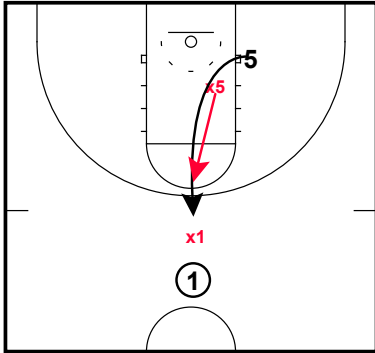


# Pick and Roll Defense

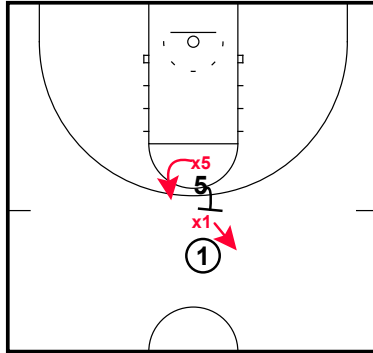
## "Weak" Coverage

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



"WEAK" is where the defense forces the ball handler to his weak hand. For most players, this would be forcing the ball left.

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

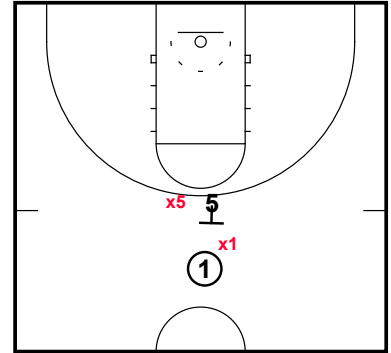


x5 is responsible for communicating that the screen is coming and the coverage to x1- "weak."

x5 will slide to position himself between the ball and rim. How high he comes up is based on his ability to move. More athletic= higher up floor. Less athletic= deeper.

On x5's call, x1 will jump on top of ball handler (with pressure) to push ball to weak hand and into x5.

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

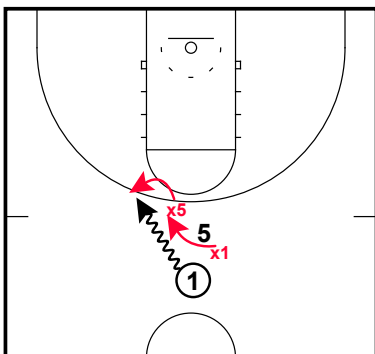


In this coverage, x5 can utilize a variety of coverages:

- Drop
- Flat
- Hedge
- Trap

The most common coverages used are ones where x5 maintains his position between the ball and the rim (drop, flat).

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



x1 and x5 want to keep the ball forced to the weak hand and not let it back to the middle of the floor.

On recovery and ball pick-up, hands high making the pass more difficult or deflecting the ball.