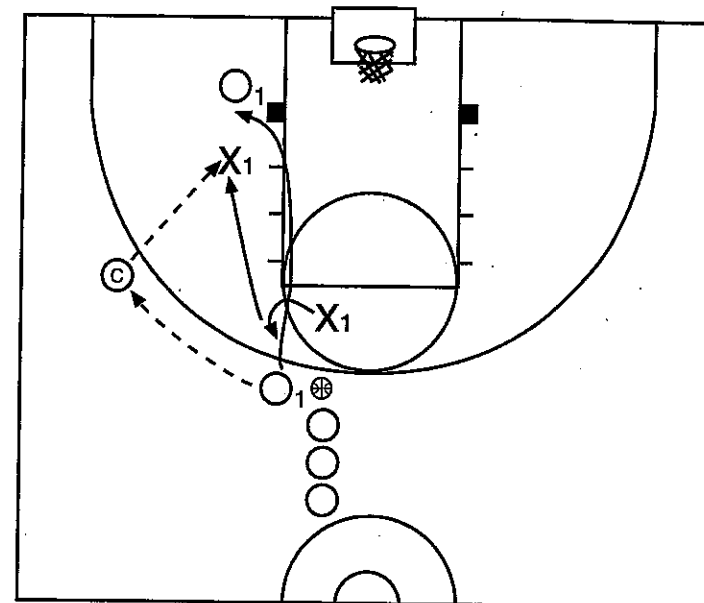
1. The ball is at the top of the key with O_1 . X_1 is defending, forcing her player to the corner.
2. O_1 passes to the coach on the wing and tries to front cut.
3. X_1 jumps to the ball and forces O_1 to cut behind her.
4. X_1 opens up to the ball, following O_1 down the lane.
5. The coach tries to pass to O_1 .
6. X_1 needs a deflection or a steal to get off the court.

Coaching Points

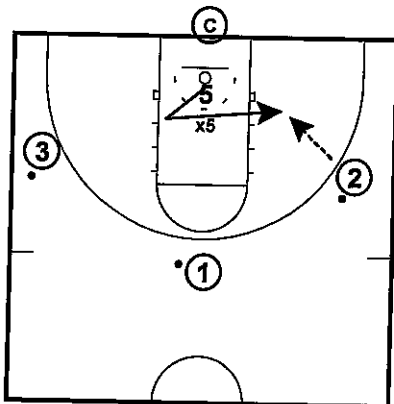
- The defense needs to stay low.
- The defense needs to follow and feel offense through, seeing the ball at the same time.

Variations

- O_1 can post up on the block; X_1 needs to front.
- Move offensive cutting line to the wing (where the coach was) and the coach to the corner. Have the pass go to the coach. The offense tries to front out; the defender jumps to the ball and forces offense to cut behind.

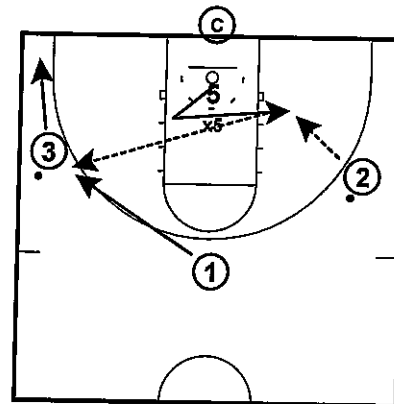


"TRIPLE" LOW POST DRILL



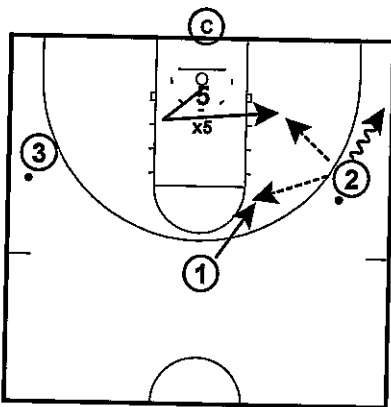
3 SCORES OFF DUCK-INS ON "GO" 5 CAN CUT ANY WAY AND POST UP CATCH AND SCORE "C" CLEAR THE BALL (2 FEEDS POST) THEN 5 CHOOSES TO POST FOR EITHER 1 OR 3

"TRIPLE" LOW POST DRILL



"SKIPS" 5 CHOOSES EITHER WING GET FEED AND KICK OPPOSITE TO 1 5 FLASHES AND LOOKS TO SCORE (3 DROP BALL)

"TRIPLE" LOW POST DRILL



"HI-LOW SEAL" 5 CHOOSES SIDE THE WING DRIBBLE DOWN 1 STEP IN 5 LOOKS FOR EASY DUCK-IN OR HI-LOW SEAL

Curl/Flare Drill

Coach Kay Yow

Purpose

To teach players the techniques of reading and using a downscreen for a curl cut, a flare, or a backdoor cut.

Organization

One ball for the entire team, a manager/defender, and a passer/coach. Split players into three lines, one at the top of the key, one on one wing, and a third under the basket. The passer/coach begins on the opposite wing with the ball. The defender begins on the player under the basket.

Procedure

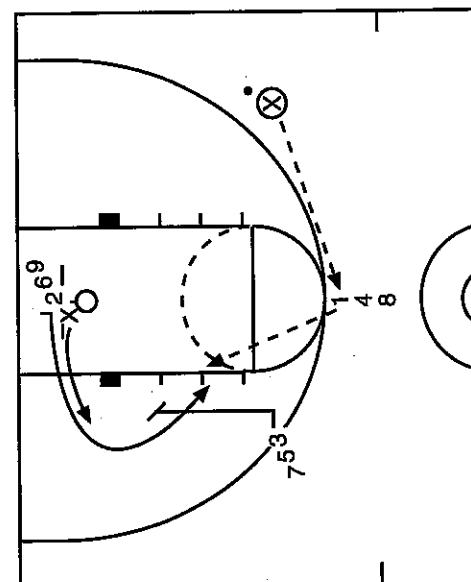
1. The drill begins as the passer/coach passes up to the top. The player under the basket cuts out and prepares to use a downscreen on her defender from the wing. The player using the screen must watch her defender reading her defender's position.
2. If her defender trails behind her or is caught by the screen, the offensive player will accelerate at the point of the screen and curl around it, receiving the pass from the passer and scoring (see diagram 1).
3. If her defender goes behind the screen, the offensive player should stop, cut out from the screen, and flare back. The screener will need to pivot and rescreen. The passer will throw an overhead pass to the flaring offensive player. An open shot or quick penetration should result (see diagram 2). (If the defender hustles around the screen before the pass is made, the offensive player should cut backdoor for a pass from the top.)
4. After the first three players execute, the next three step up. The defender remains the same. Player rotation is from under the basket to the wing, from the wing to the top, and from the top to under the basket.

Coaching Points

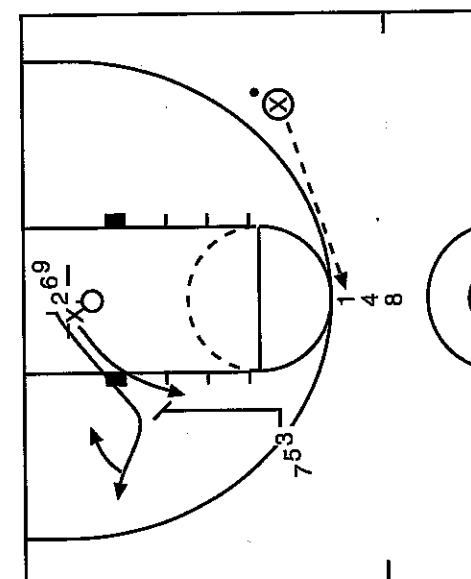
- The player using the screen for a flare should push off her teammate with both hands in the small of the back, looking for a possible rescreen.
- Cut off the screen shoulder to shoulder and curl tightly around it.
- Walk or jog to set the defender up to use the screen, then accelerate at the point of the screen.
- The screener can either screen an area or a player. When screening an area, set the screen approximately half the distance between the ball and the player to be screened.

Variation

It is especially helpful when first teaching this concept to instruct the defender where to go on the screen. *Example:* have the defender go behind or under the screen consecutively before changing.



1



2

Pin and Spin

Coach Wendy Larry

Purpose

To work on pinning, spinning and sealing the defense after a switch has been made on a screen.

Organization

Two passers, each with a ball; one at the top of the key and the other in a wing position. Two offensive players on the blocks with coaches or managers for defense.

Procedure

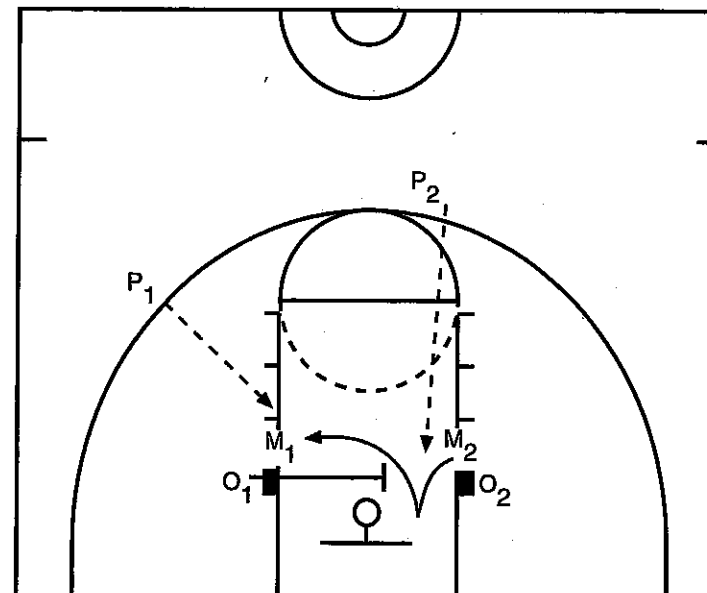
1. One player (O_1) sets a block-to-block screen for another player (O_2).
2. O_2 comes off the screen high or low.
3. The defense must switch.
4. The first passer passes to O_2 , who attempts to score.
5. The second passer passes to O_1 , who has sealed her defender and has the defender pinned on her back. O_1 attempts to score.

Coaching Points

- O_1 must set a good, low, solid screen, and O_2 must set herself up by stepping away from the screen and then rubbing off the shoulder of her screener.
- Make sure the screener uses her arms legally to pin and then spin to the ball, showing a high target hand.

Variation

Managers can have football blocking pads and bump the cutters as they attempt to score so they get used to finishing with contact.



Wrap and Screen

Coach Trina Patterson

Purpose

To develop cutting, change of direction, and screening on the ball.

Organization

Two lines, one for the post players at the top of the key and one for the perimeter players; two balls in the perimeter players' line.

Procedure

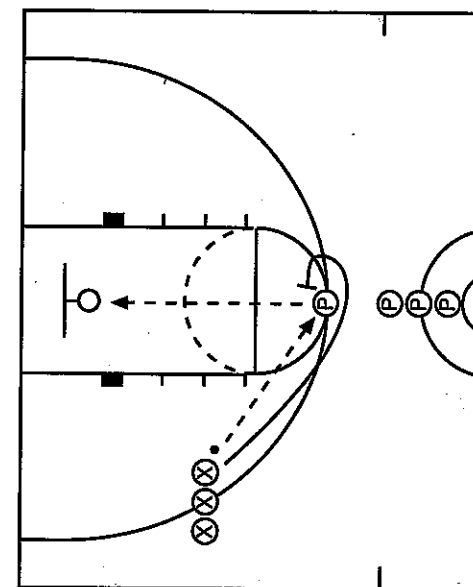
1. Each perimeter player makes a pass to the high post player.
2. The perimeter player then makes a hard cut toward the post player (see diagram 1).
3. She wraps around the post player by planting her outside foot to change direction then sets a screen on the post player.
4. The post player will square up and drive to the basket for a layup.

Coaching Points

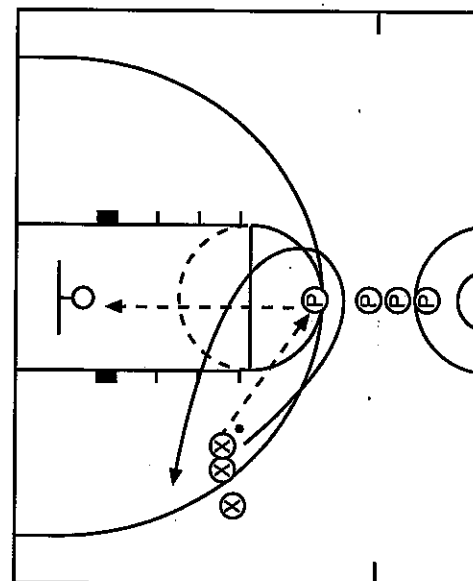
- Crisp passes to the post player and hard acceleration on the first three strides toward the post.
- Perimeter players must accelerate to position and stay balanced to set a solid screen.

Variation

Send the perimeter player to wrap and go (replace) herself at the wing while the post player squares up to drive or passes back to the perimeter (see diagram 2).

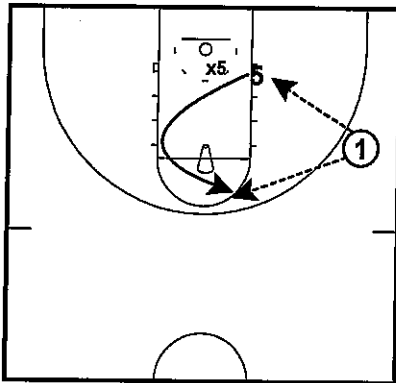


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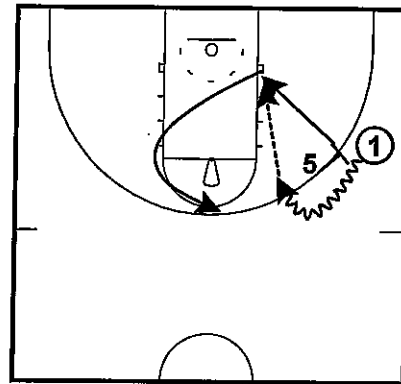
2

Spurs PnR Drill DRILL



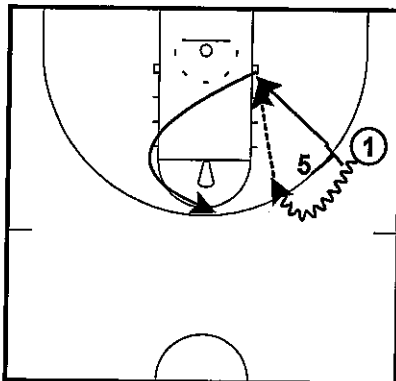
5 step in / bury / score
Then curl cone for jumper

Spurs PnR Drill DRILL



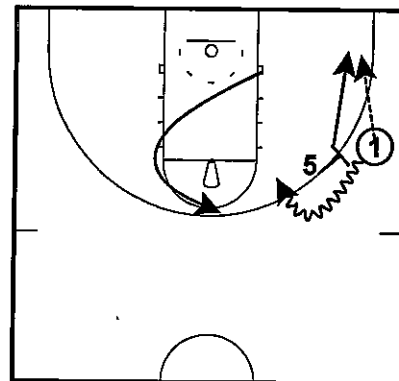
5 sets PnR and scores on "RUN"
Curl cone for jumper

Spurs PnR Drill DRILL



5 sets PnR and scores on "DUCK-IN"
Curl cone for jumper

Spurs PnR Drill DRILL



5 sets PnR and scores on "POP"
Curl cone for jumper