

Three Screens (Four on Four)

Coach Andy Landers

Purpose

To practice setting and defending three types of screens in a game situation.

Organization

Four offensive, four defensive players, one coach with ball. Players align as offense and defense on the wings and blocks.

Procedure

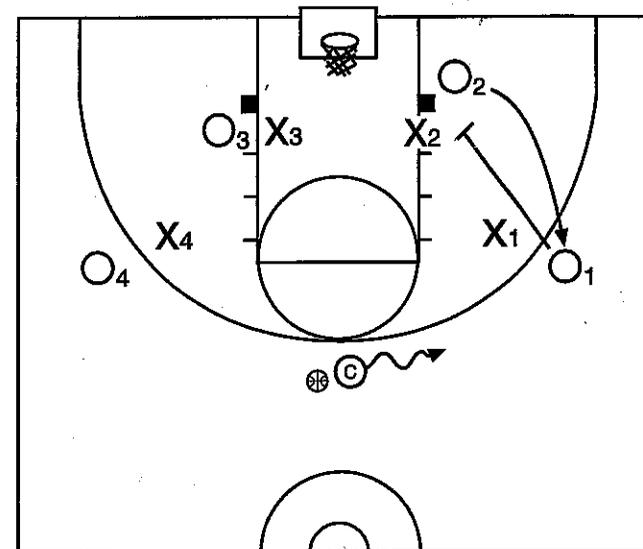
1. The coach has the ball at the top and starts dribbling to the right. O_1 down screens for O_2 (see diagram 1).
2. O_2 holds for one count, then makes block-to-block screens for O_3 (see diagram 2).
3. After the block-to-block screen takes place, the coach dribbles across the top to the left, then O_1 back screens for O_4 .
4. The coach dribbles back to the right, and O_2 starts to down screen.

Coaching Points

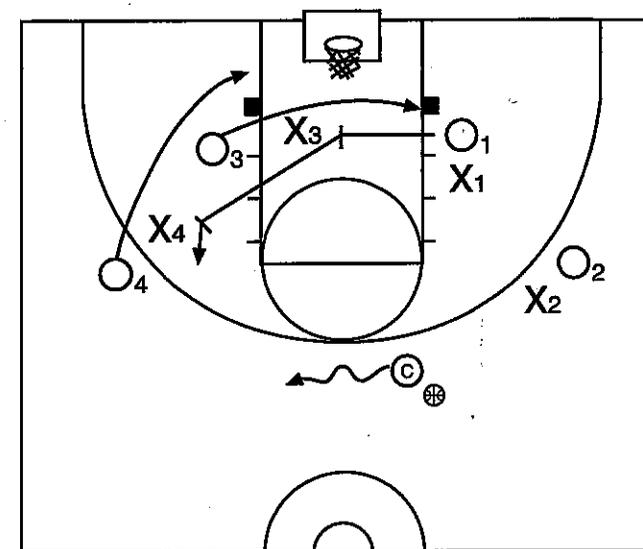
- Develop setting good, legal screens.
- Practice defending these screens (the coach decides how to defend them).
- Use the screens effectively; set your player up and make crisp cuts.

Variation

- After everyone goes through all three screens, the coach can pass the ball to someone who is open and play four on four.



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2

Two-on-Two Screen Defense

Coach Ceal Barry

Purpose

To help defenders understand getting through screens.

Organization

Two offensive players, two defensive players, one coach with the ball. Rotate offense to defense; defense goes out and new offensive players come in.

Procedure

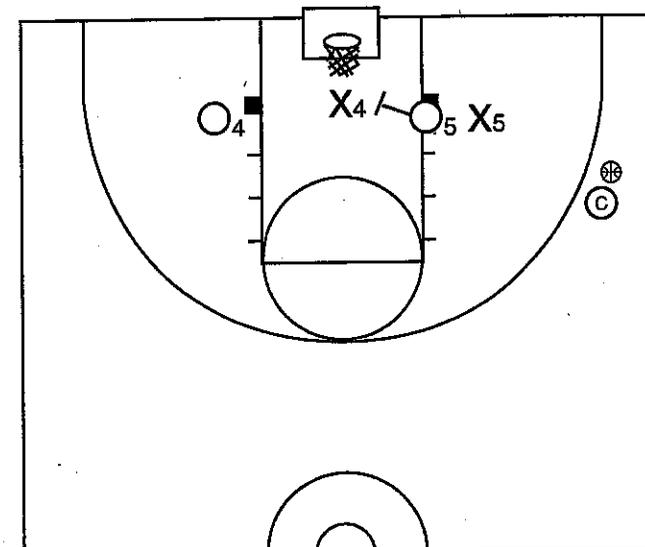
1. The coach has the ball on the wing.
2. The ball side post, O_5 , sets a cross screen on X_4 for the opposite post, O_4 (see diagram 1).
3. X_5 calls the screen, then positions herself in the path of the player cutting to the ball (she bumps the cutter).
4. X_4 works around the other side of the screen and gets into proper off-ball defensive position on her player who was slowed down by her teammate (see diagram 2).

Coaching Points

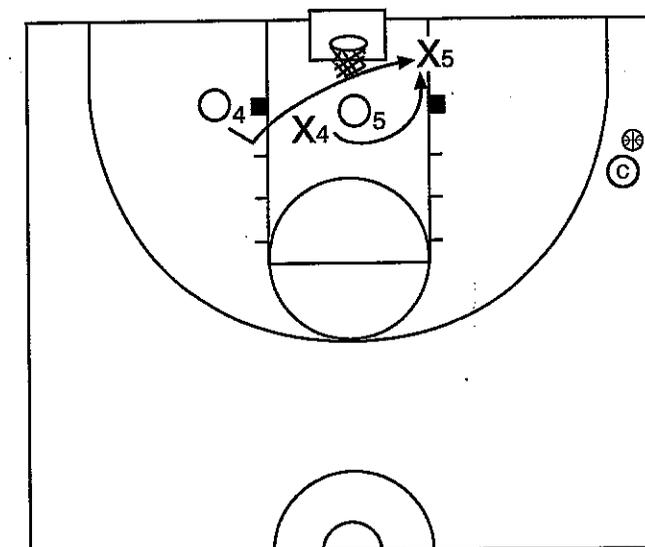
- Start in the proper position; see your player and the ball.
- Be vocal—call screens.
- The defender of the player setting the screen must beat the cutter to a spot on the floor and make her go around.
- The defender of the cutter must quickly get into position and release her teammate back to her player.

Variations

- Add down screens.
- Add back screens.
- Add a second passer.



1



2

Three-on-Three Continuous Motion Drill

Coach Dave Smith

Purpose

To teach defensive players how to defend each type of screen or cut. In this continuous drill, players will have to defend a down screen, back screen, cross screen, pick and roll, shuffle cut, pick the picker situation, and deny cutters.

Organization

Six players (three on offense and three on defense), one coach, one ball. You may station additional players off the court and ready to rotate in.

Procedure

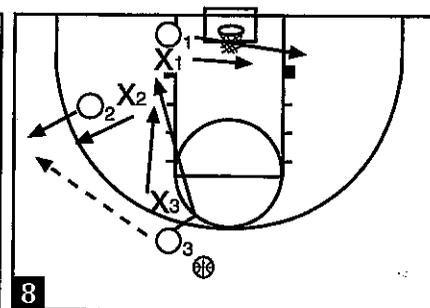
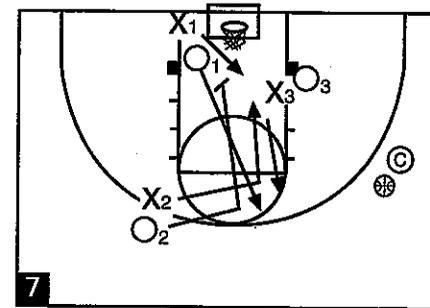
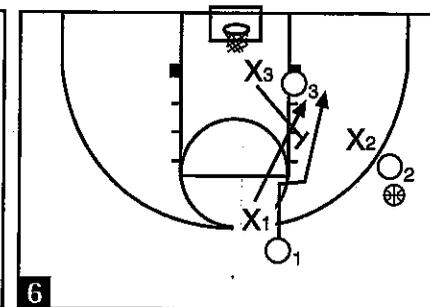
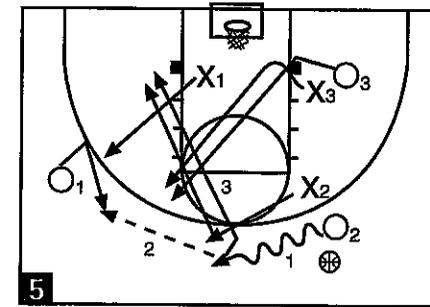
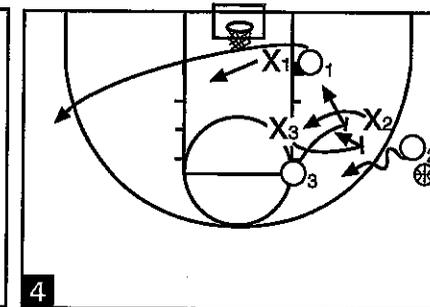
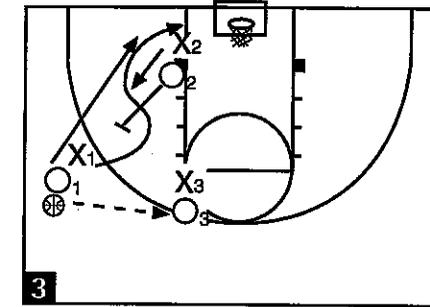
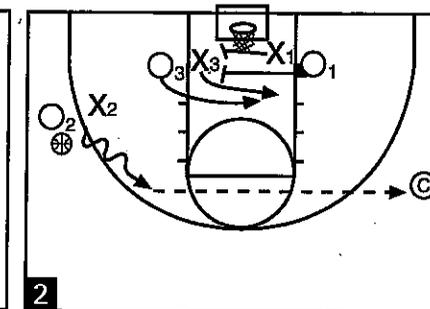
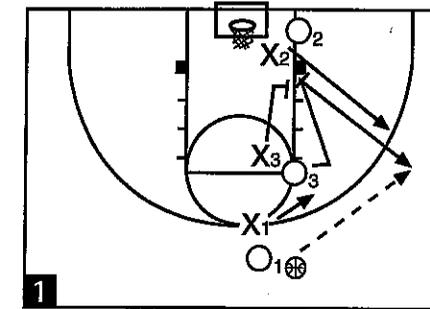
1. Begin the drill with O_1 in the point position, O_3 in the high post, and O_2 at the low block. Defense matches up accordingly.
2. The drill begins with a down screen, then flows continuously to the shuffle cut, pick and roll, deny cutters, back screen, deny high post cutter, cross screen, pick the picker. The coach is off to the side of the court the drill begins on (see diagrams 1-8).
3. When the teams have completed the sequence of defensive situations, the offensive players leave the court, the defensive players become the offense, and three new defensive players come on the court.

Coaching Points

- Emphasize communication, such as calling out screens, ball, shot, and so on, the little things you want your players to do on defense.
- You may prefer to defend some situations differently; simply adjust how the players defend each situation according to your defensive philosophy.
- In the beginning we are trying to teach defensive techniques and how we want to defend each situation. When we are confident that our players understand and can execute each defensive strategy, then we begin to play the drill live.

Variation

- In teaching, you can make each situation a two-on-two drill, with the coach becoming a passer or receiver as necessary, before going to the full sequence of situations.



1 O_3 sets a downscreen for O_2 ; X_2 follows around the screen; X_3 hedges to defend the curl; O_2 cuts to the wing.

2 O_2 dribbles the ball for reversal and passes to O_1 ; O_2 then makes a basket cut; X_2 jumps to the ball on the pass and then makes O_2 cut behind him; O_3 then cuts from the weakside low to the ballside high post; X_3 repositions on pass to O_2 and denies O_3 through the lane; O_1 passes to O_2 .

3 O_2 dribbles for reversal and passes the ball to the coach or manager; O_1 cross screens for O_3 ; X_1 takes away baseline cut from O_3 ; X_3 fights over the top of the screen and denies O_3 across the lane.

4 As O_1 passes to O_2 , O_3 sets up a backscreen for O_1 at the elbow; O_1 shuffle cuts off the screen; X_3 hedges to help on the cutter; X_1 pivots and goes under the screen to catch back up with O_1 .

5 O_1 passes to O_2 ; O_2 sets a backscreen for O_1 ; X_2 calls the screen and gives X_1 room to slide through; X_1 pivots and slides over the top of the screen then goes through to the cutter.

6 After O_3 cuts off the cross screen; O_2 sets a pick for the picker O_1 ; here X_2 calls the switch with X_1 ; X_2 denies cutter O_1 and X_1 steps ballside of O_2 .

7 O_3 then sets a pick on the ball for O_2 ; O_2 and O_3 execute a pick and roll; X_1 moves to a helpside position; X_3 steps on top of the screen to hedge and rolls with O_3 to defend the pick and roll; O_2 pivots and goes under the screen to catch back up with and stop a drive to the basket.

8 O_2 steps out after the backscreen; O_3 passes to O_2 ; O_1 continues backdoor cut to the weak side; O_3 V-cuts and makes a basket cut; X_2 closes on O_2 ; X_1 moves to help position; X_2 jumps to the ball and makes O_3 's cut behind.

Defending Ball Screens

Coach Kay Yow

Purpose

To force the ball handler out wide and allow the defender time to fight over the top of the screen.

Organization

Four players, one ball, and two lines. Guards are in a line at the wing, and posts are in a line under the basket near the block. The first person in line is defense and the second person in line is offense. Players rotate from offense to defense to the end of their line.

Procedure

1. X_1 and X_2 take proper player-to-player positions, based on the position of the ball and their defensive assignments.
2. O_2 sets a screen on the ball for O_1 . O_1 tries to use the screen and get to the basket.
3. X_2 gets to the high side of the screen, forcing the ball handler to take an arched path to the basket.
4. X_1 turns and sprints through the screen and beats the ball handler to the spot, not allowing her to turn the corner and get to the basket.
5. X_2 has helped and must recover quickly as X_1 recovers back to the ball.

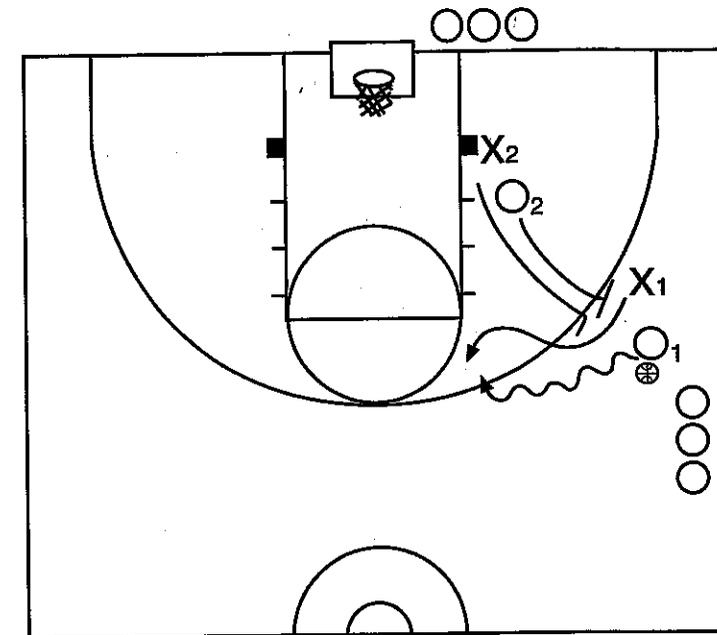
Note. If the screen is guard-guard or post-post, switch on the screen.

Coaching Points

- Good timing as well as good communication between players is essential.
- Post player hedging must be at a 90-degree angle to the direction the ball handler is heading. If the body position is too open, the dribbler will have a direct path to the basket.
- The defender on the ball must turn and sprint through the screen to the spot the ball handler is heading (sliding is too slow).
- The post player must never lose touch with her defensive assignment. She should keep one hand on the offensive player's hip and the other out, up, and wide.

Variations

- Do the drill from various spots on the floor.
- Have the guard on the ball go behind the screen as the post player bodies up.
- Trap the ball handler.



Basic Screen Drill

Coach Kay Yow

Purpose

To teach players proper stance and body positioning for screening.

Organization

Split the team into three lines on the endlines.

Procedure

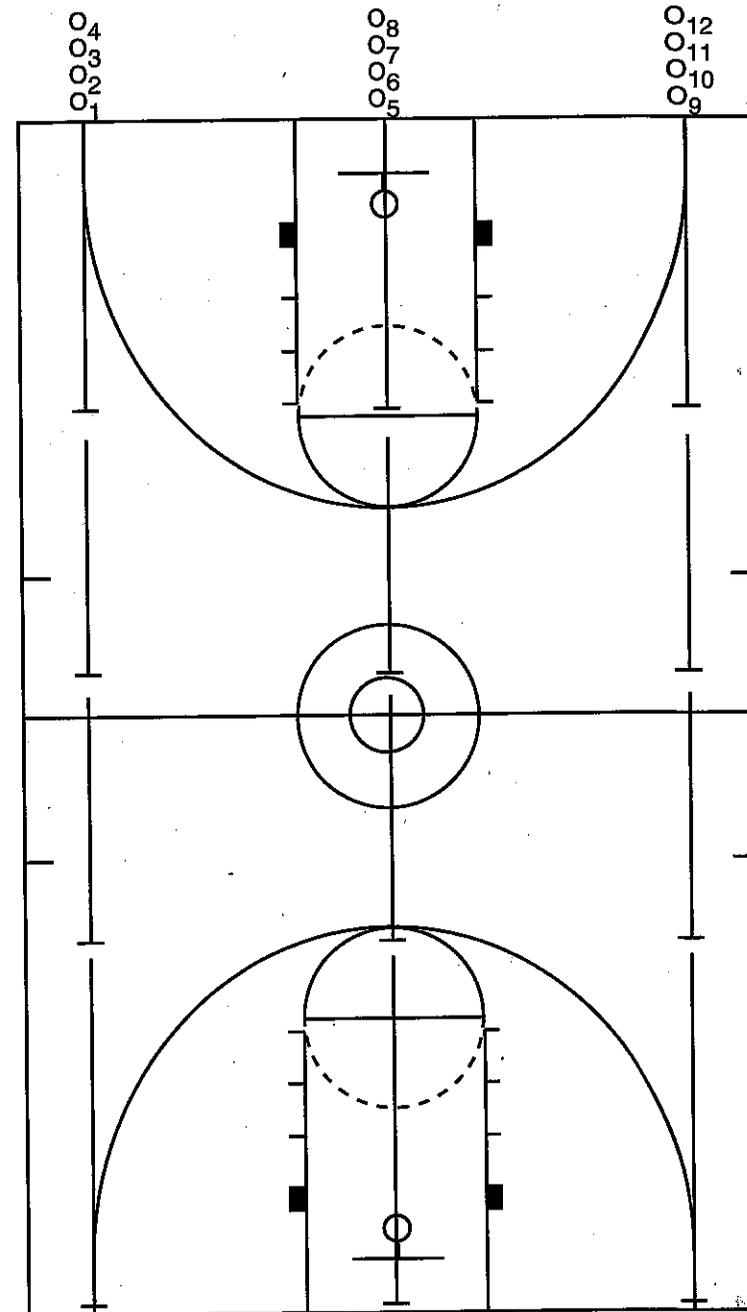
1. On a whistle the first three players sprint to the free throw lane, pop their feet on a jump stop with their knees flexed, bodies low, and arms crossed tightly over their chests in a screening stance. They should maintain good balance until the whistle sounds to continue.
2. At the next whistle the first three players sprint to half-court and screen again while the next three in line sprint to the free throw lane and screen.
3. The drill continues until all players have executed a proper screening stance in both free throw lanes and in the center court circle.

Coaching Point

Players must remain low and have good balance, arms crossed, and head and eyes up.

Variation

Have the screeners perform a roll, a step back, or a step to after each screen.



Off-Ball Screens

Coach Wendy Larry

Purpose

This drill focuses on the fundamentals of setting a screen, using a screen, and communicating between the screener and cutter.

Organization

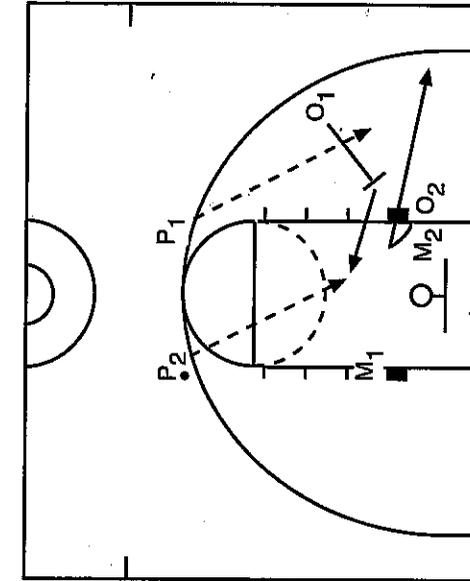
Two passers with one ball each on the lane lines extended at the top of the key, two offensive players (one in the wing and one on the block), and one manager as defense on the block.

Procedure

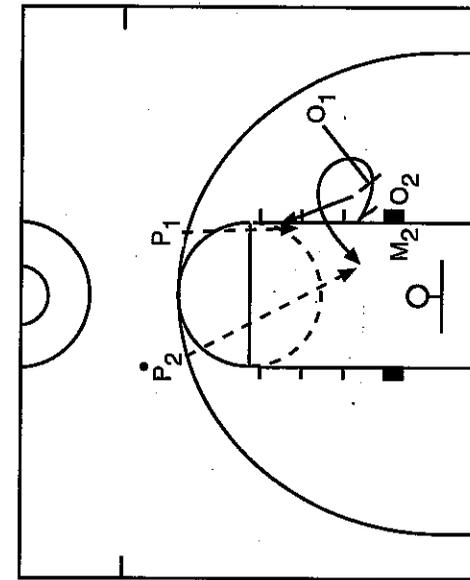
1. One player (O_1) sets a downscreen for a second player (O_2).
2. O_2 steps to the ball to set up her defense then rubs shoulders with the screener as she cuts off the screen.
3. The defense either fights over the screen or follows her player under the screen.
4. The screener (O_1) must communicate with her teammate about what the defense chooses to do.
5. If the defense fights over, O_2 should flair off the screen (diagram 1). If the defense trails, O_2 should curl (diagram 2).
6. O_2 always steps to the ball after setting her screen.
7. The second passer always passes to the cutter closest to the basket while the first passer passes to the other player. Both players score.

Coaching Points

- Emphasize communication—loud, precise communication. Players should call for the ball not only on a screen but on a cut.
- Make sure O_1 is stationary and holds the screen long enough for O_2 to come off of it.
- The defense should be *dummy*—that is, just hold their positions—but if O_2 does not use the screen effectively, allow the defense to deny or steal the ball.



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Pick and Roll

Coach Carol Ross

Purpose

To teach proper technique for setting a screen on the ball.

Organization

Minimum three players with one ball.

Procedure

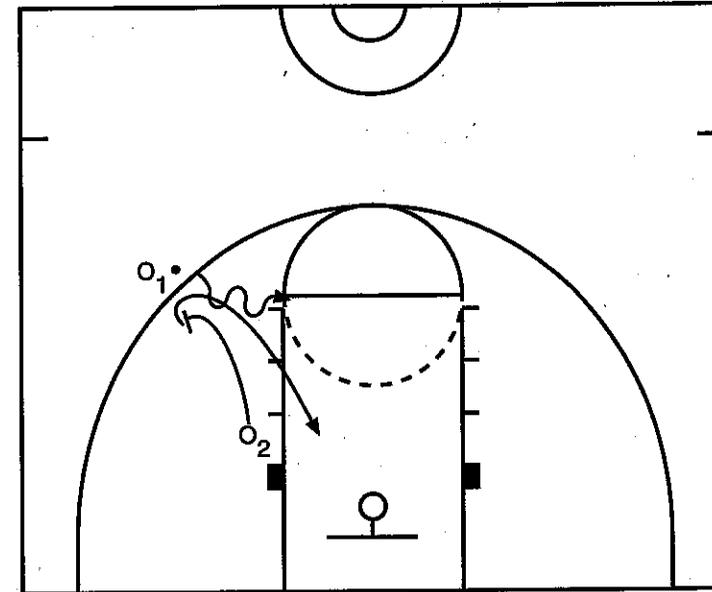
1. The first player starts on the wing with the ball.
2. The second player starts on a ballside block and steps out to set a screen on the ball.
3. The first player sets up her defender by jabbing opposite of the direction she's going.
4. The second player rolls open to the basket after contact has been made.
5. The first player comes off the screen looking to score or pass to the second player.

Coaching Points

- The screener must stay low and maintain a wide, strong base.
- The screener must remain stationary until contact is made.
- The screener rolls to the basket after contact is made, calls for the ball, and shows the ball handler a big target.

Variations

The ball handler can start anywhere on the perimeter, and the screen can also come from different positions; add defenders and build up to two-on-two.



Slip Screen

Coach Gordy Presnell

Purpose

To create a pressure release when the opponent doubleteams or hedges out early on the pick and roll.

Organization

Four players: two offensive, two defensive; one ball.

Procedure:

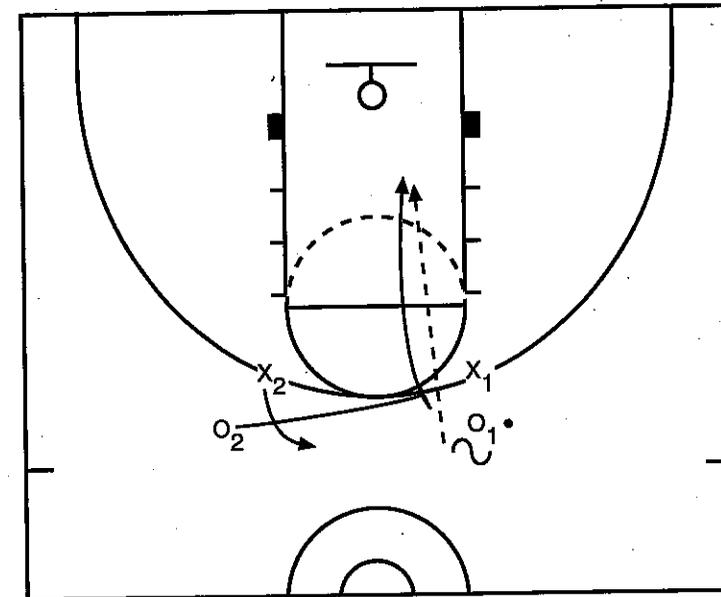
1. The players set above the key in a two-guard front set.
2. An offensive player (O_2) begins to set an offense screen on defender (X_1); another defender hedges out to stop a second offensive player (O_1).
3. O_1 sees the second defender hedge and gives O_2 the closed fist (backdoor cut) sign.
4. O_2 , seeing the fist, immediately dive cuts toward the basket, receiving the pass from O_1 .

Coaching Points

- O_2 must sell the screen before effectively slipping it.
- O_1 must read the defense and be prepared for a quick-hitting pass to O_2 .

Variation

Defenders modify their positions so that O_1 and O_2 can read the defense and cut accordingly.



Stagger Drill

Coach Gordy Presnell

Purpose

Combination screening drill incorporating the high cut, pick the picker, flair cut, and roll to ball.

Organization

Three lines of players, one coach, and one ball.

Procedure

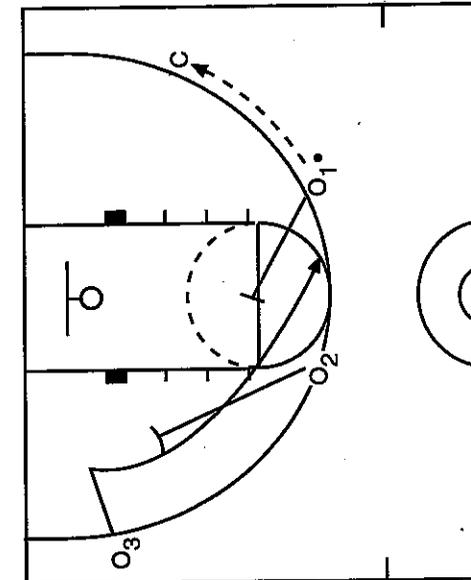
1. The players are positioned in a two-guard front with a wing.
2. The coach occupies the other wing.
3. A player (O_1) initiates the drill by chest passing to the coach on the right wing.
4. Another player (O_2) and O_1 then move down and to the left to set a double staggered screen on a third player (O_3) who is cutting high (see diagram 1).
5. O_2 then turns and sets a pick-the-picker screen on O_1 , who flairs to the weak-side wing.
6. O_2 then rolls to the ball (see diagram 2).
7. A coach may pass to any one of the three cutters.

Coaching Points

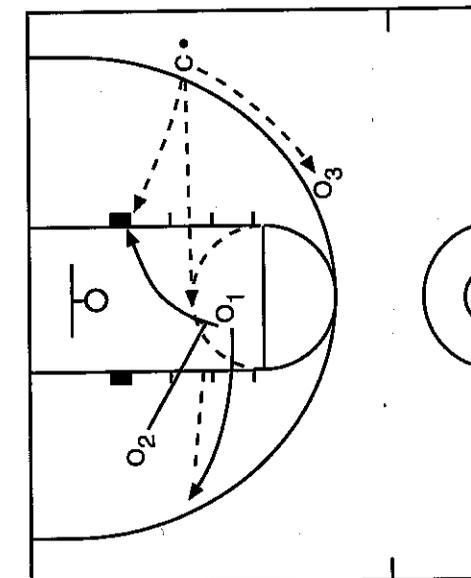
- O_3 must jab step baseline to set up her defender. She drives off each screen shoulder to shoulder.
- O_1 flair cuts then quickly backpedals to get in position for a skip pass from the coach.
- O_2 must set the screens and then immediately roll to the strong side looking for the pass.

Variation

Add defenders, initially using one to try to break down the pick-the-picker flair cut. Then add two and three for a full live drill.



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Triangle Downscreen

Coach Gordy Presnell

Purpose

To develop proper screening technique and post sealing/pinning while reading the defense.

Organization

Three players with one ball.

Procedure

1. Players set up with a guard (O_1) at the wing with the ball. Another player (O_2) should be at the block and a third (O_3) at the elbow.
2. O_3 walks down and sets a screen on O_2 's imaginary defender.
3. O_2 waits for the screen and goes high to the elbow.
4. O_3 posts up.
5. O_1 then passes to O_2 , and O_3 reverse seals/pins her imaginary defender.
6. The pass may go inside to O_3 on a pin.

Coaching Points

- The screener should have her arms crossed, her feet shoulder-width apart, her knees slightly bent, and she should be balanced.
- As defense is added, O_1 may dribble baseline to create a better passing angle.

Variation

Add defenders, walk through the drill two times (with live action), and/or rotate.

