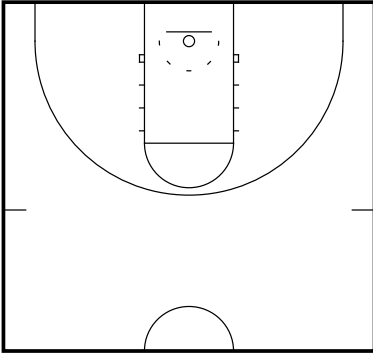


Pick and Roll Defense

"Blitz" Coverage

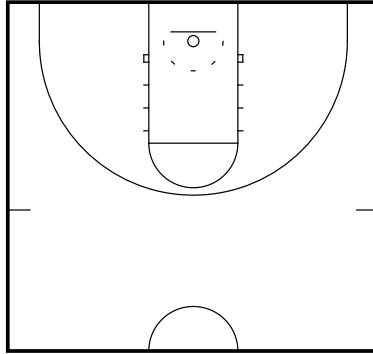
Pick and Roll Defense- "Blitz"
Frame 1



"BLITZ"

Defenders aggressively trap the ball handler in an effort to get the ball out of the ball handler's hands. Can also be used to cause turnovers and increase the pace of the game.

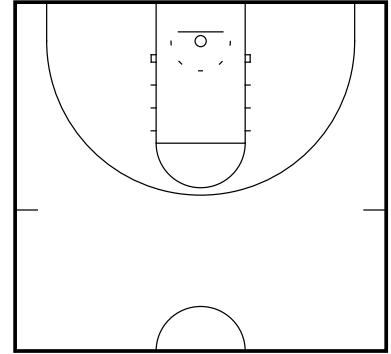
Pick and Roll Defense- "Blitz"
Frame 2



Synonyms:

- "Trap"
- "Double"
- "Fire"

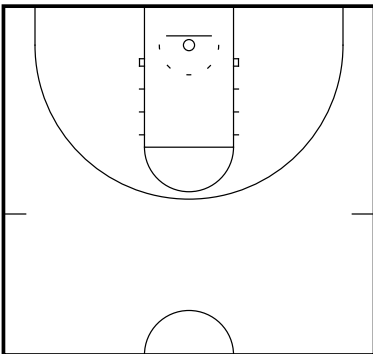
Pick and Roll Defense- "Blitz"
Frame 3



Advantages:

- Gets ball out of hands of scorer/playmaker
- Can speed offense up and into turnovers
- Make ball handler uncomfortable

Pick and Roll Defense- "Blitz"
Frame 4



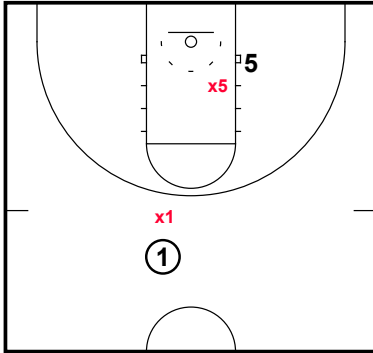
Disadvantages:

- Puts pressure on the defense, especially players not in the trap
- Can put the defense into rotation
- Can lead to open shots
- Threat of slip or split

Pick and Roll Defense

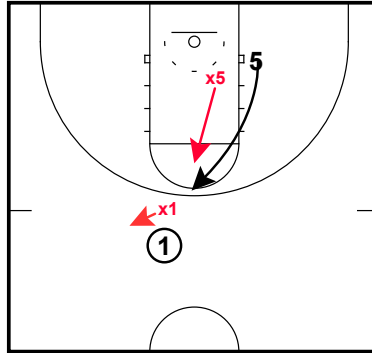
"Blitz" Coverage

Pick and Roll Defense- Breakdown Middle
Ball Screen (Blitz)
Frame 1



Teams will use the "**BLITZ**" against a really talented offensive player to force the ball out of his hands.

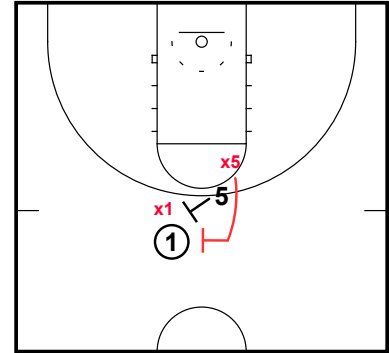
Pick and Roll Defense- Breakdown Middle
Ball Screen (Blitz)
Frame 2



As soon as x5 recognizes that the offense is setting a ball screen, he immediately communicates with x1 by calling "screen [direction]".

When x1 hears x5 call out the screen, he immediately shifts his positioning to force the ball into the screen.

Pick and Roll Defense- Breakdown Middle
Ball Screen (Blitz)
Frame 3



As 5 is going to set the screen, x5 steps up and positions himself early.

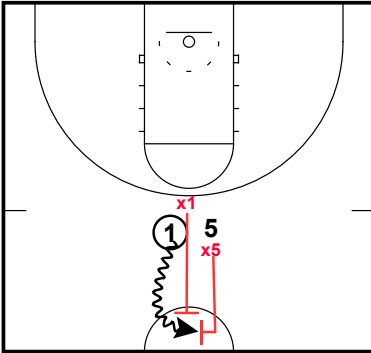
x5 positioning:

- chest parallel to the sideline
- low and wide stance
- "extension of the screen" --> inside hand on screener (5). Having a hand on the screener is key as it helps eliminate the chance of being split by the ball handler.
- high, wide arms/hands. This makes the show wider and eliminates the defender from picking up a cheap hand check foul.

Pick and Roll Defense

"Blitz" Coverage

Pick and Roll Defense- Breakdown Middle
Ball Screen (Blitz)
Frame 4



x1 forces the ball handler into the screen and the show man.

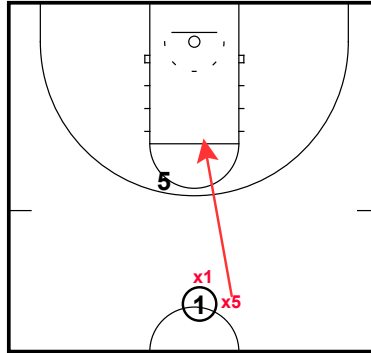
As the ball handler attacks, it is x5 job to drive the ball handler up the floor towards the half court line.

Much like a hard show, x5 will slide up the floor. He must be very careful as to not commit a blocking foul when sliding as the ball handler attacks. He must be in a stance with active feet, have arms out, and hands to the sky.

x1 goes over the screen and aggressively attacks the ball.

On the trap, x1 and x5 must be shoulder to shoulder as not to allow the ball handler split them with the dribble. That is the cardinal sin.

Pick and Roll Defense- Breakdown Middle
Ball Screen (Blitz)
Frame 5



x5 will stay with the trap until the ball is picked up. He does not need to stay with it even if the ball hasn't been passed. The ball handler is no longer a threat to make a play with the dribble or shot, x5 may recover.

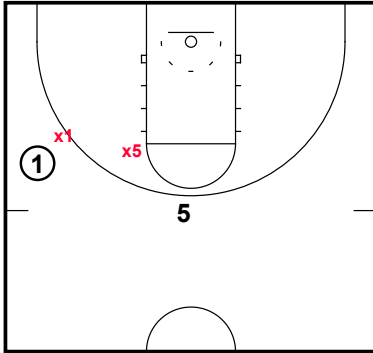
x5 recovery will be based on communication from other big- he may recover to own man or they may have "x-out" (switch).

x5 sprints with high hands in recovery.

Pick and Roll Defense

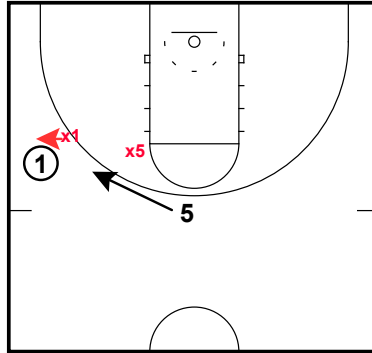
"Blitz" Coverage

Pick and Roll Defense- Breakdown Wing
Ball Screen (Blitz)
Frame 1



Teams will use the "**BLITZ**" against a really talented offensive player to force the ball out of his hands.

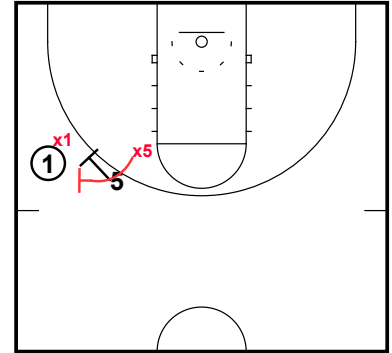
Pick and Roll Defense- Breakdown Wing
Ball Screen (Blitz)
Frame 2



As soon as x5 recognizes that the offense is setting a ball screen, he immediately communicates with x1 by calling "screen [direction]".

When x1 hears x5 call out the screen, he immediately shifts his positioning to force the ball into the screen.

Pick and Roll Defense- Breakdown Wing
Ball Screen (Blitz)
Frame 3



As 5 is going to set the screen, x5 steps up and positions himself early.

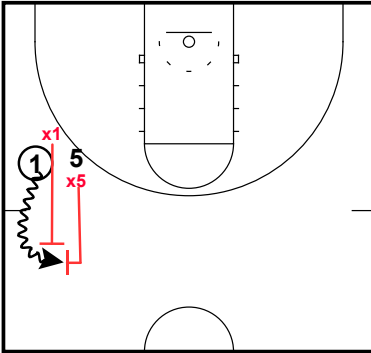
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Pick and Roll Defense

"Blitz" Coverage

Pick and Roll Defense- Breakdown Wing
Ball Screen (Blitz)
Frame 4



x1 forces the ball handler into the screen and the show man.

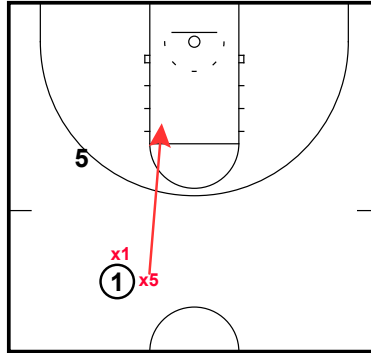
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