

# ENCYCLOPEDIA OF PICK & ROLL DEFENSE



*"It's a comprehensive guide to every possible way to defend the Pick & Roll"*

Author: Chris Filios

# Pick and Roll Defense

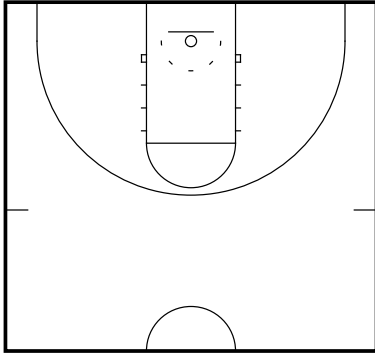
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# Pick and Roll Defense

## Concepts, Organization, and Technique

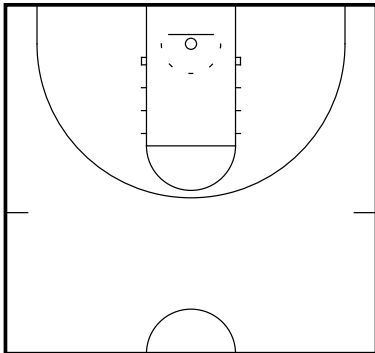
Pick and Roll Defense- Variables  
Frame 1



**Variables of Pick and Roll Defense:**

These are the things that you will focus on when discussing and deciding on pick and roll coverages.

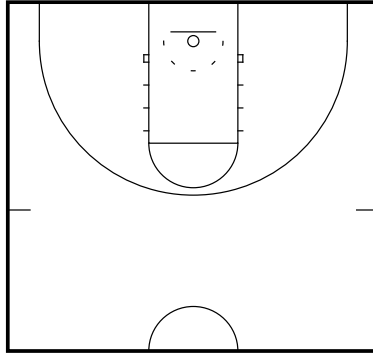
Pick and Roll Defense- Variables  
Frame 4



**3. Spacing.**

How are the other offensive players on the floor spaced? Where does the help come from?

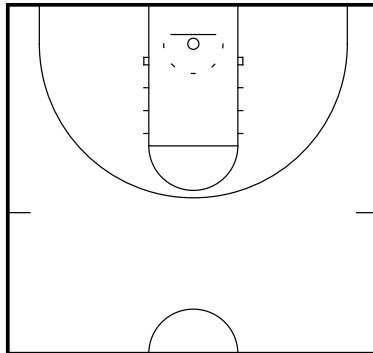
Pick and Roll Defense- Variables  
Frame 2



**1. Location of the screen.**

Where on the floor is the screen being set? Is it on the side? Middle? How high on the floor?

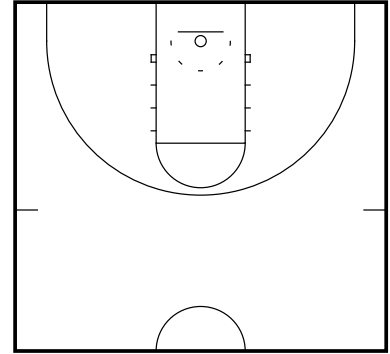
Pick and Roll Defense- Variables  
Frame 5



**4. Personnel.**

Both your team's and the other team's personnel. Who's involved in the screen? What are their strengths and weaknesses? Who and what are they trying to accomplish?

Pick and Roll Defense- Variables  
Frame 3



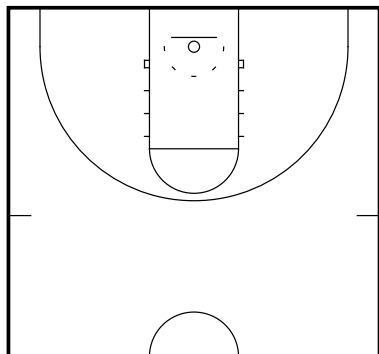
**2. Angle of the screen.**

Which direction is the pick being set? To the middle? To the outside? Is it a flat screen trying to get the guard down hill?

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Philosophies on the Ball  
Frame 1

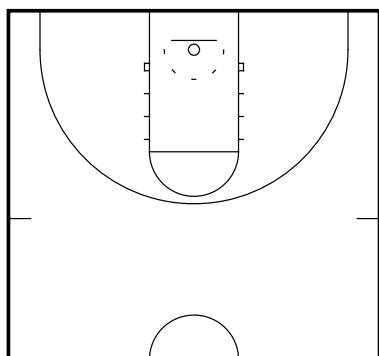


### Philosophies of On-Ball Pick and Roll Defense:

What do you want to do? What is most important to your defense? What is the style you want to play?

This is the backbone of your defense. It is your philosophy. You can make adjustments but ultimately this is your foundation that you can always come back to.

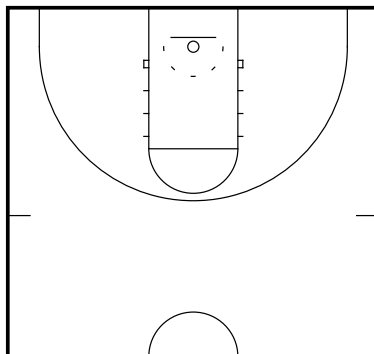
Pick and Roll Defense- Philosophies on the Ball  
Frame 4



### 3. Contain.

Keeping the ball in front. Be willing to sacrifice a match-up to contain the ball and putting the defense in rotation/help. This would involve switching.

Pick and Roll Defense- Philosophies on the Ball  
Frame 2

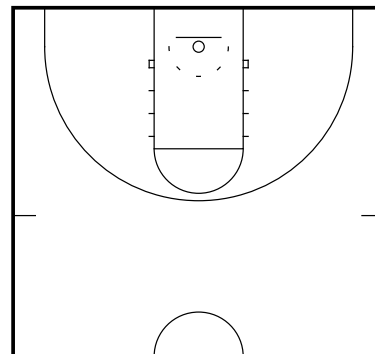


### 1. Control the Ball.

Direct the ball where you want it to go. Dictate the action.

Ex. If "Icing," keep the ball sideline. If "hedging," force the ball into the screen.

Pick and Roll Defense- Philosophies on the Ball  
Frame 3



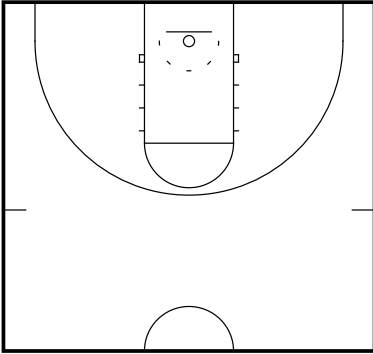
### 2. Impact the Ball.

Be aggressive. Attack and put pressure on the ball. This would be "hedging" or "blitzing (trapping)" the ball.

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- On-Ball Defender  
Frame 1



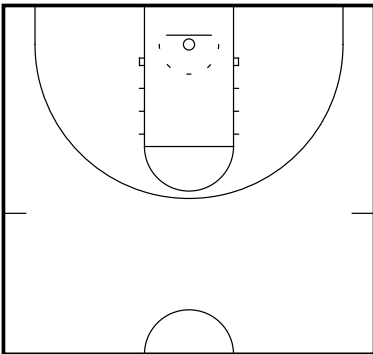
**Principles of the on-ball defender:**

*Ball pressure*

Get into the ball handler's body. On-ball defender must be within an arms length of the ball. If the screen hits the guard before the guard gets into the ball, the defense has no chance.

It is much harder to screen a moving defender that is into the ball than a player who is not.

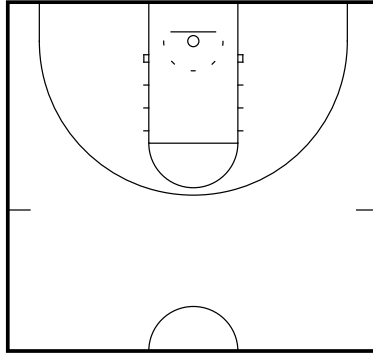
Pick and Roll Defense- On-Ball Defender  
Frame 4



*Active hands.*

Want to have high active hands on the recovery to take away vision and passing lanes out of the ball screen.

Pick and Roll Defense- On-Ball Defender  
Frame 2

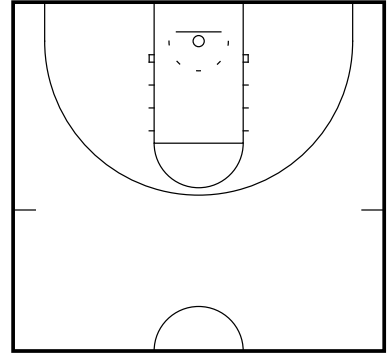


*Dictate the terms.*

Give the ball handler only one option. Adjust body and feet to force ball where you want it to go based on defensive gameplan/principles.

By giving the offensive player only one option, the defender knows what is going to happen. Much easier to guard what you know is coming rather than the unexpected.

Pick and Roll Defense- On-Ball Defender  
Frame 3



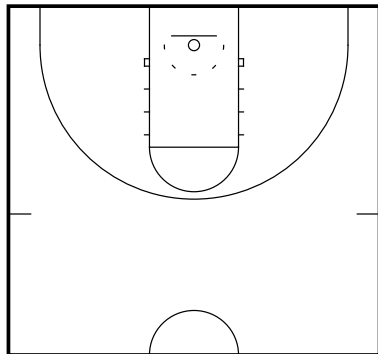
*Effort.*

Guarding the pick and roll is hard. The defense has no chance if the defender is not operating at 100% capacity- physically and mentally.

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Guard Over  
Frame 1



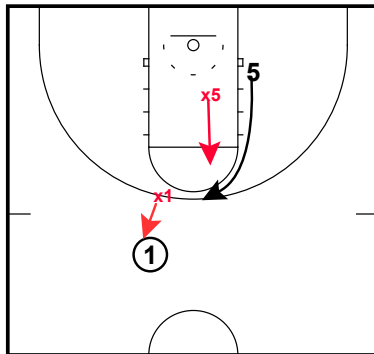
"Over"

The on-ball defender has two choices at the point of the ball screen: 1. Go "over" or 2. Go "under".

"Over" is where the on-ball defender will follow the path of the ball handler over the top of the ball screen. This is a fairly standard pick and roll coverage. It is the more aggressive, and more difficult approach to guarding the pick and roll.

\*See "on-ball defender" page for general principles

Pick and Roll Defense- Guard Over  
Frame 2

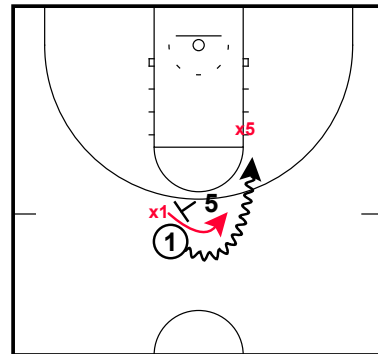


1. Get into the ball

By crowding the space of the offense, it is easier for the defender to get "skinny" and get over the top of the screen with the offense (thus limiting the amount of help from the big). If they can't get through with the ball handler, getting "skinny" will allow the defender to minimize the amount of surface area for the screener to make contact with.

The worst thing that the defender can do is to get "fat" (parallel) to the screener

Pick and Roll Defense- Guard Over  
Frame 3

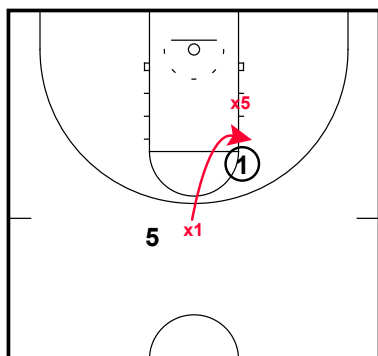


2. Pursuit.

His pursuit of the ball dictates how long the big may have to help him and thus how much help everyone else has to give. It could be the difference between an open shot and a contested shot (or even completely stopping the offense).

After fighting over the screen, the defender must sprint to recovery. His goal should always be to get over the screen with the ball handler, but most often the defender will get clipped by the screen. If so, he should do his best to recover to the ball within 2 dribbles (the coverage may dictate this number).

Pick and Roll Defense- Guard Over  
Frame 4



3. Squaring up the ball

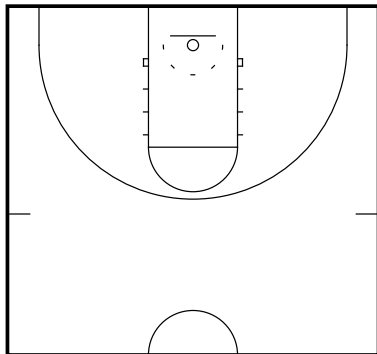
The defender should take an angle of recovery that allows him to get back in front of the ball. If he just trails the ball handler's path, then he will get stuck behind him and the defensive big will have to hold.

Once the guard has squared the ball back up, he can release the big back to his man.

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Guard Under  
Frame 1



"Under"

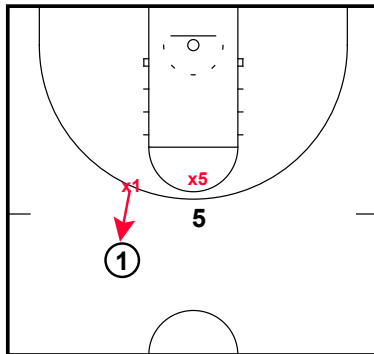
The on-ball defender has two choices at the point of the ball screen: 1. Go "over" or 2. Go "under".

"Under" is where the on-ball defender goes underneath the screener and meets the ball on the other side of the screen to contain it from penetration.

This tactic is less common but used to defend perimeter players that are poor outside shooters or dynamic at attacking the rim off the dribble.

\*See "on-ball defender" page for general principles

Pick and Roll Defense- Guard Under  
Frame 2



1. Get into the ball

At first this would seem counterintuitive to containing the ball...however by crowding the space of the offense, it is easier for the defender to get "skinny" and get under the screen.

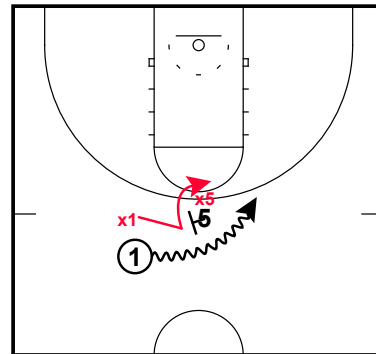
By sagging and not pressuring the ball into the screen, 3 things can happen to the advantage of the offense:

- Easier to screen
- Offense can set screen lower on floor
- Ball handler can play around with screen/ball

It is imperative that the on-ball defender gets through the screen clean and it starts with getting into the ball and forcing into the screen.

The worst thing that the defender can do is to get "fat" (parallel) to the screener

Pick and Roll Defense- Guard Under  
Frame 3



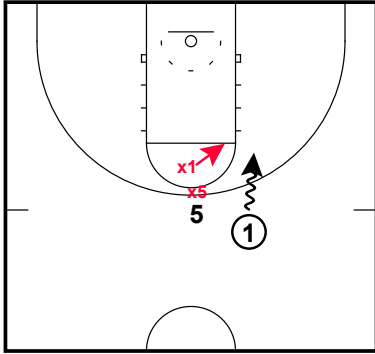
2. Get skinny

Since the on-ball defender is trying to get under screen and beat the ball to a spot on the other side, it is critical that he not get picked by the screen. He must get into ball to the point of the screen, and then stay skinny and get under as quick as possible.

# Pick and Roll Defense

## Concepts, Organization, and Technique

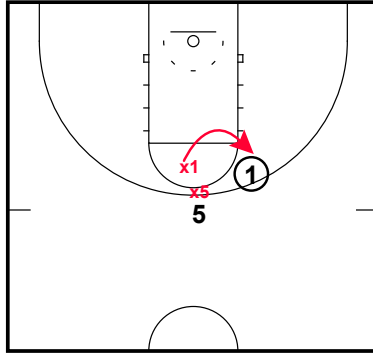
Pick and Roll Defense- Guard Under  
Frame 4



3. Take an angle and beat the ball to a spot

Unlike going "over" where you are in essence chasing the ball handler, going under is to beat the ball to a spot on the other side of the screen. While you still want maximum effort from the defender, this technique requires less effort than going over.

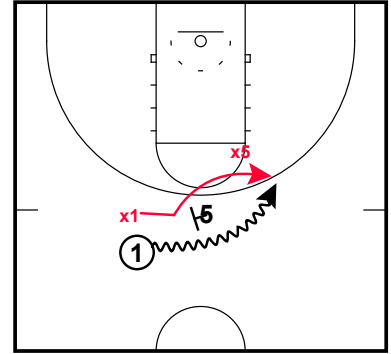
Pick and Roll Defense- Guard Under  
Frame 5



4. Squaring up the ball

Once the defender takes an angle of recovery that allows him to get back in front of the ball, he must re-square the ball. Going "under" does not give the defender the right to just give up free looks at jumpers. While it does tend to give up the pull-up jumper, it doesn't mean that it should come without a contested hand. The defender still must make it uncomfortable for the shooter.

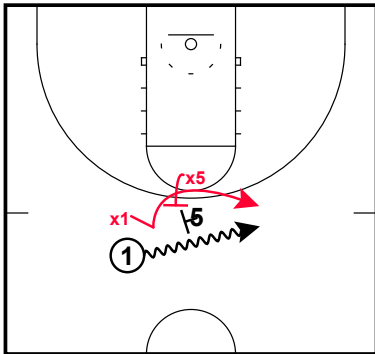
Pick and Roll Defense- Guard Under  
Frame 6



Variations:

**"Under One"**: where the on-ball defender goes under the ball screen but above the screener's defender after getting through the screen

Pick and Roll Defense- Guard Under  
Frame 7



Variations:

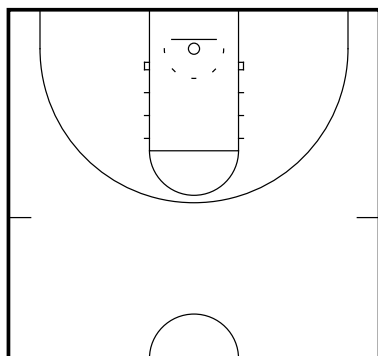
**"Under Two"**: where the on-ball defender goes under the ball screen and under the screener's defender after getting through the screen



# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Screener's Defender  
Frame 1

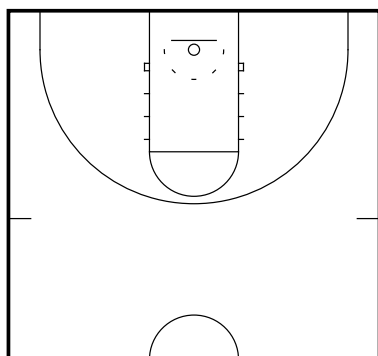


**Principles of the screener's defender:**

"ELC" Communication: **EARLY, LOUD, AND CONTINUOUS**...also referred to as "ELO" (Early, Loud, and Often).

The team must have its own language and everyone must speak that language. Terms like "Hedge," "Ice," "Drop," etc...whatever the terminology, the team must know them and be on the same page.

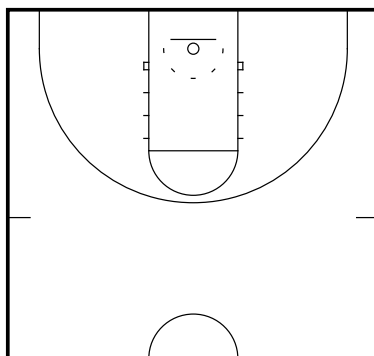
Pick and Roll Defense- Screener's Defender  
Frame 4



*Guard without fouling*

Bad fouls are killers and really easy to pick up in pick and roll defense. They lead to foul trouble and easy points for the offense. This goes back to being active with feet and hands.

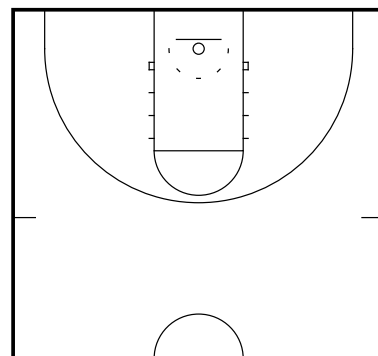
Pick and Roll Defense- Screener's Defender  
Frame 2



*Proper positioning.*

Must be in the proper defensive position or it puts extreme pressure on the other 4 defenders. If they are not in the correct spot, then the coverage will break down.

Pick and Roll Defense- Screener's Defender  
Frame 3



*Active Hands and Feet*

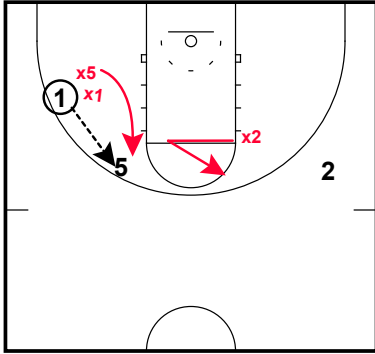
Must be in a stance and ready to move feet. The offense will do their best to put pressure on the defensive big by attacking him.

Must be long and wide. The big must make himself look big. This will take away vision and make it harder for the ball handler to make out of the ball screen.

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Types of Stunts  
Frame 1



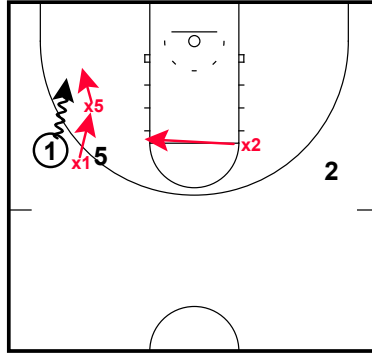
1. "Regular" Stunt

If the screener is not a perimeter shooting threat and is a limited play-making threat, the defense will use a standard stunt.

In a regular stunt, x2 will stunt/bluff at the ball as it is arriving to pop man/screener. On the catch, the big will see the guard motioning toward him creating indecision in the big.

x2 will not over or fully rotate to the ball. It is a couple hard steps at the ball and recover back to his man.

Pick and Roll Defense- Types of Stunts  
Frame 2

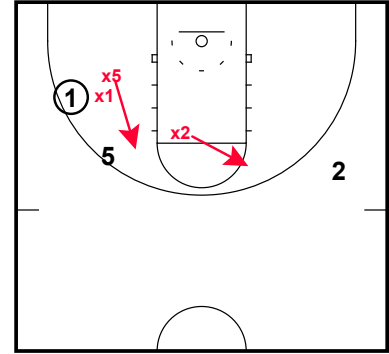


2. "Quick" Stunt.

If the big is not a great shooter or perimeter threat...the defensive will give a quick stunt.

As guard is picking up dribble, the defense will quickly stunt at the popping big. This will create indecision with the ball-handler and buy time for the defensive big to get back to his man. This will also be used in case the defensive player stunting is guarding a good perimeter shooter.

Pick and Roll Defense- Types of Stunts  
Frame 3

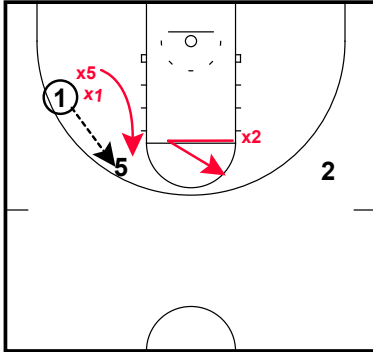


\*This is slightly different from a regular stunt as the stunt occurs PRIOR to the guard picking the ball up. In a regular stunt coverage, the help side defender will stunt as the ball is arriving to the pop man.

# Pick and Roll Defense

## Concepts, Organization, and Technique

Pick and Roll Defense- Types of Stunts  
Frame 4

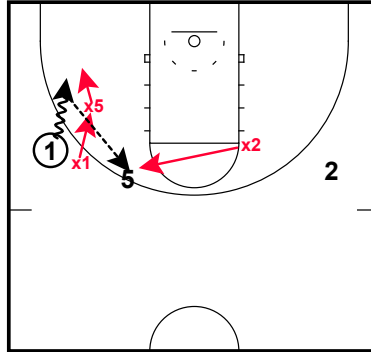


3. "Hold" Stunt.

If the big is good perimeter shooter, the defense can "hold" stunt.

The guard rotating will stunt at the ball and will stay until defensive big can recover to the ball. This should force the offensive big becomes non-threat, thinking pass.

Pick and Roll Defense- Types of Stunts  
Frame 5



4. Full Rotation.

This is another option when guarding against a skilled big that is a threat from the perimeter. It can also be used in an emergency situation.

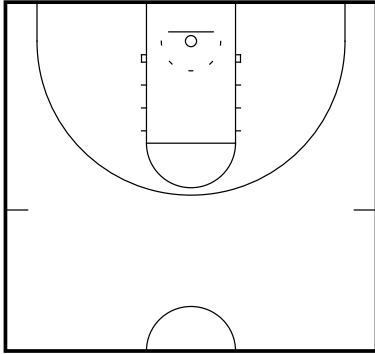
The rotating guard will fully commit to taking the ball. Thus taking away any jump shot or driving opportunity. This neutralizes the threat from the offensive big.

In this case, instead of the defensive big recovering to his man he and the other help defenders are forced to rotate as the ball is moved.

# Pick and Roll Defense

## "Bump and Under" Coverage

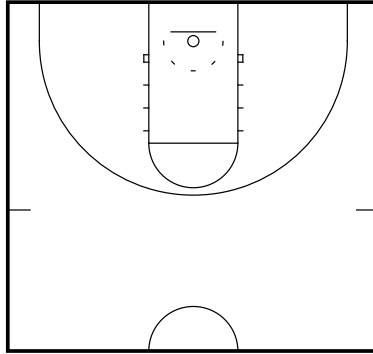
Pick and Roll Defense- "Bump and Under"  
Frame 1



### "BUMP AND UNDER"

Screener's defender walls/chests up to screener and pushes screen out as far as possible. Ball handler defender goes under screen and cuts ball handler off on other side of screen.

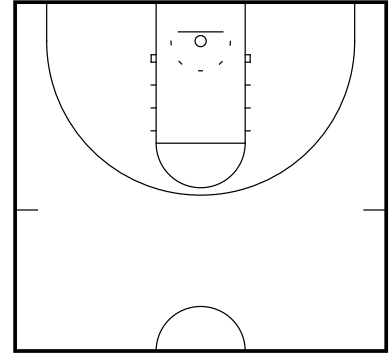
Pick and Roll Defense- "Bump and Under"  
Frame 2



### Synonyms:

- "Plug and Go"
- "Jam and Go"
- "Hug and Go"

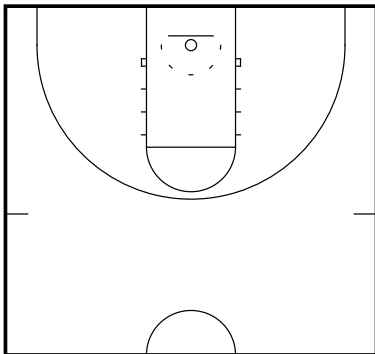
Pick and Roll Defense- "Bump and Under"  
Frame 3



### Advantages:

- Contain a non-perimeter shooting ball handler
- Maintain contact to perimeter threat screener
- Eliminates the roll to the basket for post-up
- Keep from screener rolling into defender going under the screen

Pick and Roll Defense- "Bump and Under"  
Frame 4



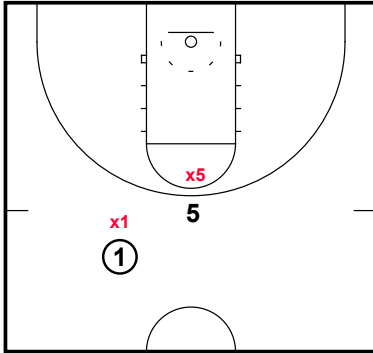
### Disadvantages:

- Give up pull-up jump shots from ball handler
- Opportunity for ball handler to turn the corner and attack off dribble

# Pick and Roll Defense

## "Bump and Under" Coverage

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

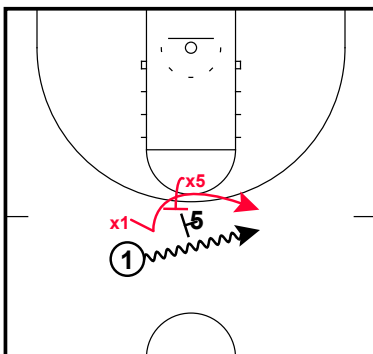


"**BUMP AND UNDER**" (can also be called a "plug & go").

This technique may be used when the the screener is a perimeter shooting threat and the defense does not want to become unattached from the screener

It may also be employed if the ball handler is a poor perimeter shooter and the defense wants to contain the ball.

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



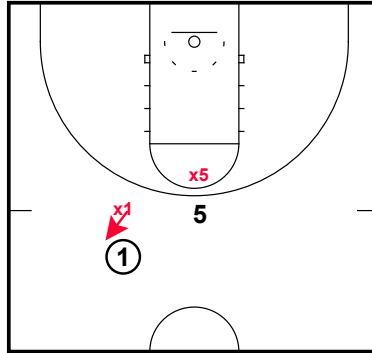
x1 forces the ball handler into the screen.

As the ball handler attacks, it is x5 job to hold the screen firm so that the roller can not roll into x1 when he goes under the screen.

x1 goes under both the screen and x5 to cut off the dribbler on the other side of the screen.

x1 takes angle to cut off ball handler and square up the basketball.

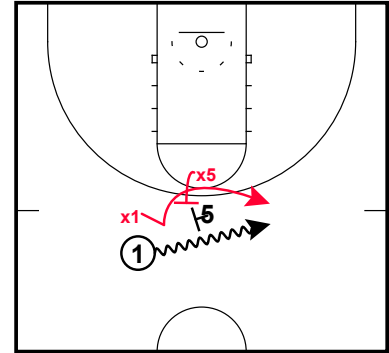
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Bump and Under)  
Frame 2



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 into him into the ball screen.

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



As 5 is going to set the screen, x5 steps up and makes early contact with the screener.

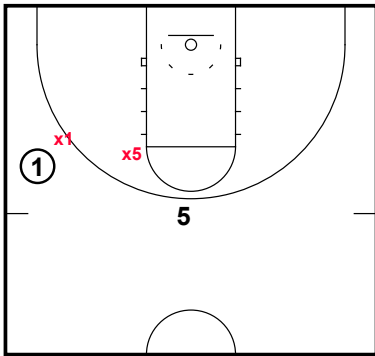
x5 positioning:

- chest perpendicular to the screener
- low and wide stance
- chest pressed against the screener pushing the screen further out
- high hands to eliminate fouling and for contesting the shot of the ball handler if he pulls up from behind the screen.

# Pick and Roll Defense

## "Bump and Under" Coverage

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

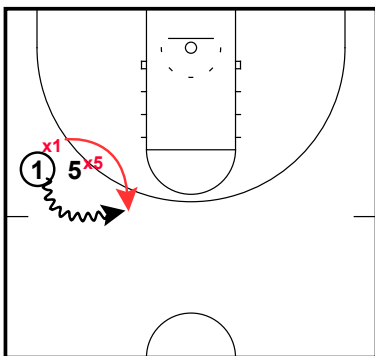


"**BUMP AND UNDER**" (can also be called a "plug & go").

This technique may be used when the screener is a perimeter shooting threat and the defense does not want to become unattached from the screener.

It may also be employed if the ball handler is a poor perimeter shooter and the defense wants to contain the ball.

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



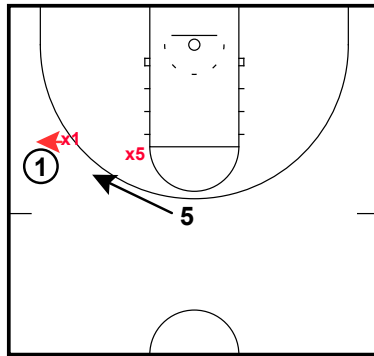
x1 forces the ball handler into the screen.

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x1 takes angle to cut off ball handler and square up the basketball.

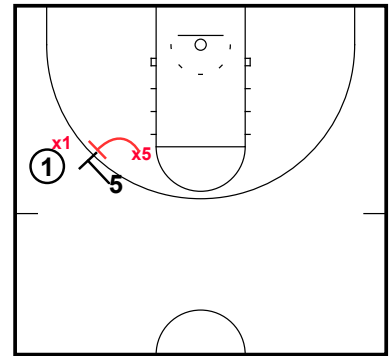
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Bump and Under)  
Frame 2



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



As 5 is going to set the screen, x5 steps up and makes early contact with the screener.

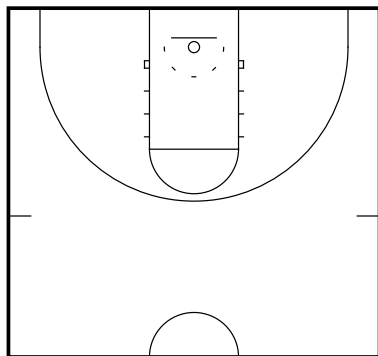
x5 positioning:

- chest perpendicular to the screener
- low and wide stance
- chest pressed against the screener pushing the screen further out
- high hands to eliminate fouling and for contesting the shot of the ball handler if he pulls up from behind the screen.

# Pick and Roll Defense

## "Hard Hedge" Coverage

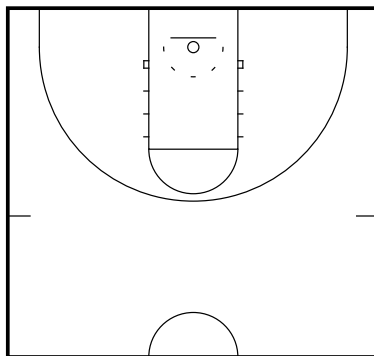
Pick and Roll Defense- "Hard Hedge"  
Frame 1



### "HARD HEDGE"

The screener's defender will slide out aggressively to stop the ball handler from driving or coming directly off the screen. He will force ball to go back up the floor and away from the basket.

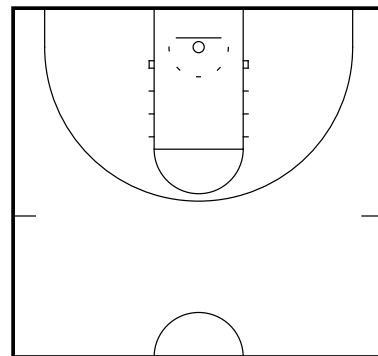
Pick and Roll Defense- "Hard Hedge"  
Frame 2



### Synonyms:

-"Hard Show"

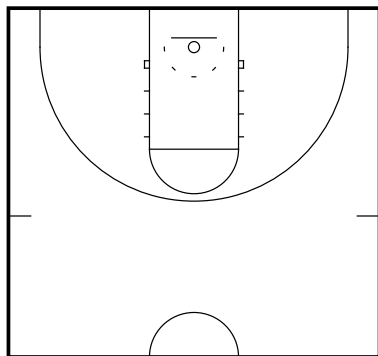
Pick and Roll Defense- "Hard Hedge"  
Frame 3



### Advantages:

- Forces ball away from basket and helps prevent scoring attack from ball handler
- Prevents ball handler from shooting a quick pull-up jump shot
- Makes passing to the roll man difficult

Pick and Roll Defense- "Hard Hedge"  
Frame 4



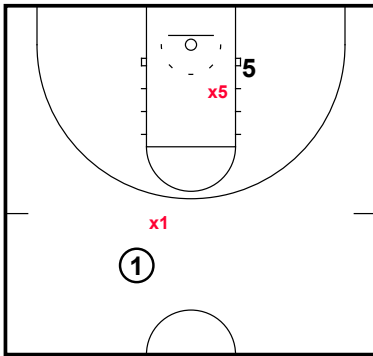
### Disadvantages:

- Susceptible to being split and allowing a drive to the basket
- Pick and pop
- Forces help by off ball defenders on roll man
- Foul pressure on big man hedging

# Pick and Roll Defense

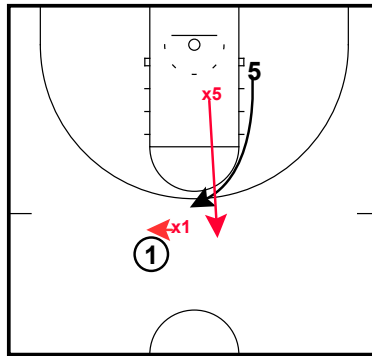
## "Hard Hedge" Coverage

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



One of the most common ways of defending the ball screen is the "**HARD HEDGE**".

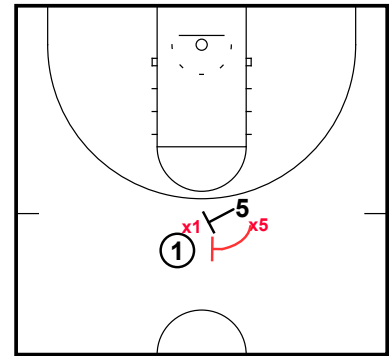
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Hard Hedge)  
Frame 2



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 (Hard Hedge)  
Frame 3



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

x5 positioning:

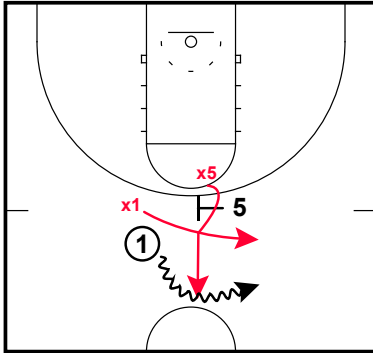
- chest parallel to the sideline
- low and wide stance
- "extension of the screen" --> inside hand on screener (5). Having a hand on the screener is key as it helps eliminate the chance of being split by the ball handler.
- high, wide arms/hands. This makes the show wider and eliminates the defender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



# Pick and Roll Defense

## "Hard Hedge" Coverage

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



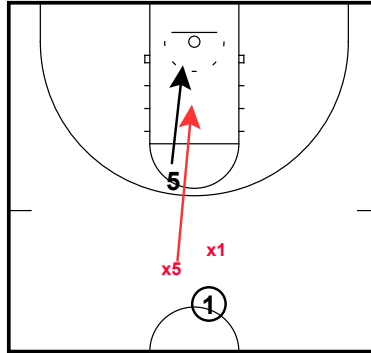
x1 forces the ball handler into the screen and the show man.

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

In a hard show, x5 will give at least 2 hard slides 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 under x5 taking an angle to cut off the ball handler and square the ball up.

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



x1 will square up the ball and x5 will recover.

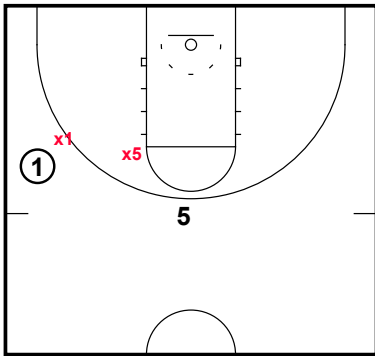
x5 recovery will be based on communication from other big- he may recover to own man or they may have "x-out" (switch).

x5 sprints with high hands in recovery.

# Pick and Roll Defense

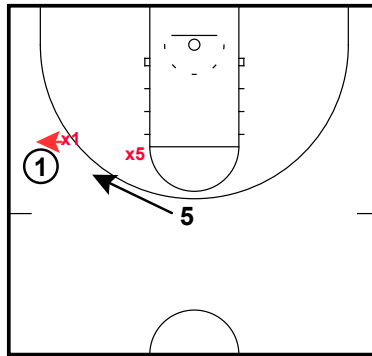
## "Hard Hedge" Coverage

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



One of the most common ways of defending the ball screen is the "**HARD HEDGE**".

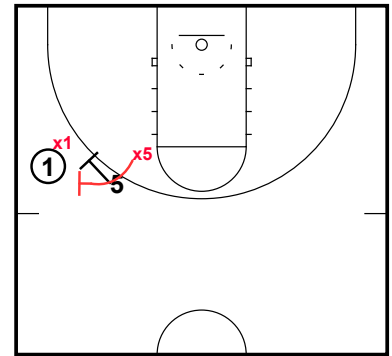
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Hard Hedge)  
Frame 2



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 (Hard Hedge)  
Frame 3



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

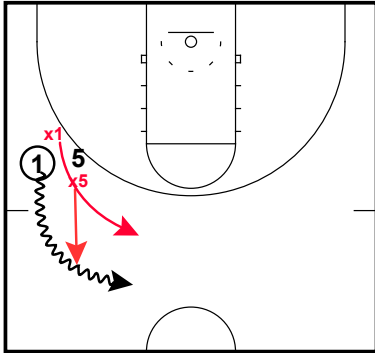
x5 positioning:

- 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

## "Hard Hedge" Coverage

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



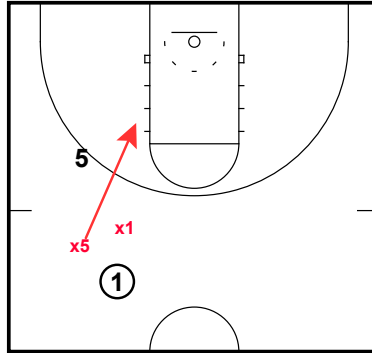
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In a hard show, x5 will give at least 2 hard slides up the floor. He must be very careful as to not commit a blocking foul when sliding as the ball handler attacks. He must be in a stance with active feet, have arms out, and hands to the sky.

x1 goes over the screen and under x5 taking an angle to cut off the ball handler and square the ball up.

Pick and Roll Defense- Breakdown Wing  
Ball Screen (Hard Hedge)  
Frame 5



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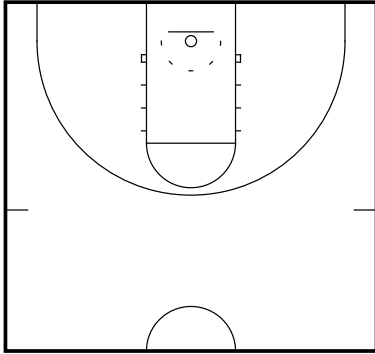
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x5 sprints with high hands in recovery.

# Pick and Roll Defense

## "Soft Hedge" Coverage

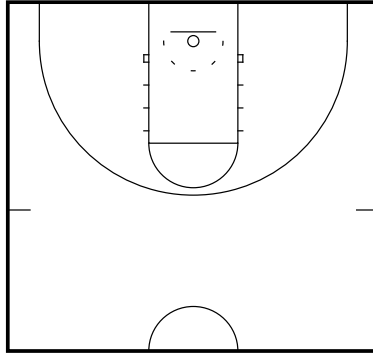
Pick and Roll Defense- "Soft Hedge"  
Frame 1



### "SOFT HEDGE"

The screener's defender will slide out to stop the ball handler from driving or coming directly off the screen.

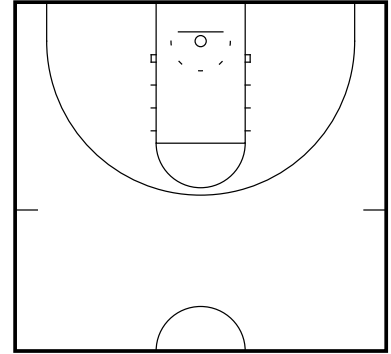
Pick and Roll Defense- "Soft Hedge"  
Frame 2



### Synonyms:

- "Soft Show"

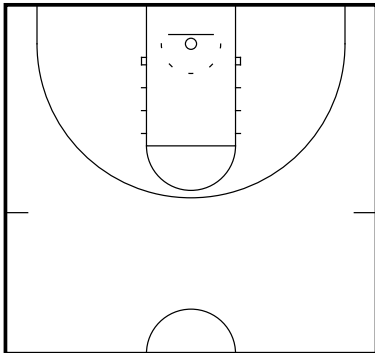
Pick and Roll Defense- "Soft Hedge"  
Frame 3



### Advantages:

- Eliminates opportunity for guard to turn the corner off the ball screen
- Forces ball handlers who are not good shooters off the dribble to take pull-ups
- Makes it easier to recover to pick and pop/roll man, prevent roll pass, and prevent the screener from slipping the screen

Pick and Roll Defense- "Soft Hedge"  
Frame 4



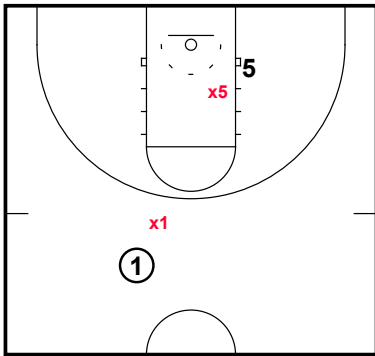
### Disadvantages:

- Opportunities for ball handler an open jump shot after dribbling off the screen
- Foul pressure on defensive big
- Poor hedge could lead to attack off the ball screen
- Off ball defenders may require to help or rotate

# Pick and Roll Defense

## "Soft Hedge" Coverage

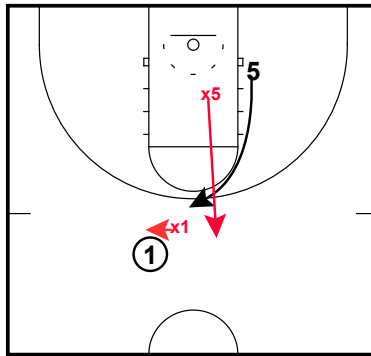
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Soft Hedge)  
Frame 1



An adjustment to the "Hard Hedge" is to adjust how aggressive the defensive big hedges on the ball screen.

When guarding a skilled perimeter big or a ball handler that is not a perimeter shooting threat, the defense can adjust by utilizing a "**SOFT HEDGE**."

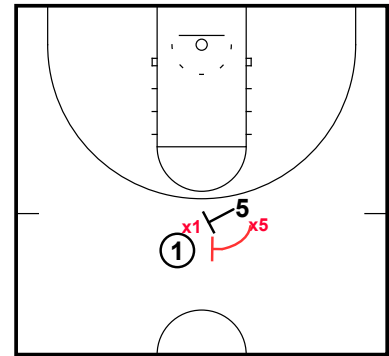
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Soft Hedge)  
Frame 2



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 (Soft Hedge)  
Frame 3



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

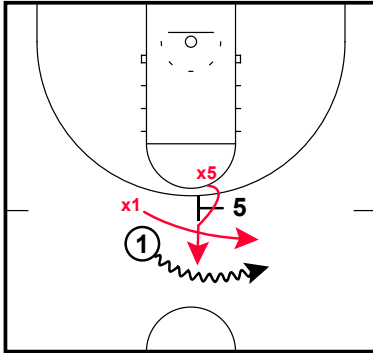
x5 positioning:

- chest parallel to the sideline
- low and wide stance
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- 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

## "Soft Hedge" Coverage

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



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

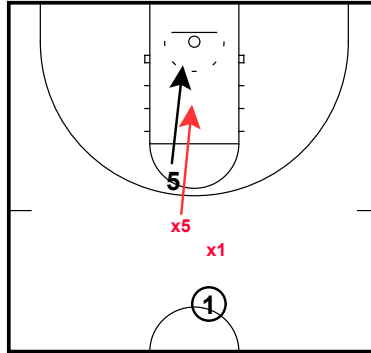
As the ball handler attacks, it is x5 job to drive the ball handler up the floor towards the half court line.

In a hard show, x5 will give 2 hard slides up the floor...but in a "soft hedge," x5 will NOT slide up the floor. Instead, he will be low, wide, and remain an extension of the screen. He will keep contact with the screener by having a hand on the screener. This allows x5 to maintain contact with the screener and at same time forces the ball-handler to alter his route.

x5 must be very careful as to not commit a blocking foul when hedging 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 under x5 taking an angle to cut off the ball handler and square the ball up. x1 may also go under the screen if the ball handler is not a threat to make a perimeter jumper.

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



x1 will square up the ball and x5 will recover.

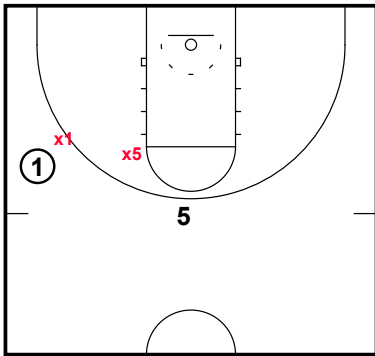
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# Pick and Roll Defense

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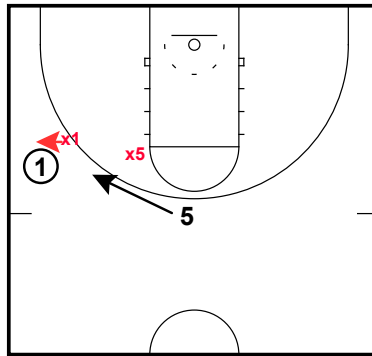
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Soft Hedge)  
Frame 1



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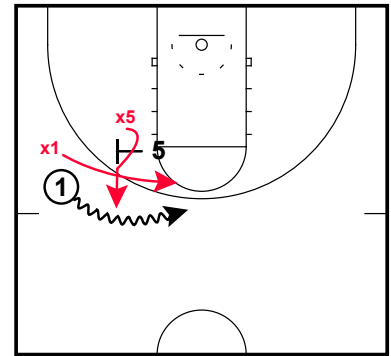
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Soft Hedge)  
Frame 2



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 (Soft Hedge)  
Frame 3



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

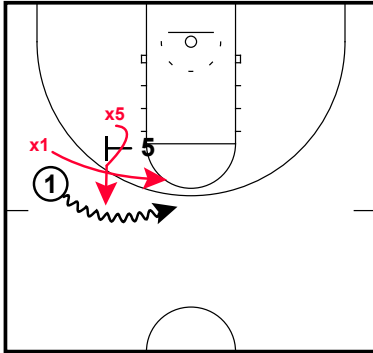
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- chest parallel to the sideline
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- high, wide arms/hands. This makes the show wider and eliminates the defender from picking up a cheap hand check foul.

# Pick and Roll Defense

## "Soft Hedge" Coverage

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



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

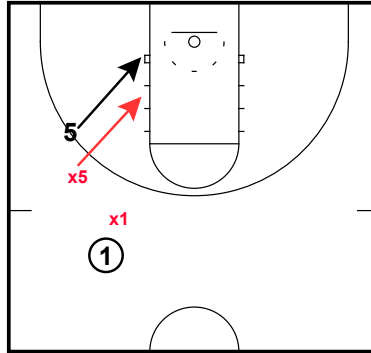
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x1 goes over the screen and under x5 taking an angle to cut off the ball handler and square the ball up. x1 may also go under the screen if the ball handler is not a threat to make a perimeter jumper.

Pick and Roll Defense- Breakdown Wing  
Ball Screen (Soft Hedge)  
Frame 5



x1 will square up the ball and x5 will recover.

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

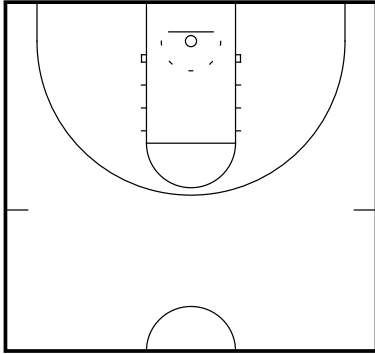
x5 sprints with high hands in recovery.



# Pick and Roll Defense

## "Blitz" Coverage

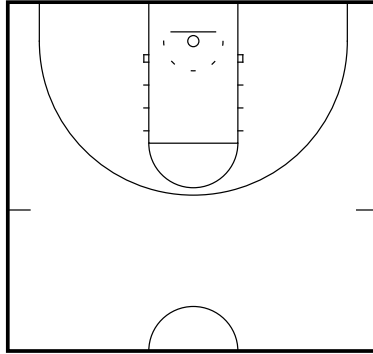
Pick and Roll Defense- "Blitz"  
Frame 1



**"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.

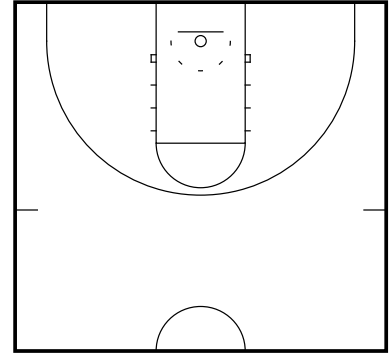
Pick and Roll Defense- "Blitz"  
Frame 2



Synonyms:

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

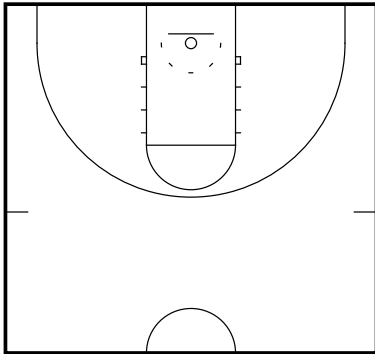
Pick and Roll Defense- "Blitz"  
Frame 3



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



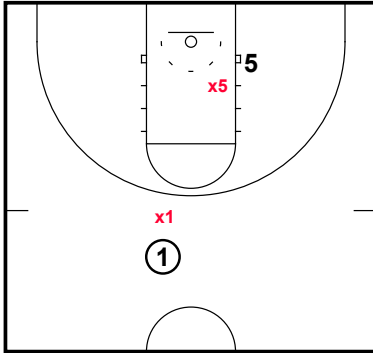
Disadvantages:

- 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

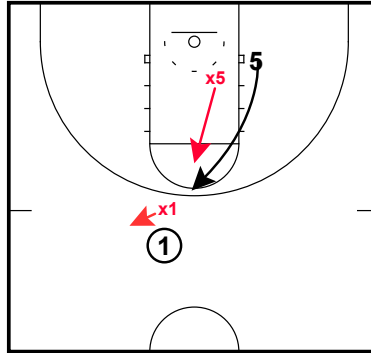
## "Blitz" Coverage

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.

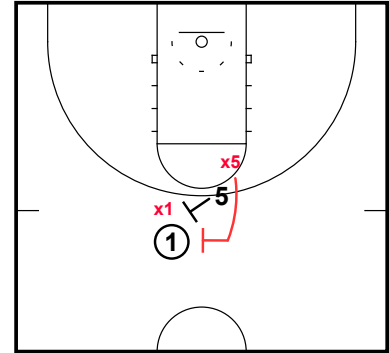
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Blitz)  
Frame 2



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.

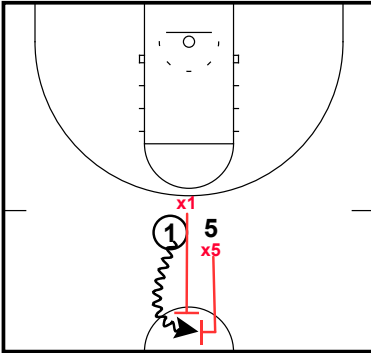
x5 positioning:

- chest parallel to the sideline
- low and wide stance
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- 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.

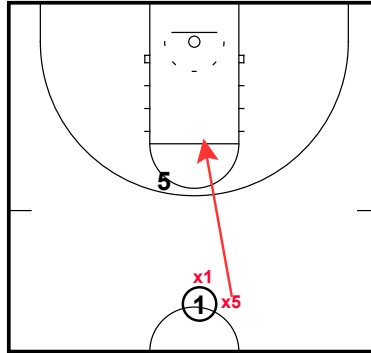
As the ball handler attacks, it is x5 job to drive the ball handler up the floor towards the half court line.

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.

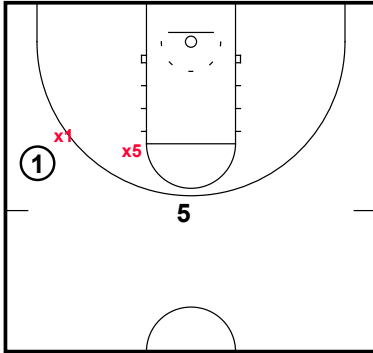
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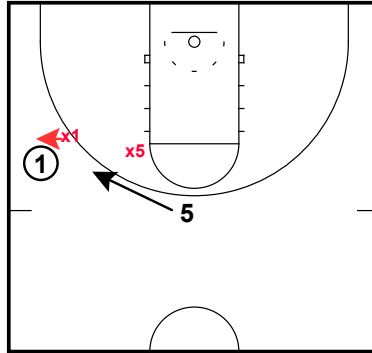
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Pick and Roll Defense- Breakdown Wing  
Ball Screen (Blitz)  
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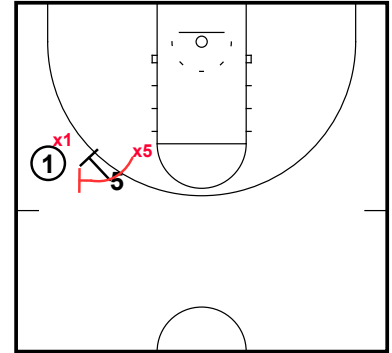
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Ball Screen (Blitz)  
Frame 2



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



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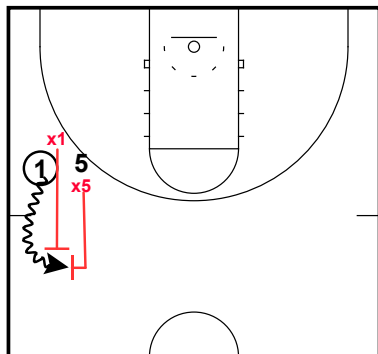
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# Pick and Roll Defense

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



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

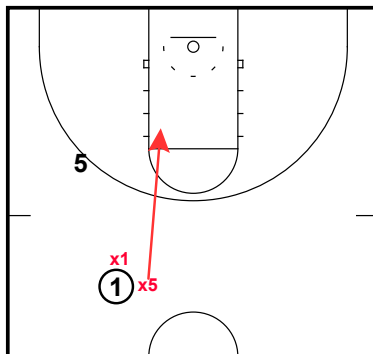
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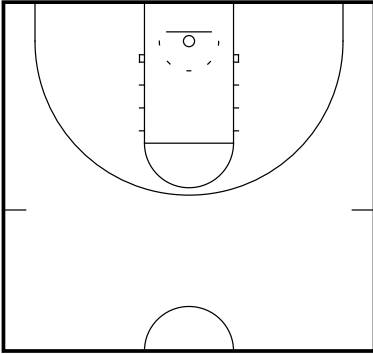
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# Pick and Roll Defense

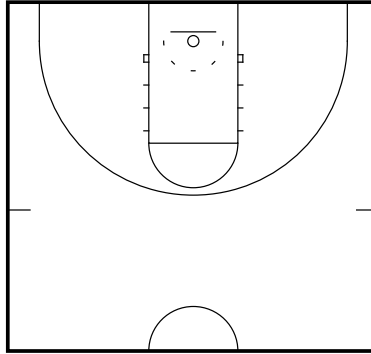
## "Flat" Coverage

Pick and Roll Defense- "Flat"  
Frame 1



"FLAT"

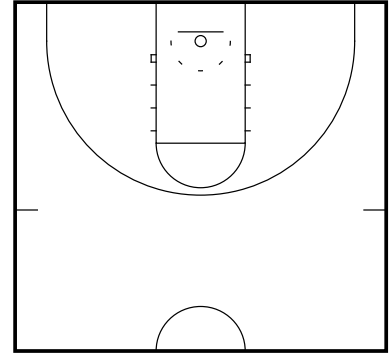
Pick and Roll Defense- "Flat"  
Frame 2



Synonyms:

- "Show"
- "Lateral"

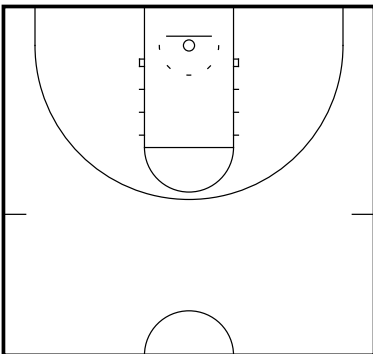
Pick and Roll Defense- "Flat"  
Frame 3



Advantages:

- Option for slower footed big
- Eliminates 3 point shot opportunity
- Keeps defensive big between ball and the rim
- Eliminates mid range pull-up jumper

Pick and Roll Defense- "Flat"  
Frame 4



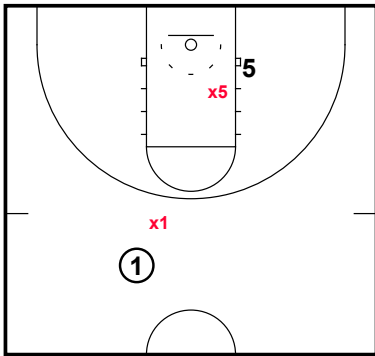
Disadvantages:

- Puts pressure on helpside defense
- Pressure on defensive big to keep ball in front
- Defensive big can get drawn out by ball handler-
- forces longer recovery

# Pick and Roll Defense

## "Flat" Coverage

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



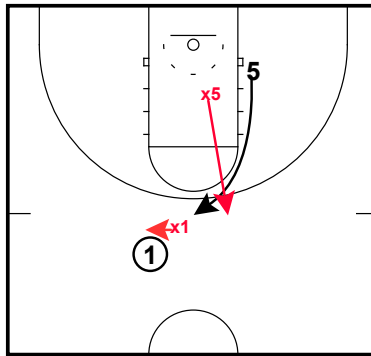
"FLAT" coverage (also called "lateral") can be used when the defensive big isn't that mobile.

It has some of the same concepts as hedging the ball screen.

This method may be used in a couple of situations:

- the defensive big is slow footed and has hard time getting out to give effective shows- leading to guard turning the corner and making plays. It may also be used if big has trouble getting out early and is committing fouls due to poor positioning.
- May be switched to on fly if big knows he is getting out to screen late and will not be able to provide a good show on the screen.

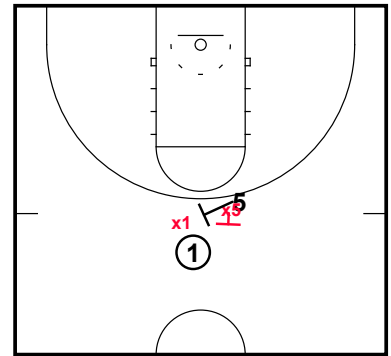
Pick and Roll Defense- Breakdown Middle Ball Screen (Flat)  
Frame 2



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.

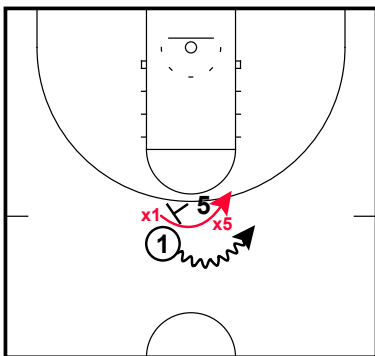
Pick and Roll Defense- Breakdown Middle Ball Screen (Flat)  
Frame 3



x5 will step up and be level with the ball screen with body perpendicular to the screen and chest parallel to half court.

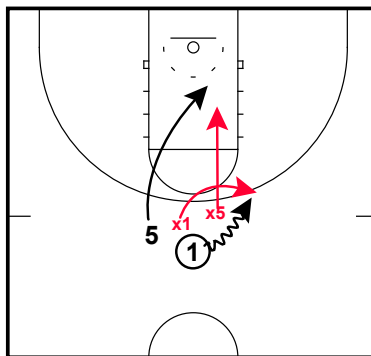
x5 should be in a low, wide, and with high hands making himself look large.

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



As 1 comes off the ball screen, x1 gets skinny to the screen and fights over the top. x5 stays between the ball and the basket.

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

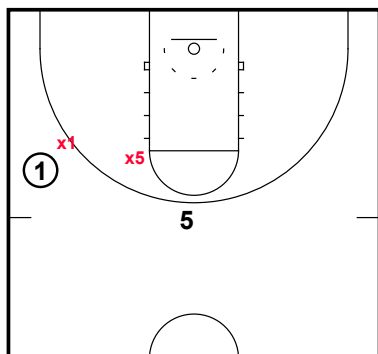


Unlike the "drop" coverage...in the "flat" coverage, x5 will NOT drop with the roller and stay and hold his ground while the other defenders will provide help on the roll. x5 will stay high with the ball until x1 recovers to the ball.

# Pick and Roll Defense

## "Flat" Coverage

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



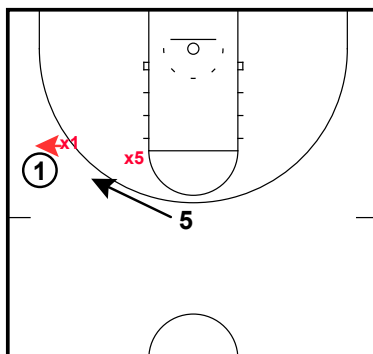
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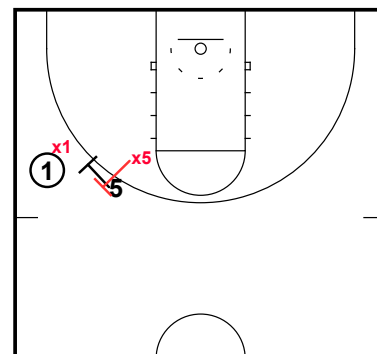
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Flat)  
Frame 2



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 (Flat)  
Frame 3



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

x5 positioning:

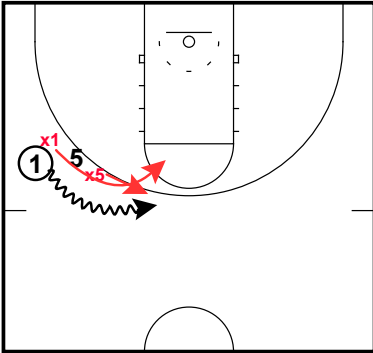
- 2 steps removed from screen
- chest flat (more square to ball handler)
- low and wide stance
- high, wide arms/hands. This makes it wider and eliminates the defender from picking up a cheap hand check foul or splitting the defenders



# Pick and Roll Defense

## "Flat" Coverage

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



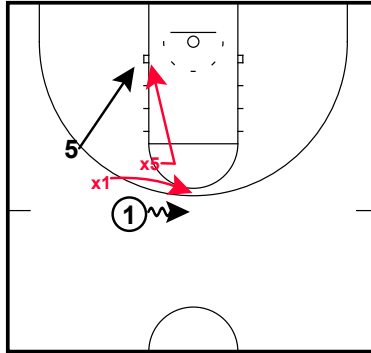
x1 forces the ball handler into the screen and the show man.

x5 forces the ball out and around, thus giving x1 ample time to recover.

His job is to stay between ball and basket and to contest the pull-up jumper.

As the ball handler attacks, x1 goes over the screen and over the top of x5 taking an angle to cut off the ball handler and square the ball up.

Pick and Roll Defense- Breakdown Wing  
Ball Screen (Flat)  
Frame 5

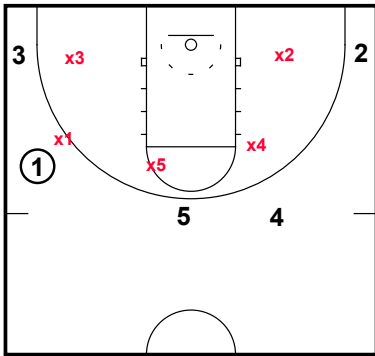


Unlike the "drop" coverage...in the "flat" coverage, x5 will NOT drop with the roller and stay and hold his ground while the other defenders will provide help on the roll. x5 will stay high with the ball until x1 recovers to the ball.

# Pick and Roll Defense

## "Flat" Coverage

Pick and Roll Defense- Guarding the Ball Screen (Flat)  
Frame 1



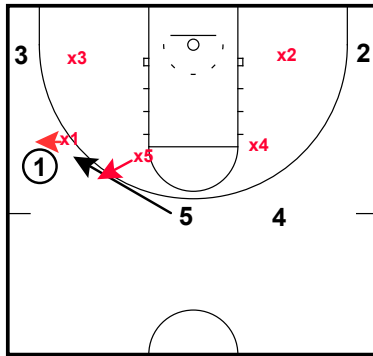
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This method may be used in a couple of situations:

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- May be switched to on fly if big knows he is getting out to screen late and will not be able to provide a good show on the screen.

Pick and Roll Defense- Guarding the Ball Screen (Flat)  
Frame 2

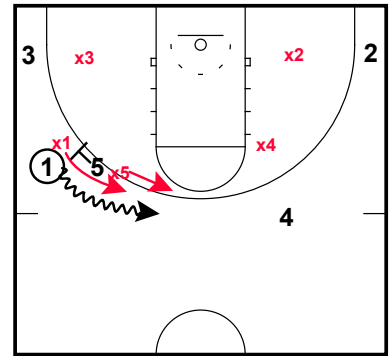


x1 should be on applying pressure on the ball influencing the ball middle (taking away baseline).

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 bottom side of offensive player to eliminate any baseline and force into him into the ball screen.

Pick and Roll Defense- Guarding the Ball Screen (Flat)  
Frame 3



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

x5 forces the ball out and around, thus giving x1 ample time to recover.

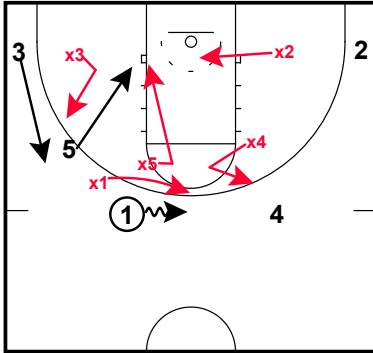
His job is the stay between ball and basket and to contest the pull-up jumper.

As the ball handler attacks, x1 goes over the screen and over the top of x5 taking an angle to cut off the ball handler and square the ball up.

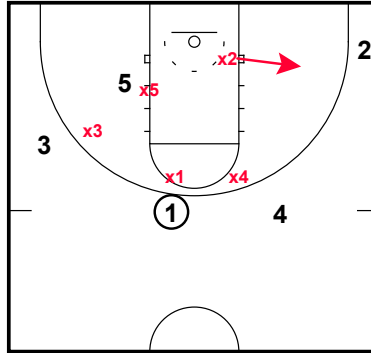
# Pick and Roll Defense

## "Flat" Coverage

Pick and Roll Defense- Guarding the Ball  
Screen (Flat)  
Frame 4



Pick and Roll Defense- Guarding the Ball  
Screen (Flat)  
Frame 5



Unlike in the drop coverage where x5 is sinking with the level of the roll man, x5 will stay high to contain the ball until x1 has recovered to it. This means that help needs to be provided by the help defenders.

The first line of help will come from x3, who will give a quick "tag" of the roll man to discourage the short roll pass from 1. He must be sure to just "tag" the roll and not get caught underneath it as he must get out to cover the fill man behind.

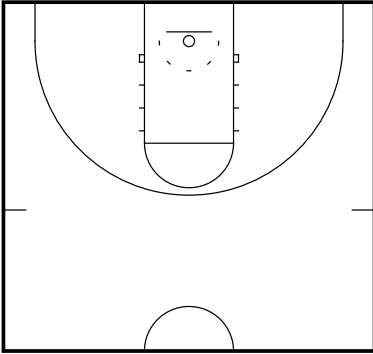
As the roll passes the first level (x3's tag), then x2 will begin to slide over to help on the roll.

It is imperative that x1 work as hard as he can to get back to the ball so that x5 can release and return to his man to loosen the pressure on the defense.

# Pick and Roll Defense

## "Drop" Coverage

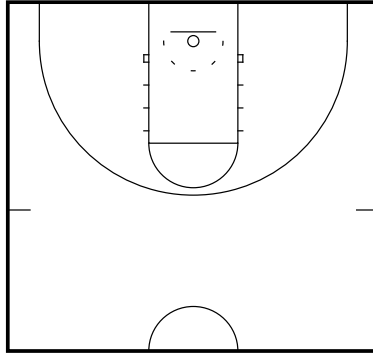
Pick and Roll Defense- "Drop"  
Frame 1



### "DROP"

A pick-and-roll defense in which the defensive big positions himself below the level of the screen. He will corral the ball and sink with the roll man until the ball-handler's defender gets back in front of his original man.

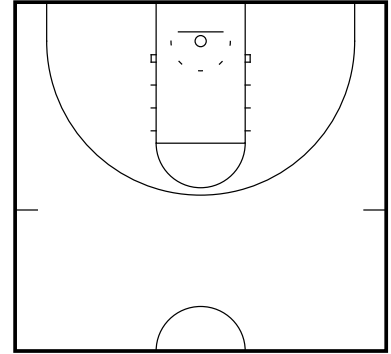
Pick and Roll Defense- "Drop"  
Frame 2



### Synonyms:

- "Centerfield"
- "Catch"
- "Flat"
- "Weak"
- "Strong"
- "Deep Drop"
- "Zone Up"

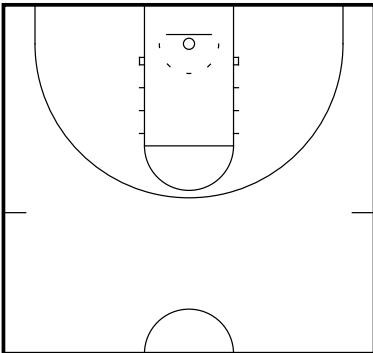
Pick and Roll Defense- "Drop"  
Frame 3



### Advantages:

- Great option for slow footed/less athletic defensive big
- Eliminates the 3 from the ball handler and forces mid-range jumper
- Keeps size between ball and basket

Pick and Roll Defense- "Drop"  
Frame 4



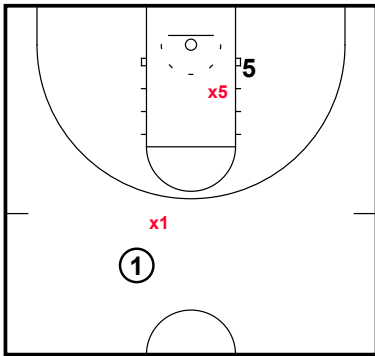
### Disadvantages:

- Ball handler can turn corner and be a playmaker
- Pressure on defensive big to contain the ball
- Foul pressure on the big
- Mid-range shot opportunities

# Pick and Roll Defense

## "Drop" Coverage

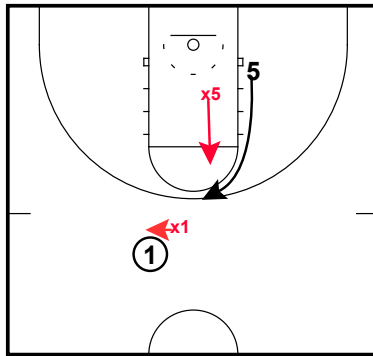
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Drop)  
Frame 1



The **"DROP"** coverage.

"Drop" coverage is a pick-and-roll defense in which the defender guarding the screener greets the ball-handler at or below the level of the screen until the ball-handler's defender gets back in front of his original man.

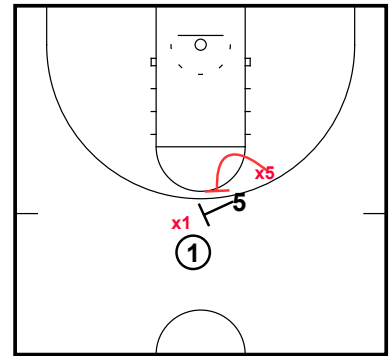
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Drop)  
Frame 2



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.

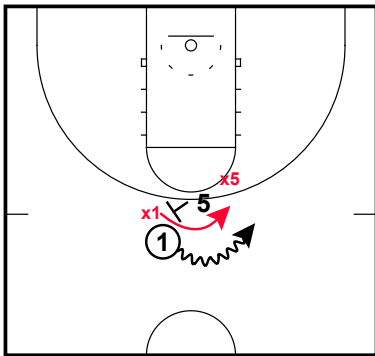
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Drop)  
Frame 3



As 5 is going to set the screen, x5 positions himself below the level of the screen.

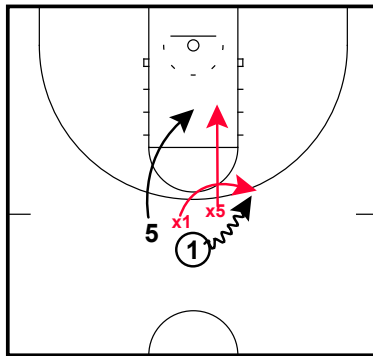
The depth of x5 is determined based on x5's athletic ability. The more mobile he is, the higher he can come up the floor.

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



As 1 comes off the ball screen, x1 gets skinny to the screen and fights over the top. x5 stays between the ball and the basket and drops (or retreats) with the level of the roller.

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

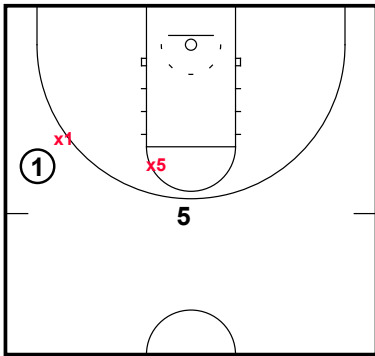


After fighting over the screen, x1 takes an angle and fights to get back in front of the ball. x5 will stay with the ball, giving ground to stay on level with roller, and will then recover to man when x1 recovers to the ball.

# Pick and Roll Defense

## "Drop" Coverage

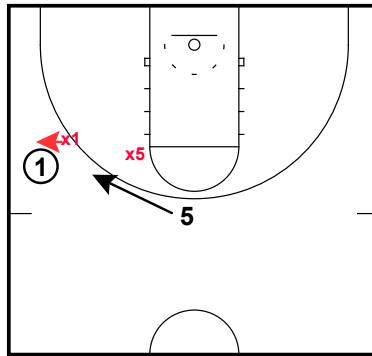
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Drop)  
Frame 1



The "DROP" coverage.

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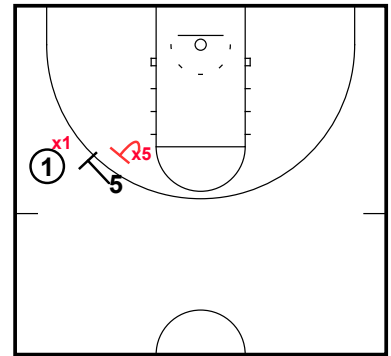
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Drop)  
Frame 2



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.

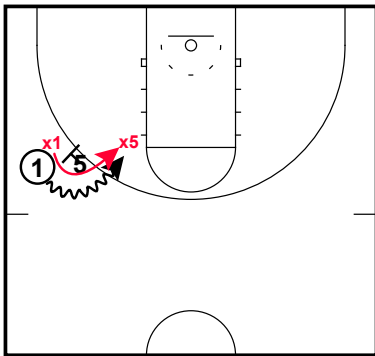
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Drop)  
Frame 3



As 5 is going to set the screen, x5 positions himself below the level of the screen.

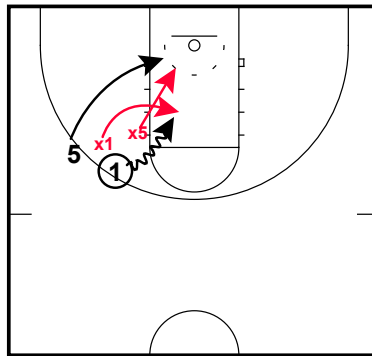
The depth of x5 is determined based on x5's athletic ability. The more mobile he is, the higher he can come up the floor.

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



As 1 comes off the ball screen, x1 gets skinny to the screen and fights over the top. x5 stays between the ball and the basket and drops (or retreats) with the level of the roller.

Pick and Roll Defense- Breakdown Wing  
Ball Screen (Drop)  
Frame 5

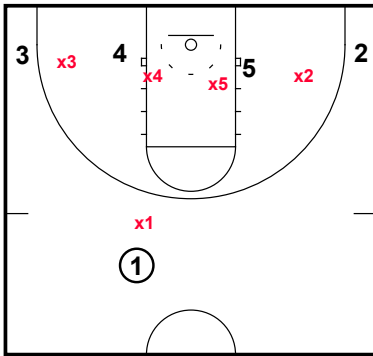


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# Pick and Roll Defense

## "Drop" Coverage

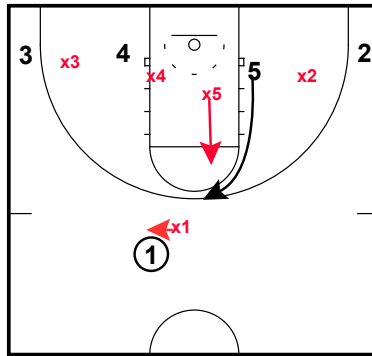
Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 1



The "DROP" coverage vs the short roll.

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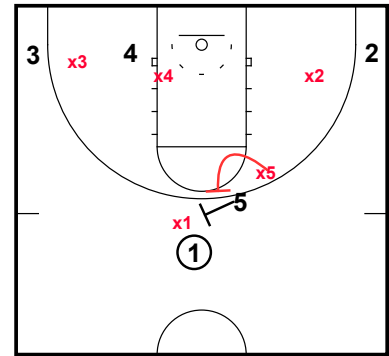
Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 2



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

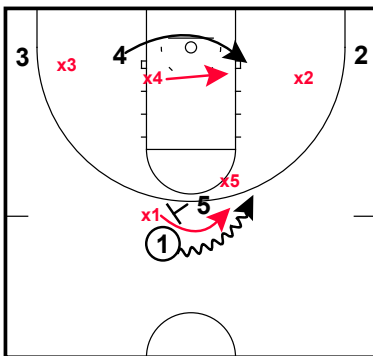
Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 3



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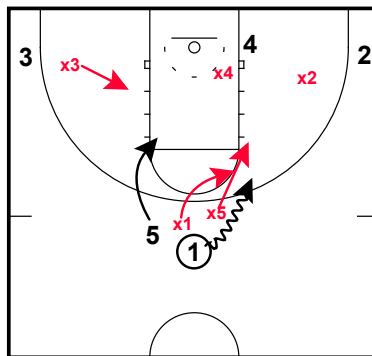
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Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 4



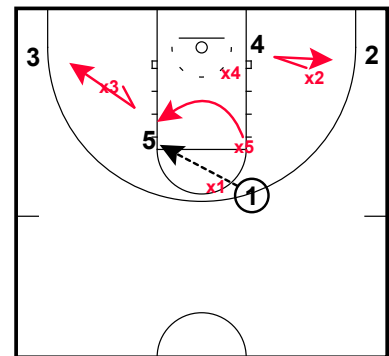
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Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 5



After fighting over the screen, x1 takes an angle and fights to get back in front of the ball. x5 will stay with the ball, giving ground to stay on level with roller.

Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 6



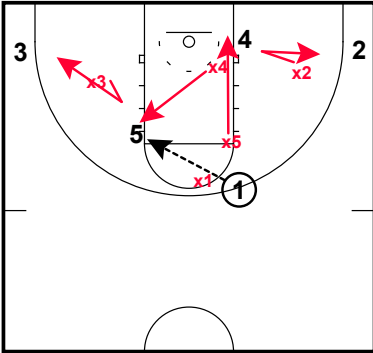
A counter by the offense to this coverage is to "short roll" the ball screener (very popular action by the Warriors utilizing Draymond Green as roller).

If the short roller is unskilled, then the defense can bluff at ball to create indecision and have x5 recover to his man. x4 will stay low and protect the rim forcing an unskilled player (5) to make plays.

# Pick and Roll Defense

## "Drop" Coverage

Pick and Roll Defense- Guarding the Middle  
Ball Screen vs Short Roll (Drop)  
Frame 7



However, if the short roll man is skilled and the defense is getting hurt by this action- either by the roll man making mid-range jumpers or making plays off the dribble/pass...the defense could consider "x-ing" out the bigs.

On the pass, x3 should be in a position to stunt at the roll big to create some indecision.

At the same time, x4 will leave the rim to step up with high hands and take the ball, communicating the "X" to x5.

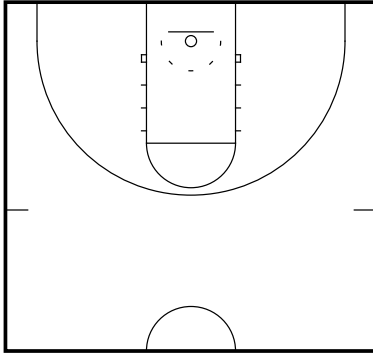
x2 must rotate briefly and sit on top of 4 to take away the high to low pass. He slides back out to his man when x5 recovers to his new man (4).



# Pick and Roll Defense

## "Ice" Coverage

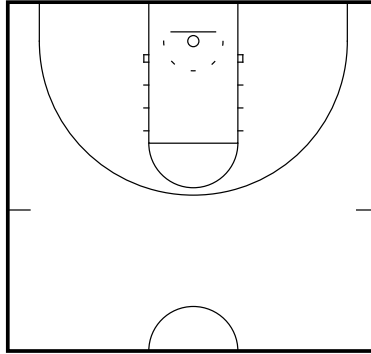
Pick and Roll Defense- "Ice"  
Frame 1



"ICE"

A side pick-and-roll defense in which the on-ball defender forces the ball-handler toward the sideline and keeps the ball out of the middle of the floor.

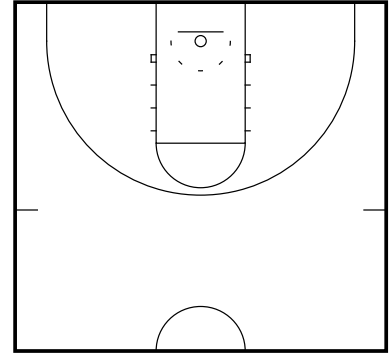
Pick and Roll Defense- "Ice"  
Frame 2



Synonyms:

- "Down"
- "Blue"
- "Push"
- "Channel"

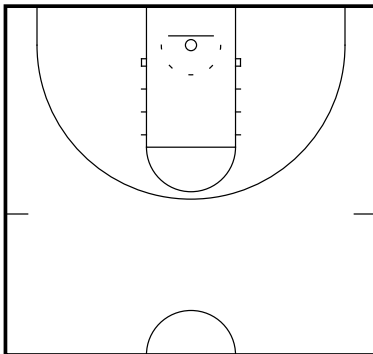
Pick and Roll Defense- "Ice"  
Frame 3



Advantages:

- Keeps ball out of middle of the floor
- Eliminates the screen
- Could force ball handler to use weak hand
- Break rhythm of the offense
- May force post player into making decisions
- Requires less helpside defensive help

Pick and Roll Defense- "Ice"  
Frame 4



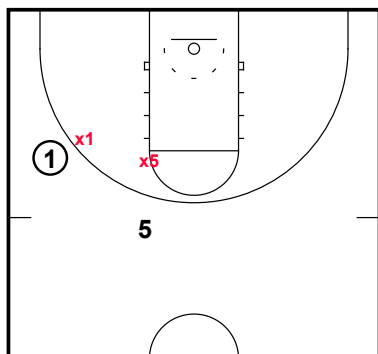
Disadvantages:

- Possible pop back jumper for big
- Pressure on the defensive big to contain the ball handler
- Opportunity for ball handler to have open drive to the rim
- Midrange jumper on short roll

# Pick and Roll Defense

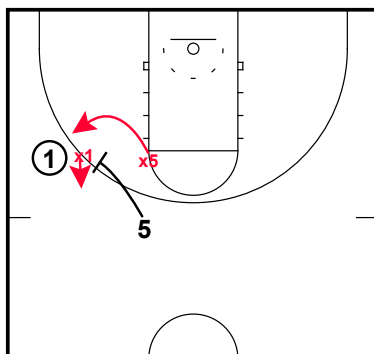
## "Ice" Coverage

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



"ICE" (or "Down") pick and roll defense eliminates the ball screen and keeps the basketball pinned on the sideline.

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

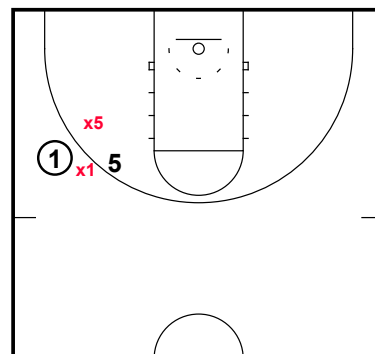


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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.

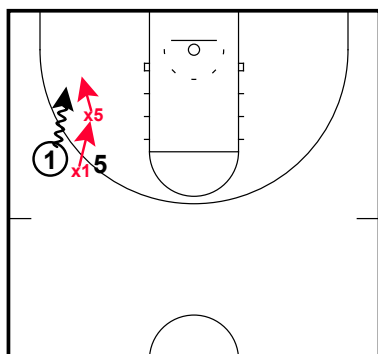
On x5's call, x1 will jump on top of ball handler (with pressure) to push ball into x5. He will straddle the top hand/leg.

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



x1 should be parallel to the sideline and x5 square to the ballhandler.

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



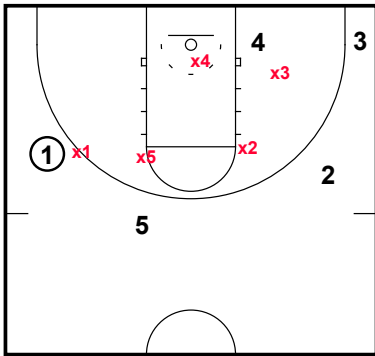
x1 and x5 want to keep the ball pinned on the outside and not let it back to the middle of the floor.

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

# Pick and Roll Defense

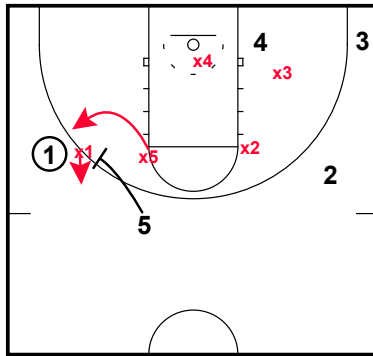
## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Non-Perimter Threat (Ice)  
Frame 1



"ICE" (or "Down") pick and roll defense eliminates the ball screen and keeps the basketball pinned on the sideline.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Non-Perimter Threat (Ice)  
Frame 2

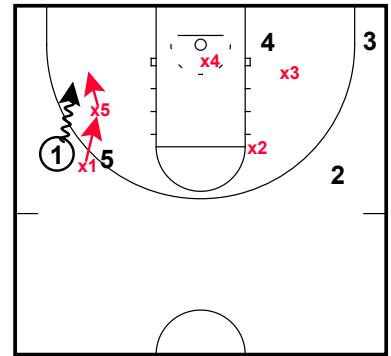


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

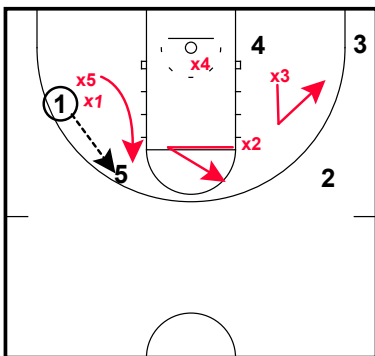
Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Non-Perimter Threat (Ice)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside 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.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Non-Perimter Threat (Ice)  
Frame 4



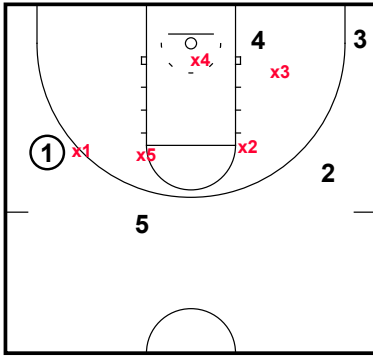
If 5 is a non-perimeter threat...

On air time of pass, x2 and x3 start stunt. x5 closes back out to his man on ball pick up or pass (if trap or semi trap).

# Pick and Roll Defense

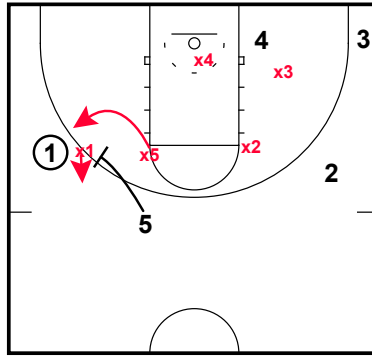
## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Jump Shooting Big  
(Veerback)  
Frame 1



"ICE" (or "Down") pick and roll defense eliminates the ball screen and keeps the basketball pinned on the sideline.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Jump Shooting Big  
(Veerback)  
Frame 2

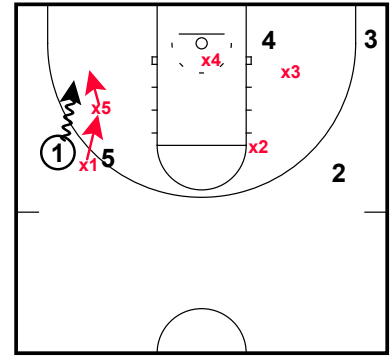


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

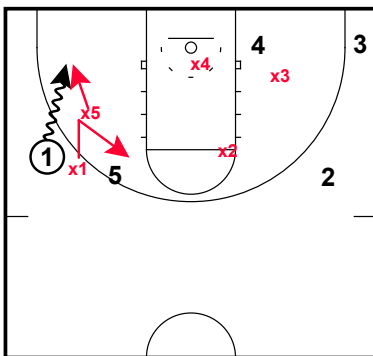
Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Jump Shooting Big  
(Veerback)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside 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.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Jump Shooting Big  
(Veerback)  
Frame 4



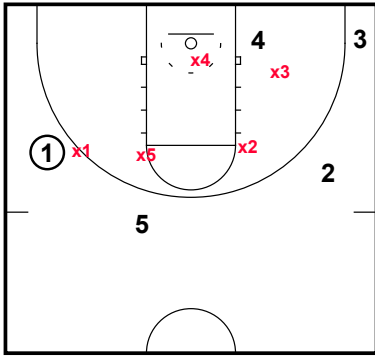
If you are playing a great shooting big that is setting the ball screen:

Switch out of the Ice. As soon as ball handler takes a couple of dribbles away from screen or breaks 3 pt line, x1 will veer back and take the pop.

# Pick and Roll Defense

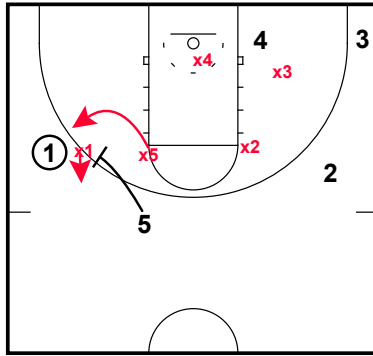
## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing Ball Screen vs Jump Shooting Big (Ice and Rotate)  
Frame 1



"ICE" (or "Down") pick and roll defense eliminates the ball screen and keeps the basketball pinned on the sideline.

Pick and Roll Defense- Guarding the Wing Ball Screen vs Jump Shooting Big (Ice and Rotate)  
Frame 2

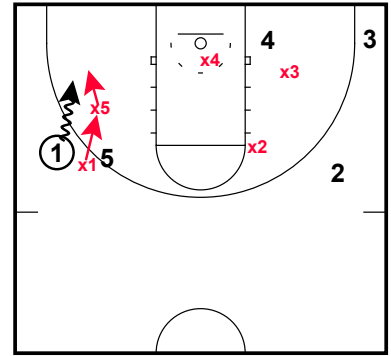


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

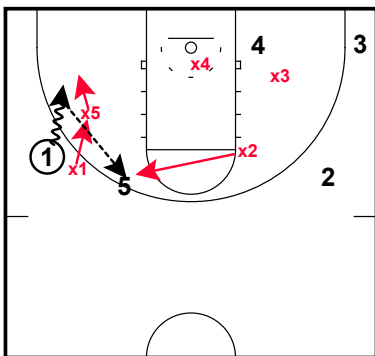
Pick and Roll Defense- Guarding the Wing Ball Screen vs Jump Shooting Big (Ice and Rotate)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside 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.

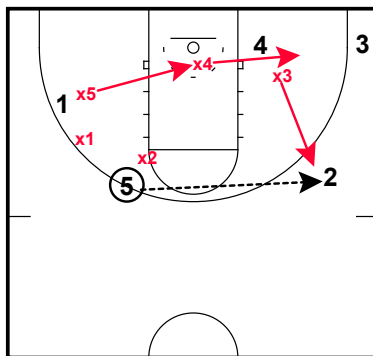
Pick and Roll Defense- Guarding the Wing Ball Screen vs Jump Shooting Big (Ice and Rotate)  
Frame 4



If you are playing a great shooting big that is setting the ball screen:

Full rotation. x2 would rotate to take the screener on the pass back. x5 would then open up and evaluate where to recover to.

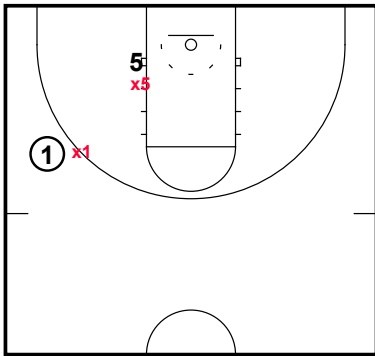
Pick and Roll Defense- Guarding the Wing Ball Screen vs Jump Shooting Big (Ice and Rotate)  
Frame 5



# Pick and Roll Defense

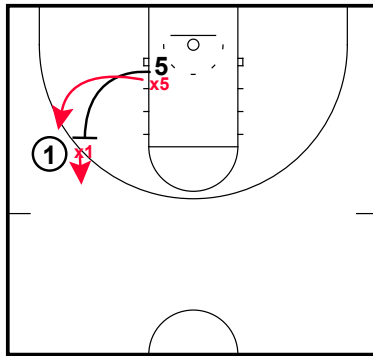
## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Step-Up BS (Ice)  
Frame 1



A popular offensive counter to the defense "Icing" the wing ball screen is to set step-up ball screens.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Step-Up BS (Ice)  
Frame 2

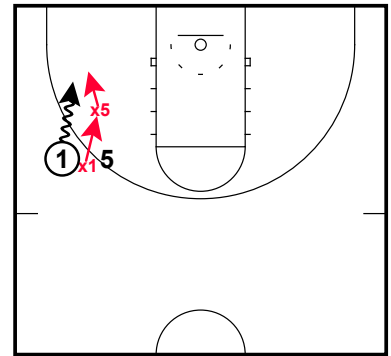


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

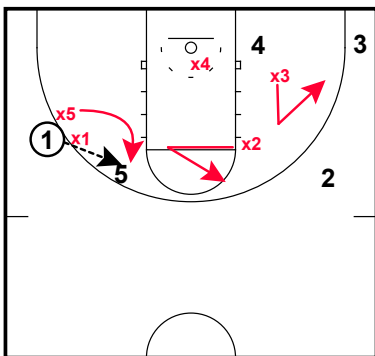
Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Step-Up BS (Ice)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside 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.

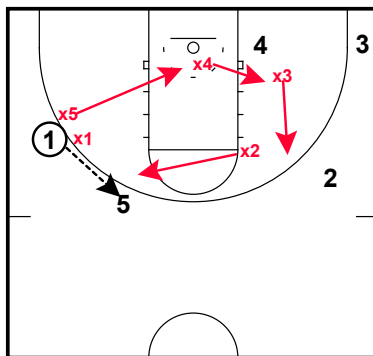
Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Step-Up BS (Ice)  
Frame 4



If 5 is a non-perimeter threat...

On air time of pass, x2 and x3 start stunt. x5 closes back out to his man on ball pick up or pass (if trap or semi trap).

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs Step-Up BS (Ice)  
Frame 5



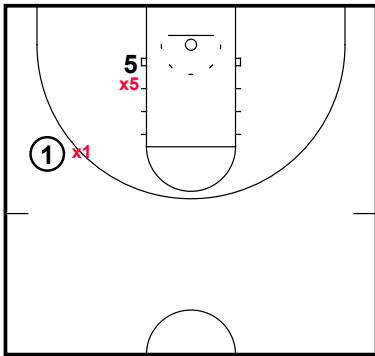
If 5 is a perimeter shooting threat...

Full rotation. x2 would rotate to take the screener on the pass back. x5 would then open up and evaluate where to recover to.

# Pick and Roll Defense

## "Ice" Coverage

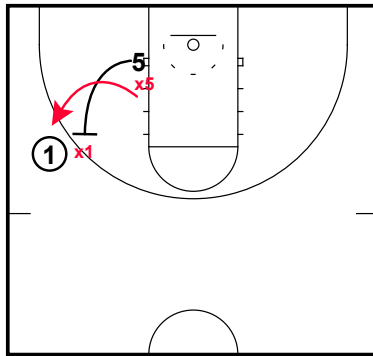
Pick and Roll Defense- Guarding the Wing Ball Screen vs. Step-Up BS (Ice to Blitz)  
Frame 1



Some teams that "Ice" the wing ball screen will have different coverages (within Ice) based on the spacing of the offense.

For example, they will trap/blitz out of "Ice" coverage if the corner is empty. They will do this so that the guard cannot attack and drag out the defensive big.

Pick and Roll Defense- Guarding the Wing Ball Screen vs. Step-Up BS (Ice to Blitz)  
Frame 2

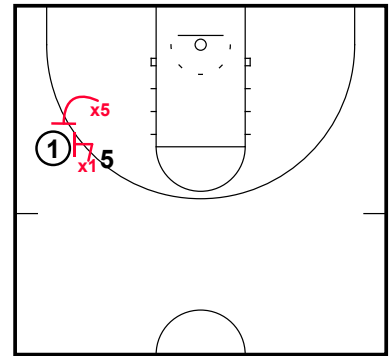


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and position himself between the ball and rim. How high he comes up is based on his ability to move.

On x5's call, x1 will jump on top of ball handler (with pressure) to push ball into x5. He will straddle the top hand/leg.

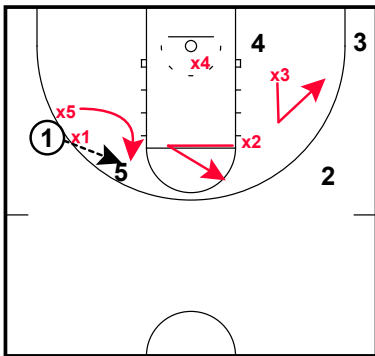
Pick and Roll Defense- Guarding the Wing Ball Screen vs. Step-Up BS (Ice to Blitz)  
Frame 3



x1 and x5 will trap the ball handler forcing him to pass out of the trap. They must be shoulder to shoulder and not allow the ball handler to dribble out of the trap.

x1 and x5 must have hands high making the pass more difficult or deflecting the ball.

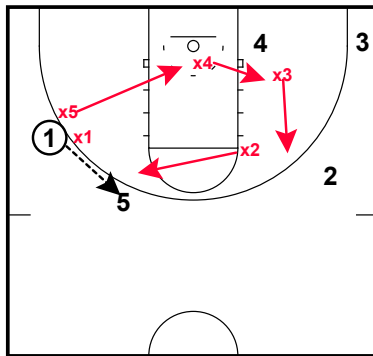
Pick and Roll Defense- Guarding the Wing Ball Screen vs. Step-Up BS (Ice to Blitz)  
Frame 4



If 5 is a non-perimeter threat...

On air time of pass, x2 and x3 start stunt. x5 closes back out to his man on ball pick up or pass (if trap or semi trap).

Pick and Roll Defense- Guarding the Wing Ball Screen vs. Step-Up BS (Ice to Blitz)  
Frame 5



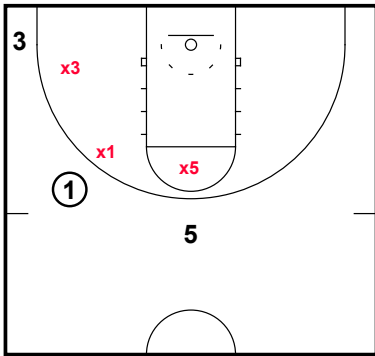
If 5 is a perimeter shooting threat...

Full rotation. x2 would rotate to take the screener on the pass back. x5 would then open up and evaluate where to recover to.

# Pick and Roll Defense

## "Ice" Coverage

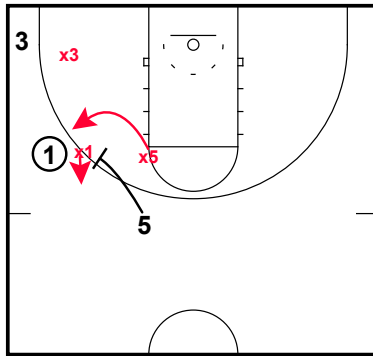
Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Filled (Ice)  
Frame 1



Some teams that "Ice" the wing ball screen will have different coverages (within Ice) based on the spacing of the offense.

For example, they will play standard "Ice" coverage if the corner is filled.

Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Filled (Ice)  
Frame 2

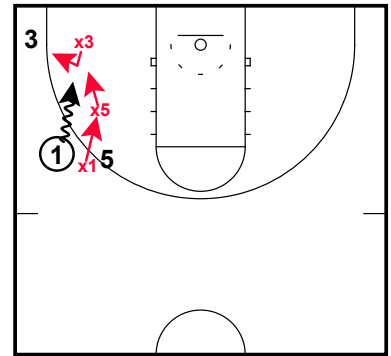


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

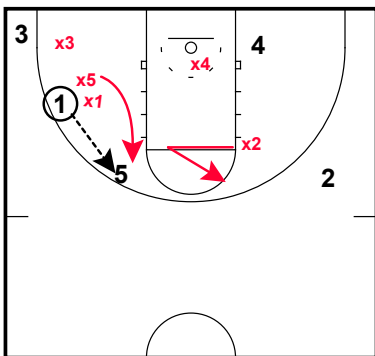
Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Filled (Ice)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside 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.

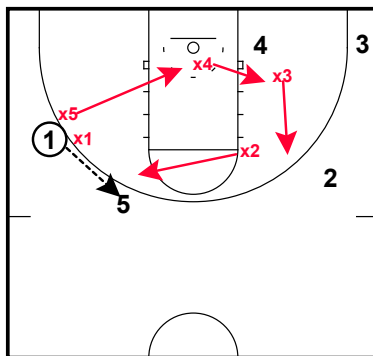
Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Filled (Ice)  
Frame 4



If 5 is a non-perimeter threat...

On air time of pass, x2 and x3 start stunt. x5 closes back out to his man on ball pick up or pass (if trap or semi trap).

Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Filled (Ice)  
Frame 5



If 5 is a perimeter shooting threat...

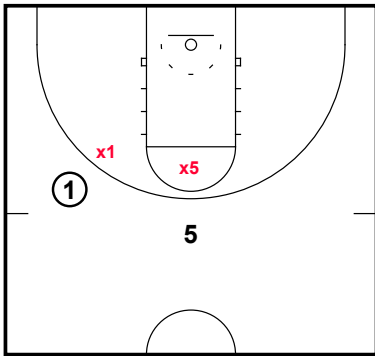
Full rotation. x2 would rotate to take the screener on the pass back. x5 would then open up and evaluate where to recover to.



# Pick and Roll Defense

## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Empty (Ice to Blitz)  
Frame 1

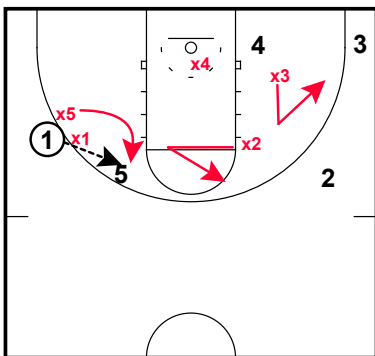


Some teams that "Ice" the wing ball screen will have different coverages (within Ice) based on the spacing of the offense.

For example, they will play standard "Ice" coverage if the corner is filled, but will then "Ice" into a "Blitz" if the corner is empty.

They will do this so that the defensive big does not get dragged out by the guard trying to drive the ball baseline.

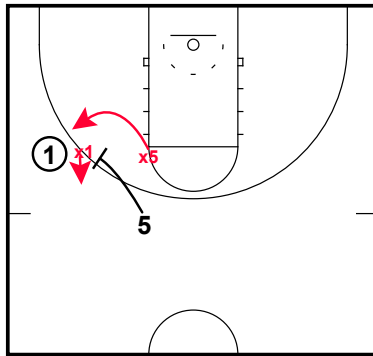
Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Empty (Ice to Blitz)  
Frame 4



If 5 is a non-perimeter threat...

On air time of pass, x2 and x3 start stunt. x5 closes back out to his man on ball pick up or pass (if trap or semi trap).

Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Empty (Ice to Blitz)  
Frame 2

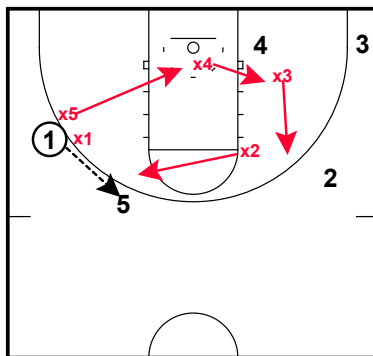


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and position himself between the ball and rim.

On x5's call, x1 will jump on top of ball handler (with pressure) to push ball into x5. He will straddle the top hand/leg.

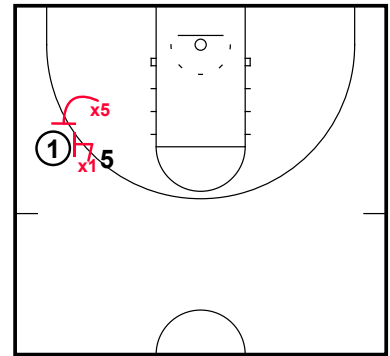
Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Empty (Ice to Blitz)  
Frame 5



If 5 is a perimeter shooting threat...

Full rotation. x2 would rotate to take the screener on the pass back. x5 would then open up and evaluate where to recover to.

Pick and Roll Defense- Guarding the Wing  
Ball Screen w/Corner Empty (Ice to Blitz)  
Frame 3



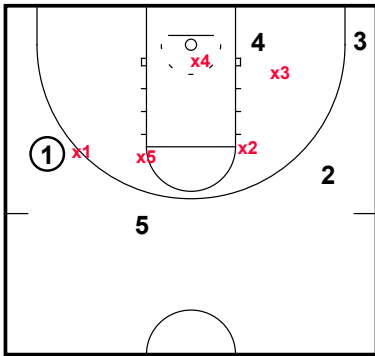
x1 and x5 will trap the ball handler forcing him to pass out of the trap. They must be shoulder to shoulder and not allow the ball handler to dribble out of the trap.

x1 and x5 must have hands high making the pass more difficult or deflecting the ball.

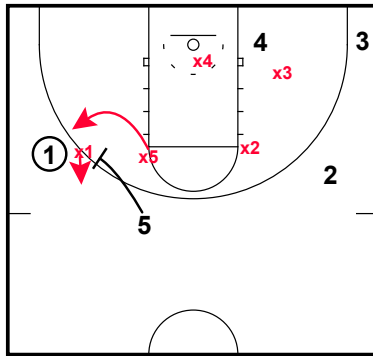
# Pick and Roll Defense

## "Ice" Coverage

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs. the Dive (Ice)  
Frame 1



Pick and Roll Defense- Guarding the Wing  
Ball Screen vs. the Dive (Ice)  
Frame 2

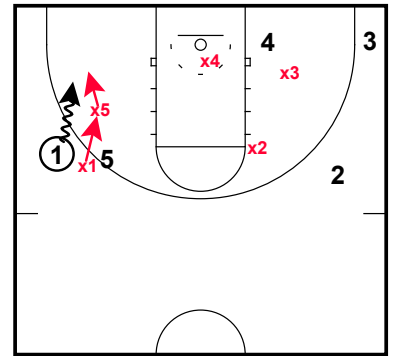


x5 is responsible for communicating the screen is coming and the coverage to x1- "Ice/Down."

x5 will slide down and 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 into x5. He will straddle the top hand/leg.

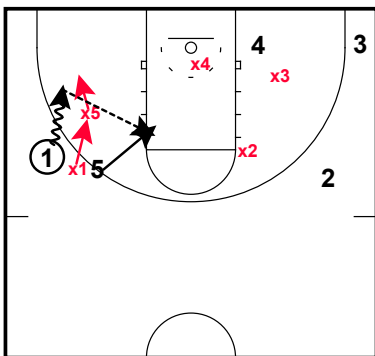
Pick and Roll Defense- Guarding the Wing  
Ball Screen vs. the Dive (Ice)  
Frame 3



x1 and x5 want to keep the ball pinned on the outside and not let it back to the middle of the floor.

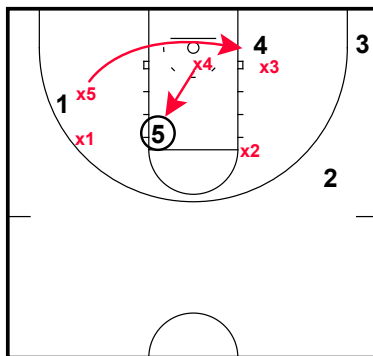
On recovery and ball pick-up, hands high making the pass more difficult or deflecting the ball.

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs. the Dive (Ice)  
Frame 4



Versus the dive when in "Ice"...

Pick and Roll Defense- Guarding the Wing  
Ball Screen vs. the Dive (Ice)  
Frame 5

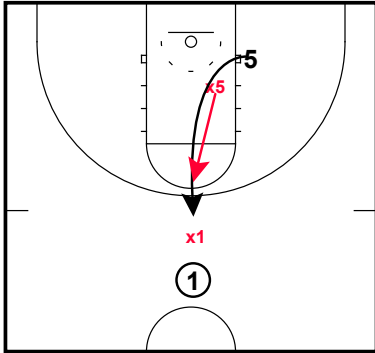


x4 will take on the roll man. x3 must be on top of 4 so that he takes away the dump down, yet can get out to 3 if the ball is kicked out.

# Pick and Roll Defense

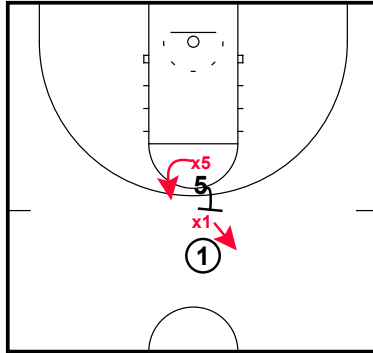
## "Weak" Coverage

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

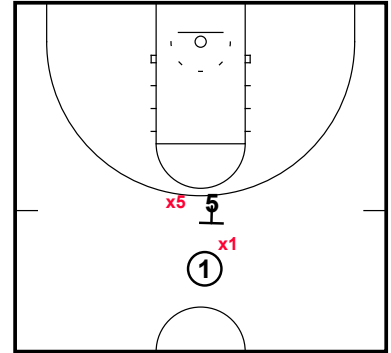


x5 is responsible for communicating that the screen is coming and the coverage to x1- "weak."

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

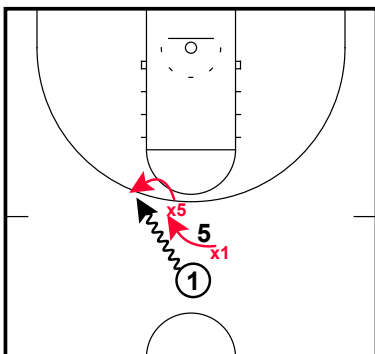


In this coverage, x5 can utilize a variety of coverages:

- 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



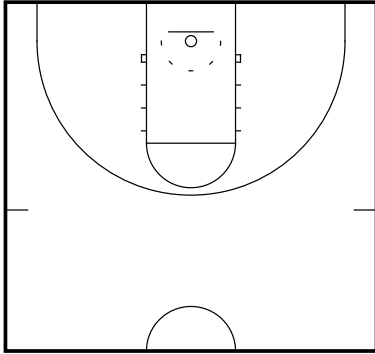
x1 and x5 want to keep the ball forced to the weak hand and not let it back to the middle of the floor.

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

# Pick and Roll Defense

## "Switch" Coverage

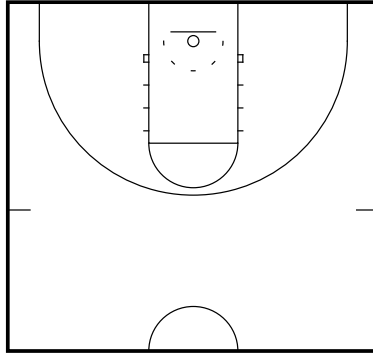
Pick and Roll Defense- "Switch"  
Frame 1



### "SWITCH"

Ball handler defender and screener defender switch their defensive assignments when a on-ball screen occurs.

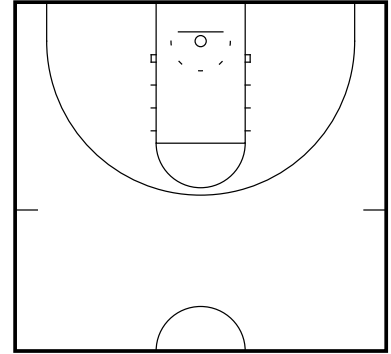
Pick and Roll Defense- "Switch"  
Frame 2



### Synonyms:

-"Jump Switch"

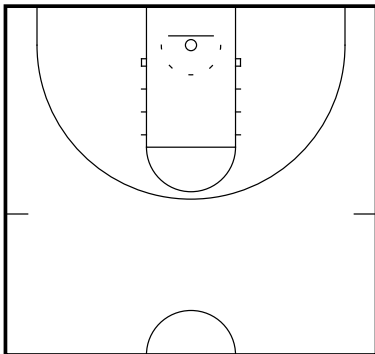
Pick and Roll Defense- "Switch"  
Frame 3



### Advantages:

- Takes away direct looks and scoring options
- Simple tactic if you have versatile personnel
- Does not require help or rotation from other defenders
- Can slow down pace and rhythm of offense

Pick and Roll Defense- "Switch"  
Frame 4



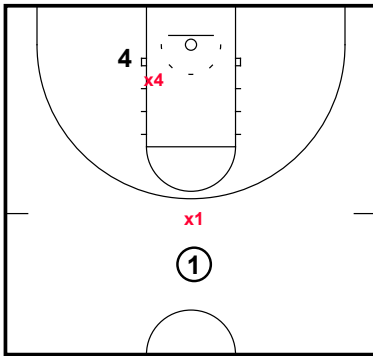
### Disadvantages:

- Can create potential mismatch for ball handler and/or screener
- Slips can be difficult to guard and lead to opportunities for the offense
- Can create foul pressure on the defense

# Pick and Roll Defense

## "Switch" Coverage

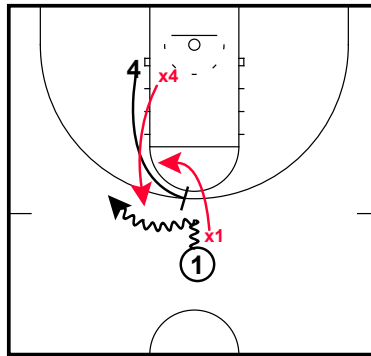
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Switch)  
Frame 1



One of the most effective ways of defending the ball screen if you have versatile personnel is the **"SWITCH"**.

The switch is a great way to eliminate any pick and pop situation when facing a skilled big and it also eliminates a lot of the help responsibilities that puts stress on the defense in other pick and roll coverages.

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



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

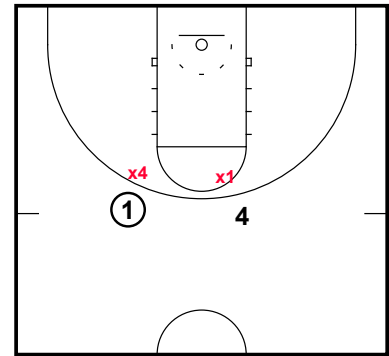
When x1 hears x4 call out the screen, he immediately shifts his positioning himself to force the ball into the screen.

As the ball approaches the screen, x4 actively jumps out and attacks the ball. He does not sit back below the level of the screen and allow the ball handler to turn the corner.

x1 gets to screen and then dives under the screener to not allow the free roll to the basket or the slip of the screen.

Note: A switch does not occur until the ball has broken the plane of the screener's shoulder. Both defenders need to have a high level of concentration and communication so there is no confusion.

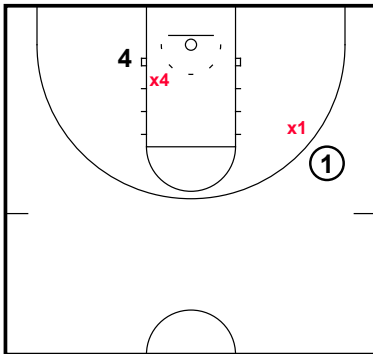
Pick and Roll Defense- Breakdown Middle  
Ball Screen (Switch)  
Frame 3



# Pick and Roll Defense

## "Switch" Coverage

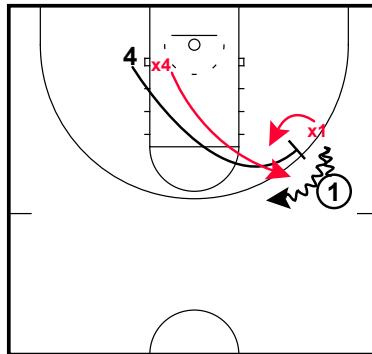
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Switch)  
Frame 1



One of the most effective ways of defending the ball screen if you have versatile personnel is the **"SWITCH"**.

The switch is a great way to eliminate any pick and pop situation when facing a skilled big and it also eliminates a lot of the help responsibilities that puts stress on the defense in other pick and roll coverages.

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



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

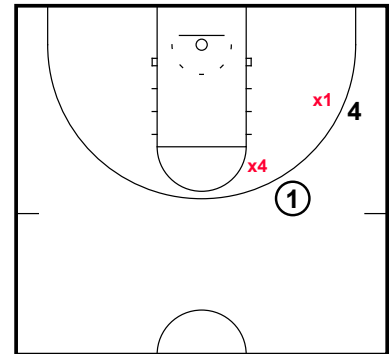
When x1 hears x4 call out the screen, he immediately shifts his positioning himself to force the ball into the screen.

As the ball approaches the screen, x4 actively jumps out and attacks the ball. He does not sit back below the level of the screen and allow the ball handler to turn the corner.

x1 gets to screen and then dives under the screener to not allow the free roll to the basket or the slip of the screen.

Note: A switch does not occur until the ball has broken the plane of the screener's shoulder. Both defenders need to have a high level of concentration and communication so there is no confusion.

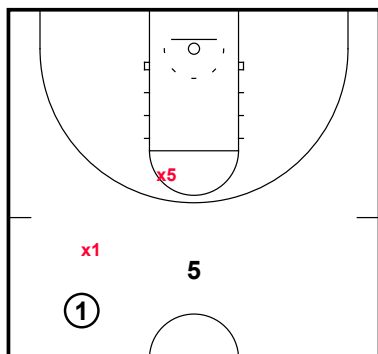
Pick and Roll Defense- Breakdown Wing  
Ball Screen (Switch)  
Frame 3



# Pick and Roll Defense

## Non-Scoring Area Coverage

Pick and Roll Defense- Guarding the  
"Non-Scoring Area" Ball Screen  
Frame 1

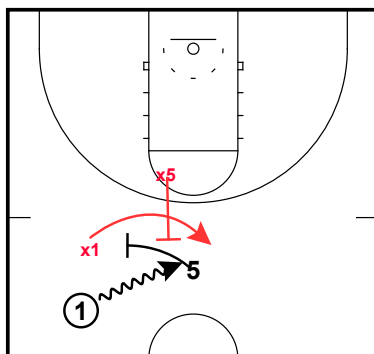


This coverage may be used as an exception when the ball screen and ball are out of a "scoring area". This area can be defined by a line on the floor or a developed judgment call by the big.

This is designed to stay soft and keep ball in front of the defense.

An example of this would be a transition drag screen or sometimes a late clock play.

Pick and Roll Defense- Guarding the  
"Non-Scoring Area" Ball Screen  
Frame 2

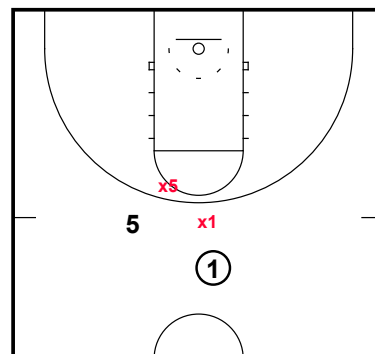


As the screen is happening, x5 is communicating to x1 the action that is happening. Normally he would call "screen [direction]" and then get into his normal screen coverage.

Due to the location of the screen, he is now communicating a little differently. He is still calling "screen [direction]", but now he is also directing x1 to go "under" the screen.

x1 forces ball into screen. x5 "soft shows" to keep ball in front. x1 then slides under screen AND under x5 quickly to cut off and square ball back up.

Pick and Roll Defense- Guarding the  
"Non-Scoring Area" Ball Screen  
Frame 3

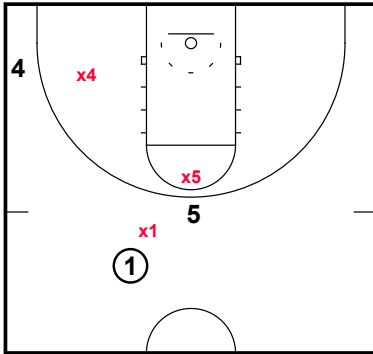


With ball back in scoring area, the defense will revert back to their standard ball screen defense rules/principles.

# Pick and Roll Defense

## "Switch Outs"

Pick and Roll Defense- Switch Outs  
Frame 1

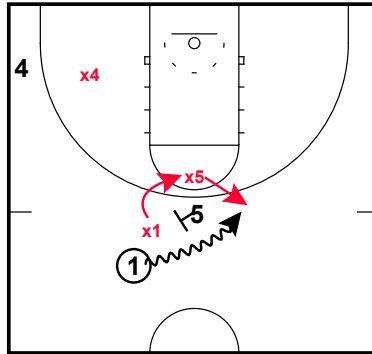


### Switch-outs

Switching the pick and roll and then an off-ball switch onto the roller to get a more favorable match-up for the defense- usually switching a bigger guy onto the roller and the guard veers off to take his man.

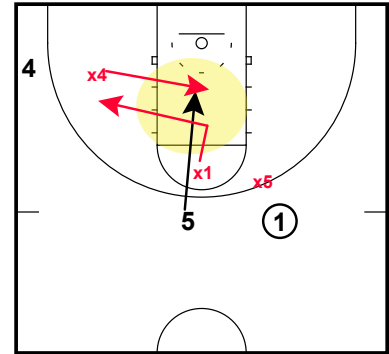
This defensive coverage requires a high level of communication and basketball IQ.

Pick and Roll Defense- Switch Outs  
Frame 2



x1 and x5 switch the high ball screen. x5 jumps out and not allows 1 to just turn the corner. x1 slides to the screen where he makes contact and then quickly slides under the screener.

Pick and Roll Defense- Switch Outs  
Frame 3



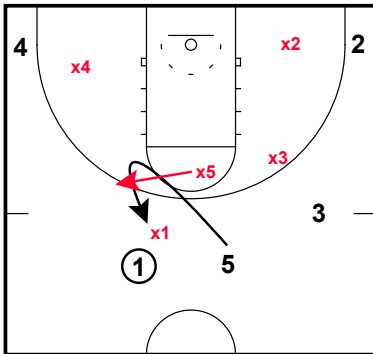
As 5 rolls to the rim, x4 sees the mismatch and communicates the "triple switch" to x1 and takes on the roll man. x1 will then veer out and take 4.



# Pick and Roll Defense

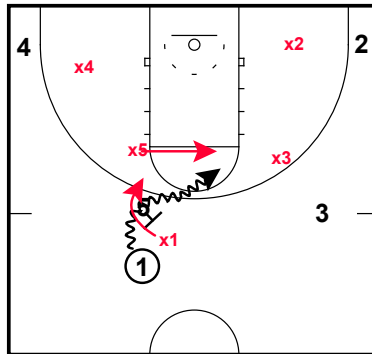
## "Switch Outs"

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 1



5 is setting a twist drag screen on the break.

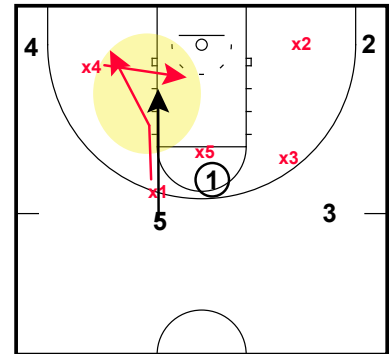
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 2



The defense is in a "drop" coverage. The ball handler will snake the ball screen and try to create a 1 v 1 situation with x5.

Due to x1 having to chase over the top of the screen and trailing so far behind the ball handler, x1 chooses to "veer back" switch the screen and take to screener.

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 3

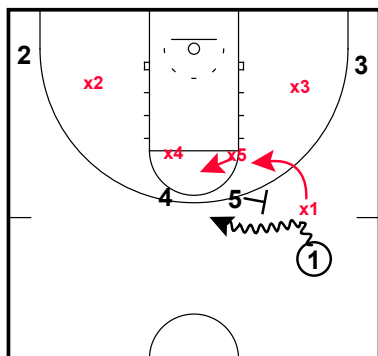


On the roll, x4 will area switch with x1 to create a better defensive match-up both to defend the post up and rebounding.

# Pick and Roll Defense

## "Switch Outs"

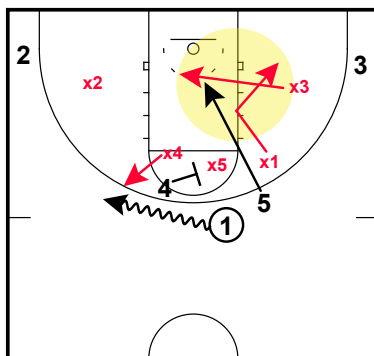
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 1



Offense is running double high ball screen. The defense is in switching 1-5 pick and roll coverage.

1 comes off first ball screen. x1 slides under screen and x5 slides over to take the ball.

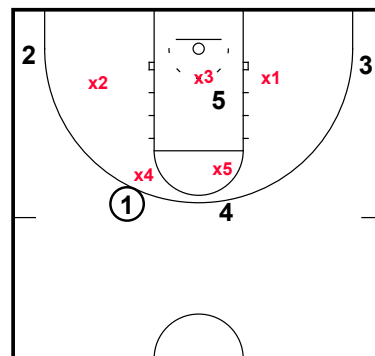
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 2



As 1 comes off the 2nd ball screen, x4 jumps out to switch onto the ball and x5 switches onto the screener.

As 5 rolls to rim, x3 recognizes mismatch of x1 guarding the big and "area switches" with x1. x3 will slide over and take the roll man and x1 push out and take 3 creating a better match-up for the defense.

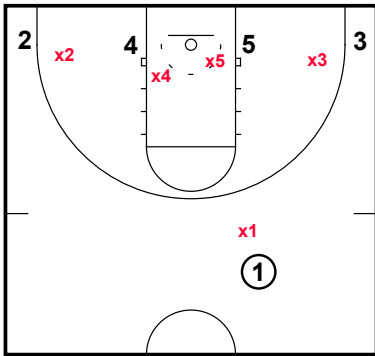
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 3



# Pick and Roll Defense

## "Switch Outs"

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 1

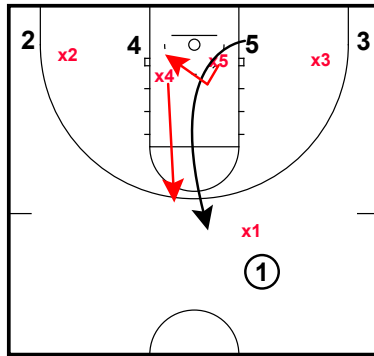


The "AREA SWITCH OUT" has been popularized by several NBA teams the past several years.

This action is used by teams that look to switch the late clock ball screen. It is designed to create a defensive match-up advantage or at least eliminate what would be deemed a major disadvantage.

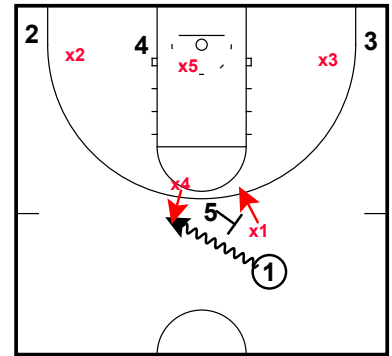
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 2

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 2



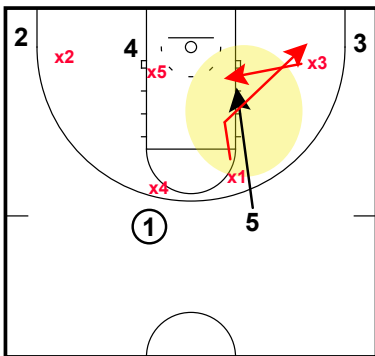
On the sprint up, x4 will area switch with x5 and chase the screener high.

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 3



x4 will switch the ball screen with x1. x1 slides under the ball screen on the switch.

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 4

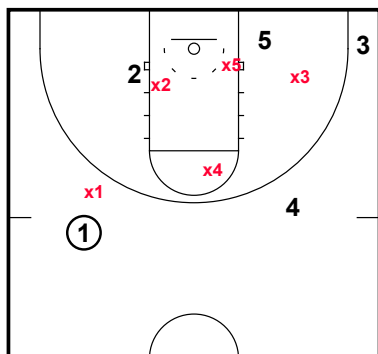


On the roll, x3 will "area switch" with x1 to create a better defensive match-up.

# Pick and Roll Defense

## "Switch Outs"

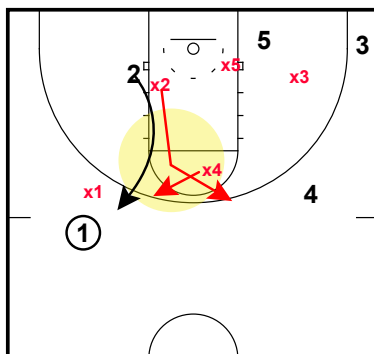
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 1



The late clock area switch out has been popularized by several NBA teams the past several years.

This action is used by teams that look to switch the late clock ball screen. It is designed to create a defensive match-up advantage or at least eliminate what would be deemed a major disadvantage.

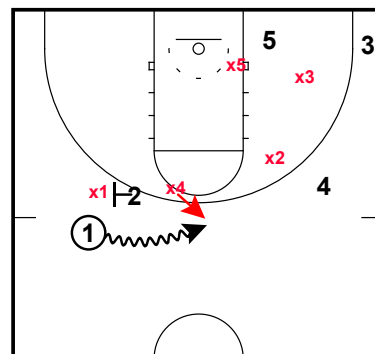
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2



To avoid x2 having to switch onto 1...as 2 sprints up to set the pick, x4 will area switch onto 2. x2 will break off and switch onto 4.

This is an action you see the Warriors try to employ when playing the Cavaliers. Often times, the Cavs will have whatever player Stephen Curry is guarding set the high ball screen to force the defensive switch. This puts the Warriors at a major disadvantage by having Curry on LeBron (or Kyrie in the past). To counter, the Warriors will some times try to "area switch" before the pick to get a bigger, better defender onto the screener giving them a more advantageous defensive match-up.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 3

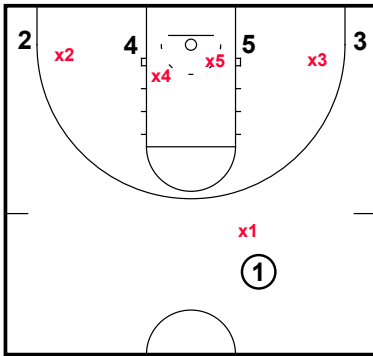


x4 will switch the ball screen.

# Pick and Roll Defense

## "Switch Outs"

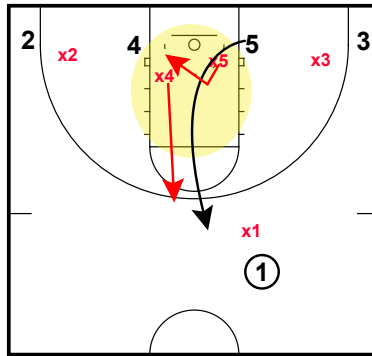
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 1



The late clock area switch out has been popularized by several NBA teams the past several years.

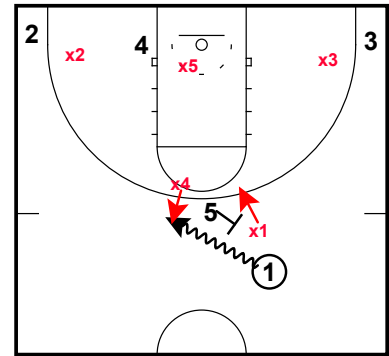
This action is used by teams that look to switch the late clock ball screen. It is designed to create a defensive match-up advantage or at least eliminate what would be deemed a major disadvantage.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2



On the sprint up, x4 will area switch with x5 and chase the screener high.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 3

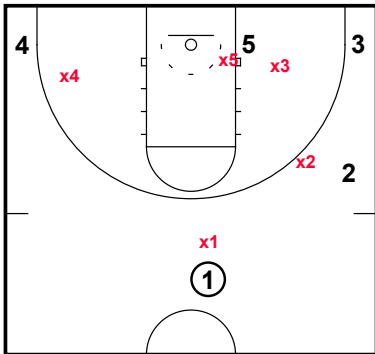


x4 will switch the ball screen with x1. x1 slides under the ball screen on the switch.

# Pick and Roll Defense

## "Switch Outs"

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 1

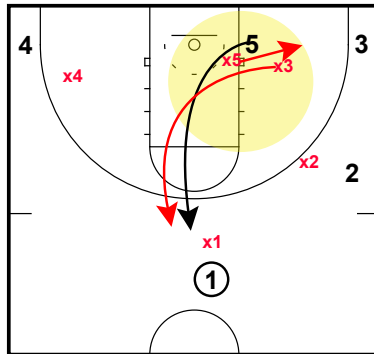


The late clock area switch out has been popularized by several NBA teams the past several years.

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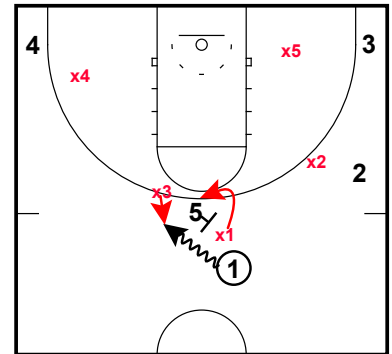
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2

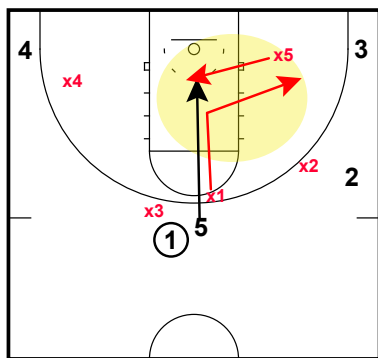


As 5 sprints up to set the high ball screen, x3 will area switch with x5. x3 will chase the screener up and x5 will slide out to guard 3.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 3



This allows the defense to switch the high ball screen late in the clock. As 1 comes off 5, x3 will jump out and switch on to the ball handler and x1 will slide underneath the screener.

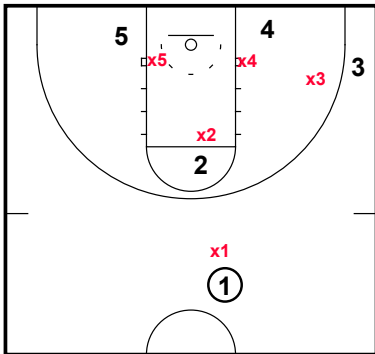


On 5 roll to the rim, the defense can "area switch" the roll getting x5 back onto 5 and x1 pushing out to take a perimeter player.

# Pick and Roll Defense

## "Switch Outs"

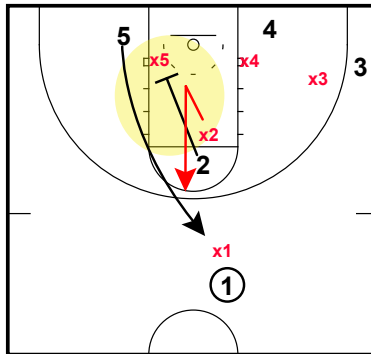
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 1



The late clock area switch out has been popularized by several NBA teams the past several years.

This action is used by teams that look to switch the late clock ball screen. It is designed to create a defensive match-up advantage or at least eliminate what would be deemed a major disadvantage.

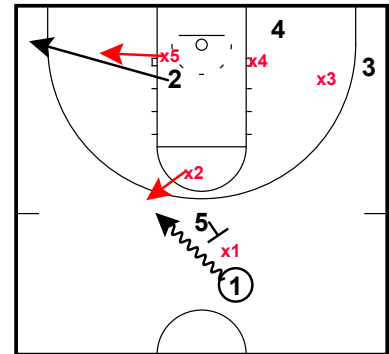
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2



The offense is running "Ram Action" into a high ball screen. This is a popular action as it creates a clean release and separation for 5. This action makes it hard for x5 to get into proper positioning to guard the pick and roll as he is screened and then has to chase.

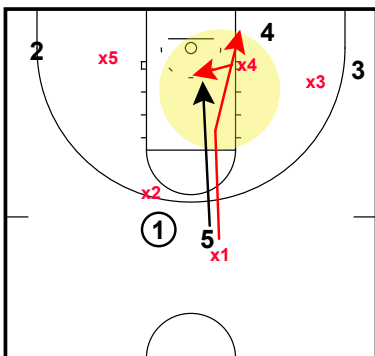
A way to counter this action, especially late in the clock, is to switch the "Ram action." x2 will switch onto the ball screener as 5 is being screened.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 3



By switching the "Ram action," it sets up the ability to then switch the ball screen. x2 will switch onto the ball handler and x1 will take the screener.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 4

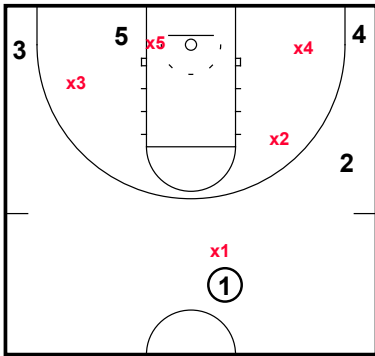


If the screener rolls and the defense feels at a disadvantage with x1 on him, the defense can then "area switch" by x4 switching on to the roll man and x1 taking 4.

# Pick and Roll Defense

## "Switch Outs"

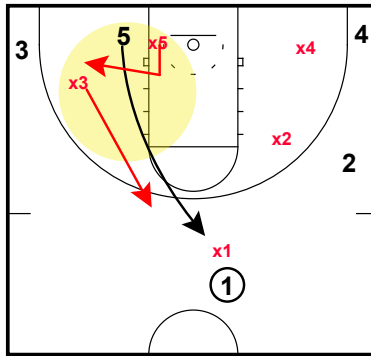
Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 1



The late clock area switch out has been popularized by several NBA teams the past several years.

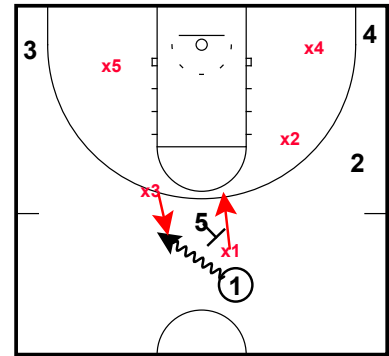
This action is used by teams that look to switch the late clock ball screen. It is designed to create a defensive match-up advantage or at least eliminate what would be deemed a major disadvantage.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 2



As 5 sprints up to set the high ball screen, x3 will area switch with x5. x3 will chase the screener up and x5 will slide out to guard 3.

Pick and Roll Defense- Guarding the Ball  
Screen Late Clock Area Switch Out  
Frame 3



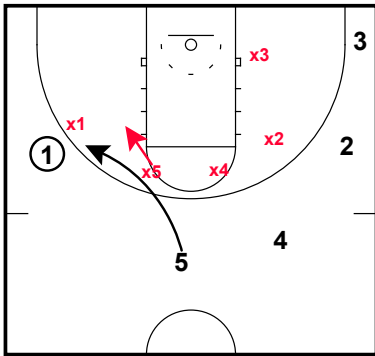
This allows the defense to switch the high ball screen late in the clock. As 1 comes off 5, x3 will jump out and switch on to the ball handler and x1 will slide underneath the screener.



# Pick and Roll Defense

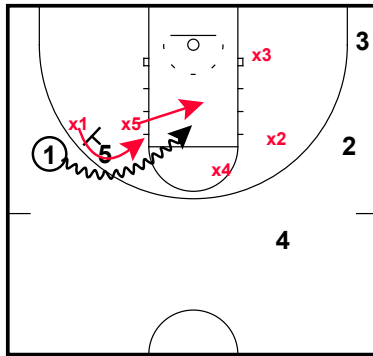
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 1



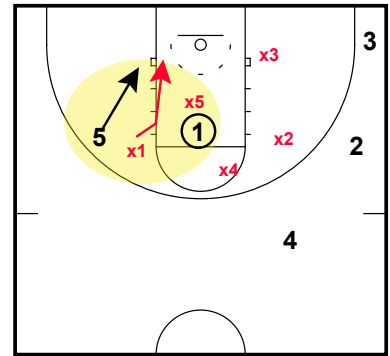
5 is setting drag wing ball screen.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 2



Defense is in drop coverage. x1 goes over the top of the ball screen. 1 turns the corner and attacks x5.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 3

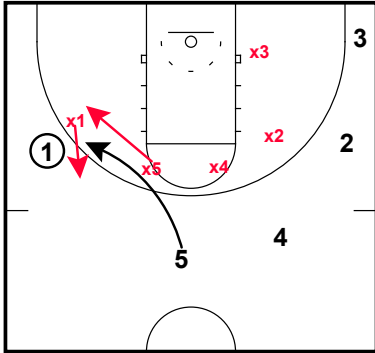


If x1 sees that he is trailing too far and recovery to the ball will not be possible, x1 will **"VEER BACK"** and take the roll man.

# Pick and Roll Defense

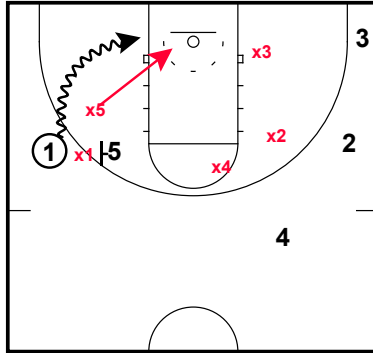
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 1



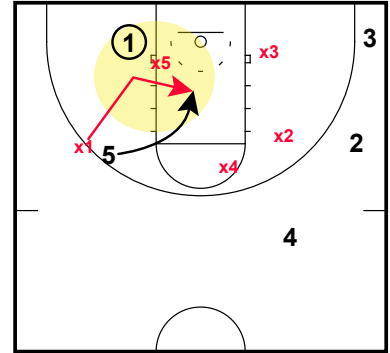
5 is setting drag wing ball screen.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 2



The defense is in Ice pick and roll coverage. 1 drives the ball hard to the baseline attempting to attack x5.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 3

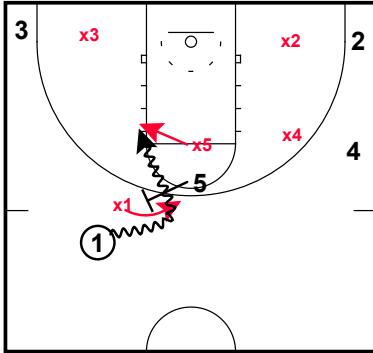


If x1 sees that he is trailing too far and recovery to the ball will not be possible, x1 will **"VEER BACK"** and take the roll man.

# Pick and Roll Defense

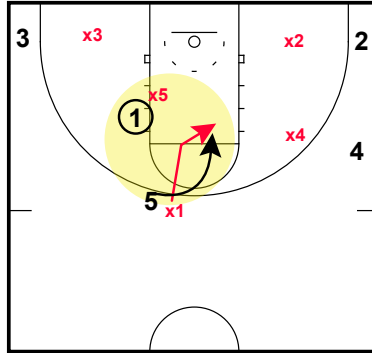
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 1



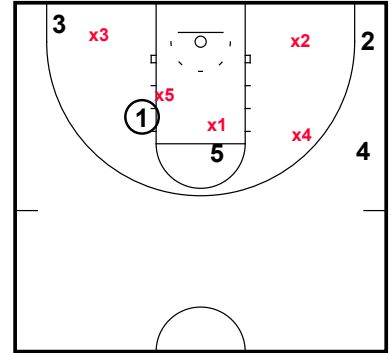
Offense is setting high pick and roll. Defense is in drop coverage. 1 comes off and snakes the ball screen. x1 goes over the top of the screen.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 2



If x1 sees that he is trailing too far and recovery to the ball will not be possible, x1 will **"VEER BACK"** and take the roll man.

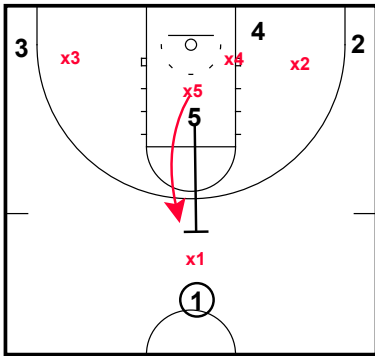
Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 3



# Pick and Roll Defense

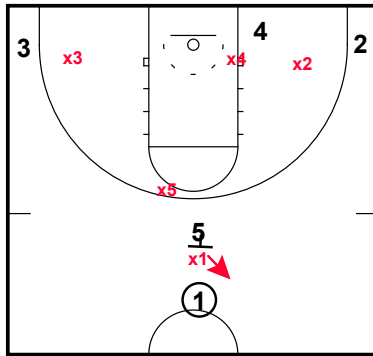
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 1



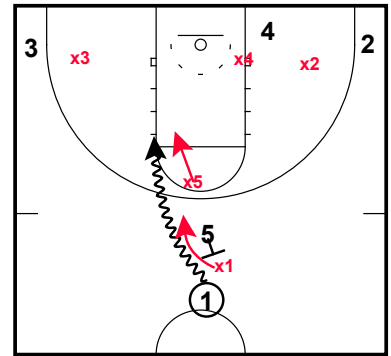
Offense is running a high flat ball screen.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 2



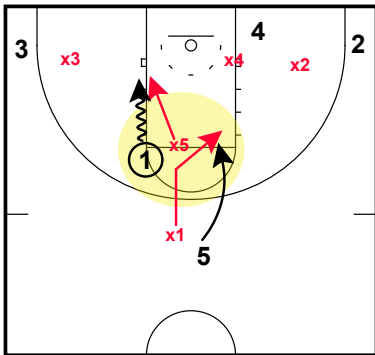
The defense is in "weak" coverage trying to force the ball left.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 3



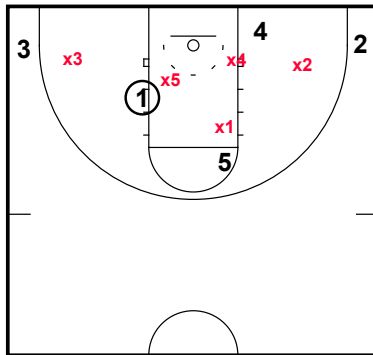
1 goes downhill and attacks x5 off the dribble. x1 chases over the top.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 4



If x1 sees that he is trailing too far and recovery to the ball will not be possible, x1 will **"VEER BACK"** and take the roll man.

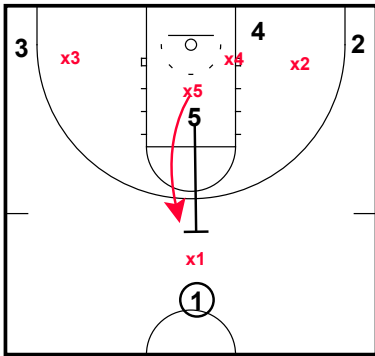
Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 5



# Pick and Roll Defense

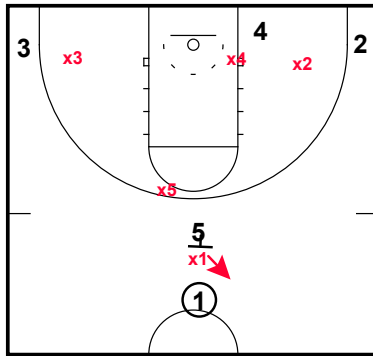
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 1



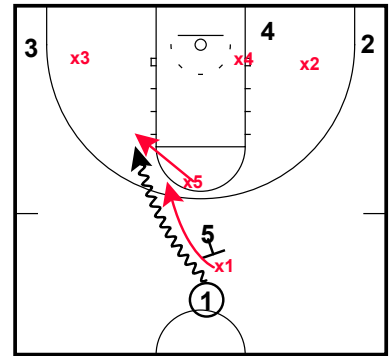
Offense is running a high flat ball screen.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 2



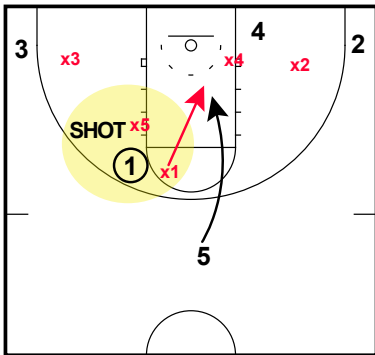
The defense is in "weak" coverage trying to force the ball left.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 3



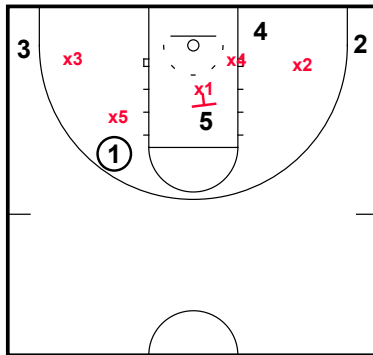
1 goes downhill and attacks x5 off the dribble.

Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 4



As x1 is attempting to recover to the ball handler, he sees that 1 is going to shoot a pull-up, leaving 5 a free run to the rim for the rebound. Instead of continuing to close on the ball, x1 will **"VEER BACK"** to block out 5.

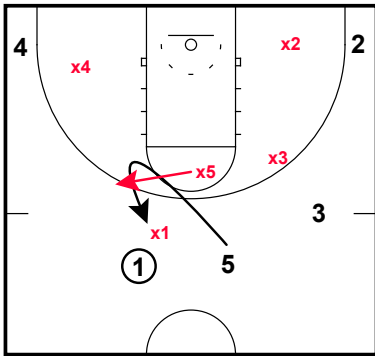
Pick and Roll Defense- Guarding the Ball  
Screen Veer Back  
Frame 5



# Pick and Roll Defense

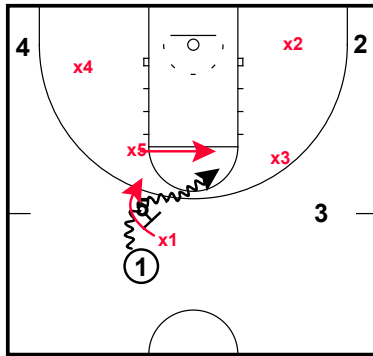
## "Veer Backs"

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 1



5 is setting a twist drag screen on the break.

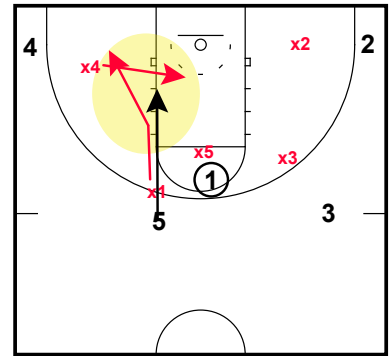
Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 2



The defense is in a "drop" coverage. The ball handler will snake the ball screen and try to create a 1 v 1 situation with x5.

Due to x1 having to chase over the top of the screen and trailing so far behind the ball handler, x1 chooses to "veer back" switch the screen and take to screener.

Pick and Roll Defense- Guarding the Ball  
Screen Area Switch Out (Post PNR)  
Frame 3

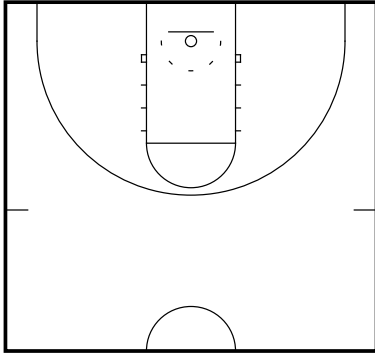


On the roll, x4 will area switch with x1 to create a better defensive match-up both to defend the post up and rebounding.

# Pick and Roll Defense

## "Tagging"

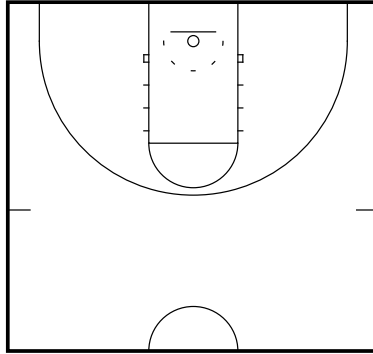
Pick and Roll Defense- Guarding the Roll  
Frame 1



1. "Tag"

Tagging the roller is similar to stunting. The weak side defender would position himself where he could "tag" or touch the roll with his outstretched hand. This is designed to give the ball handler the visual look of help without committing fully to help.

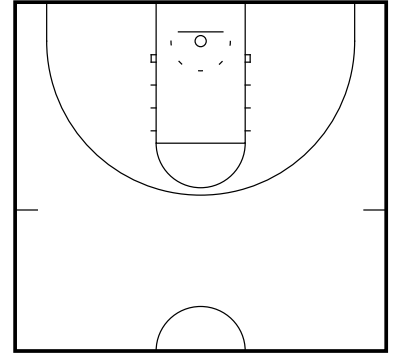
Pick and Roll Defense- Guarding the Roll  
Frame 2



2. "Bump"

In the bump roll coverage, the helpside defender will physically bump the roller with his body to impede and slow down his roll. However, he will not fully sacrifice himself to the roll man. He makes contact with roll and must still have ability to get out to his man on recovery.

Pick and Roll Defense- Guarding the Roll  
Frame 3



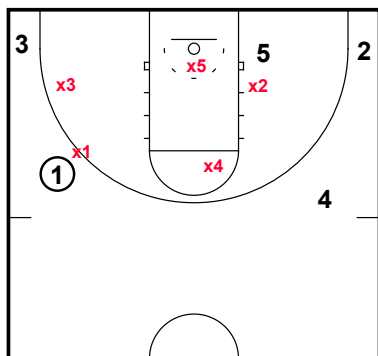
3. "Jamming"

Jamming the roller is fully giving up of your body to impede the roller from getting to the rim. This would be used against a dynamic roller who could cause alot of damage at/or near the rim. This defender would be sacrificing himself to eliminate the roll man and leaving his man open.

# Pick and Roll Defense

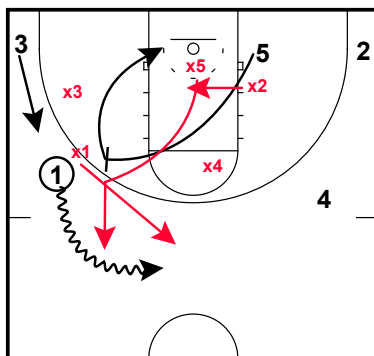
## "Tagging"

Pick and Roll Defense- Guarding Single  
Tag Wing Pick and Roll (Hedge)  
Frame 1



Side pick and roll with single fill man.

Pick and Roll Defense- Guarding Single  
Tag Wing Pick and Roll (Hedge)  
Frame 2



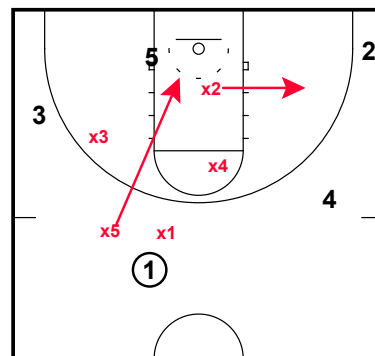
x1 forces the ball handler into the screen. x5 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up.

x2 slides over to help on roll. x3 hold and lifts with fill man.

Depending on personnel, x3 can provide more help if his man is a non-shooter.

Pick and Roll Defense- Guarding Single  
Tag Wing Pick and Roll (Hedge)  
Frame 3



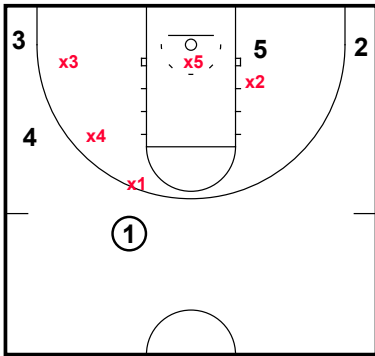
x5 sprints with high hands and recovers to his man. On recovery and as ball move towards his side of the floor, x2 starts to recover out to his man.



# Pick and Roll Defense

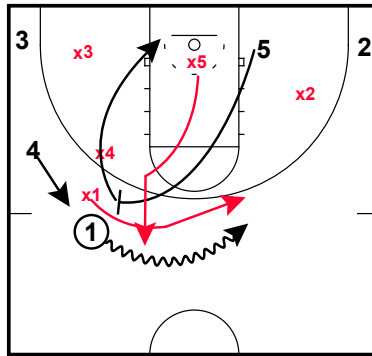
## "Tagging"

Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 1



Side pick and roll with a double stack fill side. This is where there are two players stacked on side behind the pick and roll.

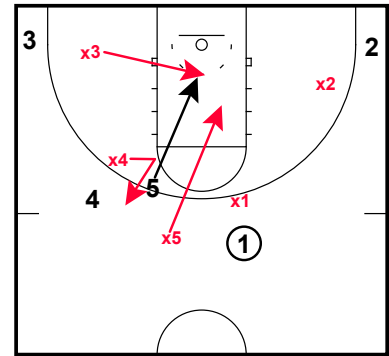
Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 2



x1 forces the ball handler into the screen. x5 sprints and gives hard show on ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up with high hands trying to negate any scoring pass.

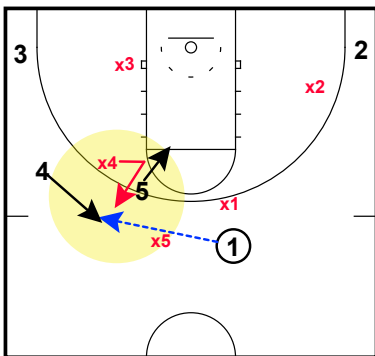
Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 3



The help on the roll man will generally come from the side where there is a stack (or 2 players).

In this case, we have a "double tag" situation.

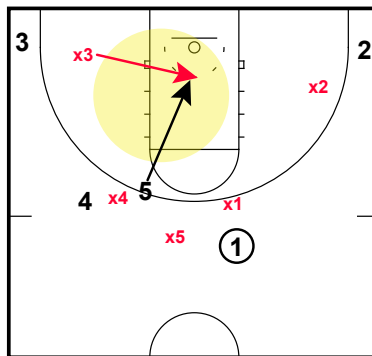
Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 4



The first line of help will come from x4 (the high tag man).

x4 will provide minimal help. He will be in help just enough to "tag" or touch the roll man. This is designed to discourage the short roll pass from 1 to 5. He will NOT "sell-out" or full help on roll as he has to have ability to recover on pass to the fill man (4).

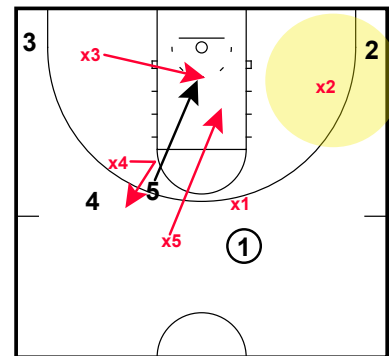
Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 5



The primary help will come from x3 (low tag man). He will slide over and will hold on roll man until x5 can recover.

However, he should position himself where he can "sit on top" of the roll man and not get sealed in by the big- either giving up the high-low post touch or get screened in and unable to recover out to skip pass.

Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 6

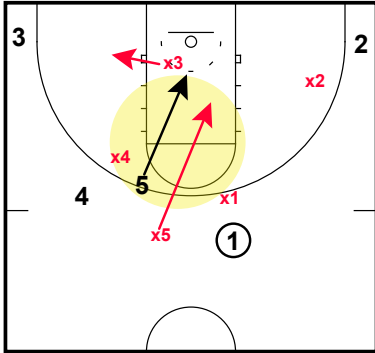


x2 will NOT provide any help on the roll. He may provide gap support if defensive rules dictate, but his primary job is to stay locked to his man negating the drive and kick corner 3.

# Pick and Roll Defense

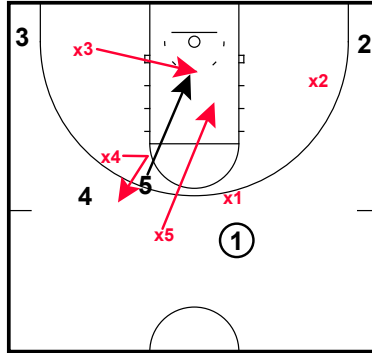
## "Tagging"

Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 7



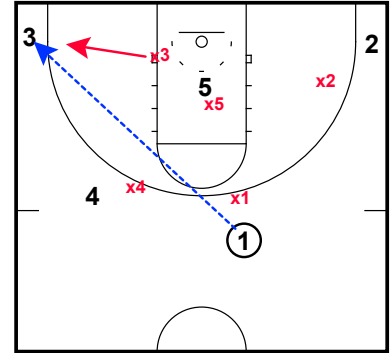
x5 sprints with high hands and recovers to his man. He should recover to a front. Once x5 has recovered, x3 may recover back out to his man/defensive position.

Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 8



Here's a look at the whole picture.

Pick and Roll Defense- Guarding Double  
Tag Wing Pick and Roll (Hedge)  
Frame 9



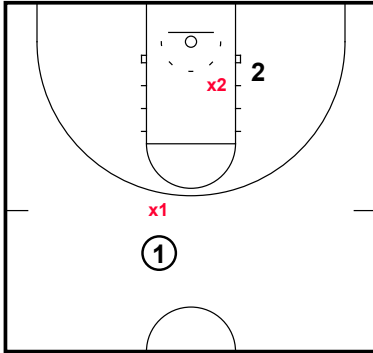
The pass that the defense is ultimately willing to give up is a the LONG & LOOPING skip pass to opposite corner.

This pass will give x3 plenty of time to recover to his man and not give up a catch and shoot 3.

# Pick and Roll Defense

## Guarding Popular Actions

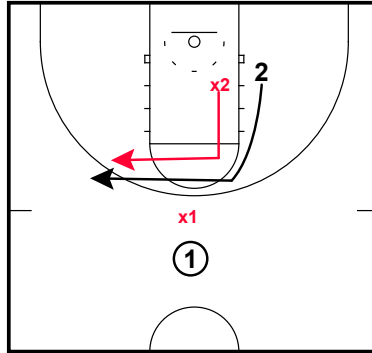
Pick and Roll Defense- Slide/Ghost Screens  
Frame 1



A **"Slide Screen"** (high slip and pop) or a **"Ghost Screen"** is where an offensive player will sprint up acting like they are going to set a high ball screen and then slip out of it and pop. This action is designed to put a great amount of pressure on the discipline and communication of the defense. The screener's man must make a quick decision on whether or not a screen is being set, and what screen coverage needs to be employed.

The Warriors have had great success in using this action with Klay Thompson and Kevin Durant as the "ghost" screener and Steph Curry the ball handler.

Pick and Roll Defense- Slide/Ghost Screens  
Frame 2

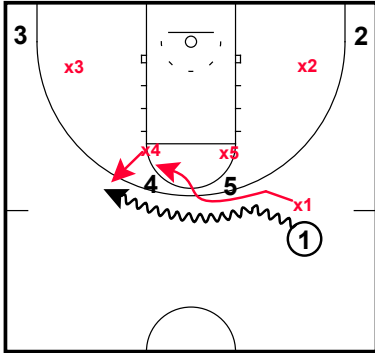


As 2 sprints high to set the ball screen, x2 prepares to switch the screen. As soon as x2 realizes 2 is going to "slide" screen, he communicates "SQUARE" to x1 letting him know to square the basketball up, that no screen is going to take place, and that he should stay with the ball.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Double  
Ball Screen (Switch 1-4)  
Frame 1

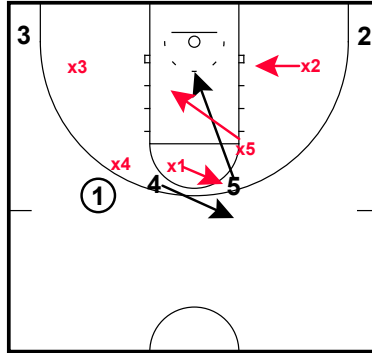


The offense is running a double high ball screen.

An option for a defense that has versatile personnel is to switch x1-x4.

As 1 come of the double ball screen, x1 will go over the top of the 5 screen and as soon as 1 passes 4's shoulder, he will switch with x4. x4 will jump out and switch on to the ball handler.

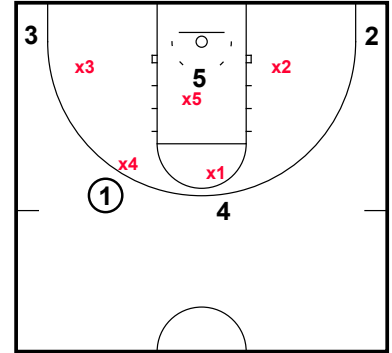
Pick and Roll Defense- Guarding Double  
Ball Screen (Switch 1-4)  
Frame 2



In most cases with the double ball screen, the offense will give the 5 man and pop the 4.

x5 will stand up the roll man and x1 will take the 4 on the pop.

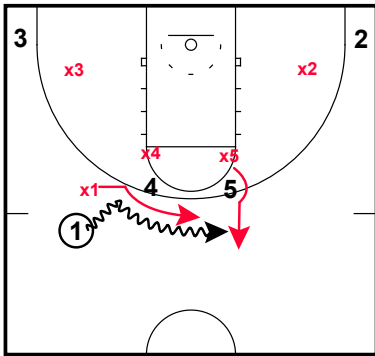
Pick and Roll Defense- Guarding Double  
Ball Screen (Switch 1-4)  
Frame 3



# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and X)  
Frame 1

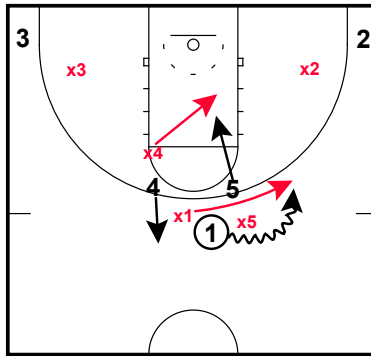


The offense is running a double high ball screen.

An option that most teams use to guard the pick and roll is to hedge.

As 1 comes of the double ball screen, x1 will go over the top of the ball screens. x5 will get out and hedge on the second screener.

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and X)  
Frame 2



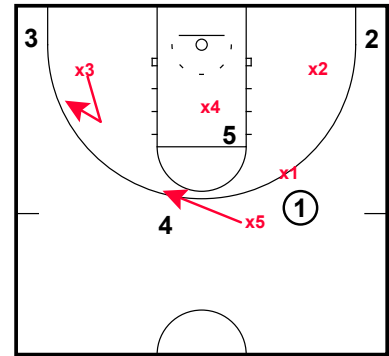
Generally, the offense will roll the 5 man and pop the 4.

One way of covering this action is to "x-out" (switch) the big action.

In this case...since x5 is guarding the 2nd screener and hedging the ball, x4 will "x" the action and take on the rolling big.

x4 is responsible for communicating "x" to x5.

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and X)  
Frame 3



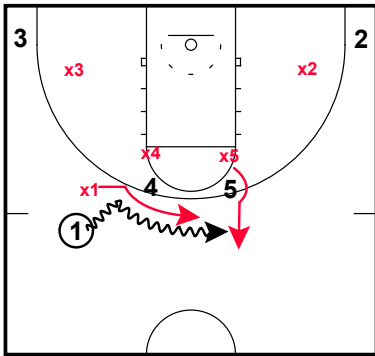
After hedging, x5 will recover to the pop man by running with high hands through the passing lane to discourage an easy pass to 4.

Depending on the skill level of the popping big, x3 will stunt at 4 to discourage the pass back to the pop man or to keep him from immediately shooting/driving on the catch.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and Hold)  
Frame 1

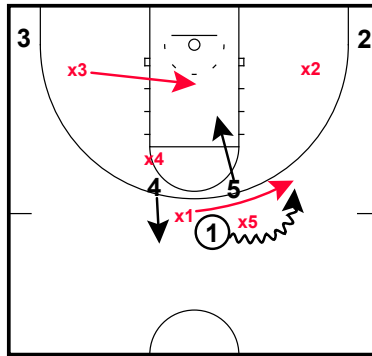


The offense is running a double high ball screen.

An option that most teams use to guard the pick and roll is to hedge.

As 1 comes of the double ball screen, x1 will go over the top of the ball screens. x5 will get out and hedge on the second screen.

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and Hold)  
Frame 2



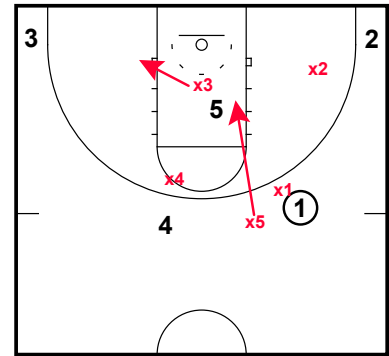
Generally, the offense will roll the 5 man and pop the 4.

One way of covering this action is to "x-out" (switch) the big action. However, if the defense does not feel comfortable with switching a smaller x4 onto the roll man or they are concerned with the shooting ability of the pop man, they may decide to hold.

In this case...since x5 is guarding the 2nd screener and hedging the ball. x4 will hold and stay connected to his man (the pop). This means that the help on the roll man then needs to come from the opposite low man (x3).

x4 is responsible for communicating x5's recovery.

Pick and Roll Defense- Guarding Double Ball Screen (Hedge and Hold)  
Frame 3



Since the bigs are not "x-ing"...After hedging, x5 will recover to 5 who is rolling to rim. He will sprint with high hands through the passing lane into a front post defense position. x1 will have recovered, squared up the ball, and closed with high hands taking away vision of any pass to the post.

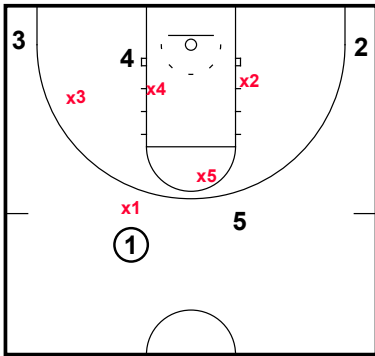
x3 will hold on the roll man until x5 can recover.

The pass that the defense is willing to give up is the long, looping, skip pass from 1 diagonally to 3. x3 should have plenty of time to recover on the skip pass and take away any catch and shoot opportunity.

# Pick and Roll Defense

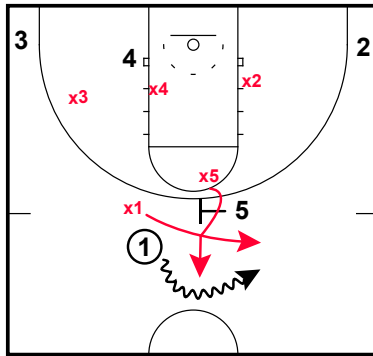
## Guarding Popular Actions

Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)  
Frame 1



High Roll-Replace.

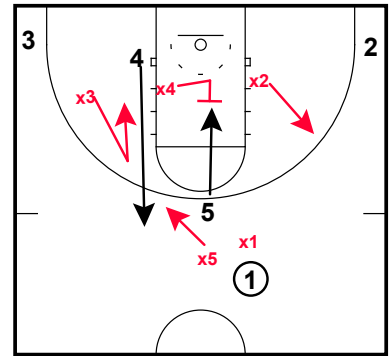
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)  
Frame 2



x1 forces the ball handler into the screen. x5 sprints and gives a hedge on the ball screen making the ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up.

Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)  
Frame 3

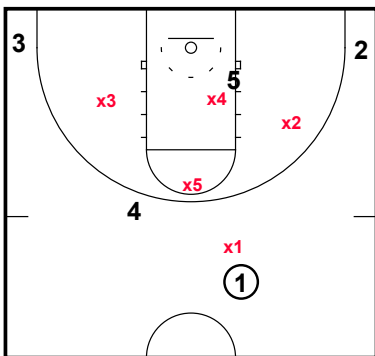


As 4 sprints up on the roll-replace action, x4 communicates the "x-out" to x5. x4 steps up and takes on the roll man meeting him up the lane and not allowing him to just roll to rim and post.

x3 slides up to bluff and recover providing help and buying x5 time to recover to new man.

x5 sprints out of show with high hands through passing lane to 4 and then slides into proper help position.

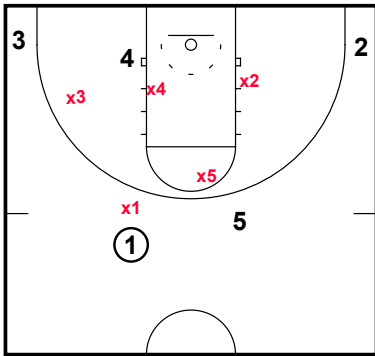
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)  
Frame 4



# Pick and Roll Defense

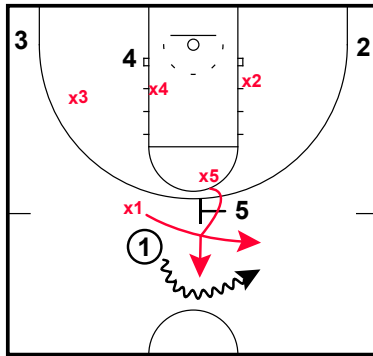
## Guarding Popular Actions

Pick and Roll Defense- Guarding High Roll-Replace (Hedge and Hold)  
Frame 1



High Roll-Replace.

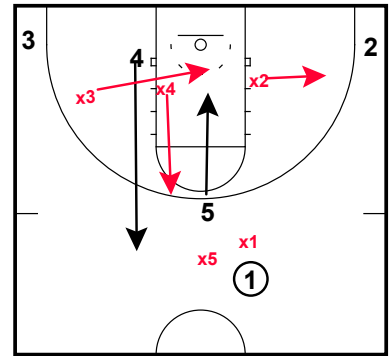
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and Hold)  
Frame 2



x1 forces the ball handler into the screen. x5 sprints and gives a hedge on the ball screen making ball handler dribble up floor towards half court line.

x1 gets skinny and fights over screen and under x5, recovering to square the ball up.

Pick and Roll Defense- Guarding High Roll-Replace (Hedge and Hold)  
Frame 3



One way of covering this action is to "x-out" (switch) the big action. However, if the defense does not feel comfortable with switching a smaller x4 onto the roll man or they are concerned with the shooting ability of the pop man, they may decide to hold.

In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

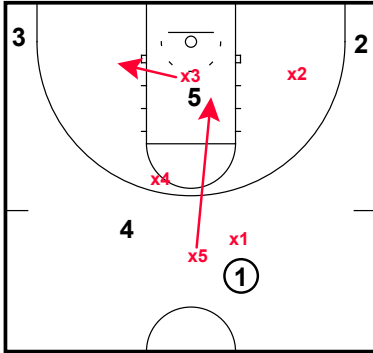
x4 is responsible for communicating x5's recovery.



# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding High  
Roll-Replace (Hedge and Hold)  
Frame 4



Since the bigs are not "x-ing"...After hedging, x5 will recover to 5 who is rolling to rim. He will sprint with high hands through the passing lane into a front post defense position. x1 will have recovered, squared up the ball, and closed with high hands taking away vision of any pass to the post.

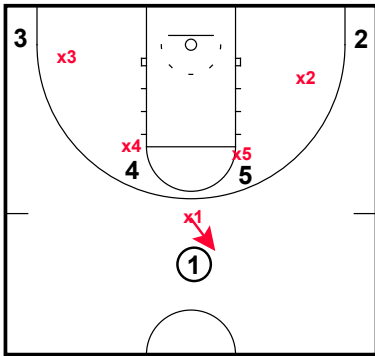
x3 will hold on the roll man until x5 can recover.

The pass that the defense is willing to give up is the long, looping, skip pass from 1 diagonally to 3. x3 should have plenty of time to recover on the skip pass and take away any catch and shoot opportunity.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Switch 1-4)  
Frame 1



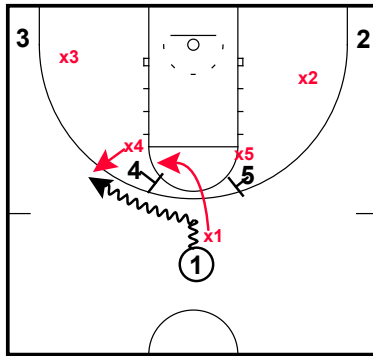
Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

A major key to guarding this action is the pressure put on the ball to start the possession. x1 must get into the ball and dictate a direction. If the ball handler is allowed to get comfortable and play around with the screens, it puts great stress on the rest of the defense.

In most cases, the guy who sets the ball screen will be the roller. Thus, it is prudent for the defense to force the ball into the 4 who is often times the skilled big, forcing him to roll and the unskilled big (5) pop to the perimeter.

Pick and Roll Defense- Guarding Horns  
(Switch 1-4)  
Frame 2

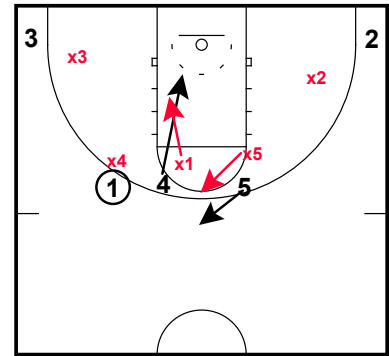
Pick and Roll Defense- Guarding Horns  
(Switch 1-4)  
Frame 2



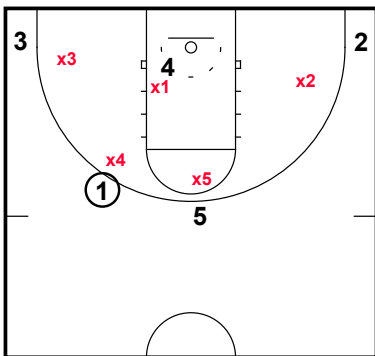
x1 forces the ball into the 4. This is also a benefit as the defense is switching x1-x4, meaning the defense does not need to provide help from others.

x1 will force the ball into the screen. x4 will call "switch," jump out on the switch and not allow the ball handler to just turn the corner. x1 will get underneath the screen and not allow 4 a free roll to the rim.

Pick and Roll Defense- Guarding Horns  
(Switch 1-4)  
Frame 3



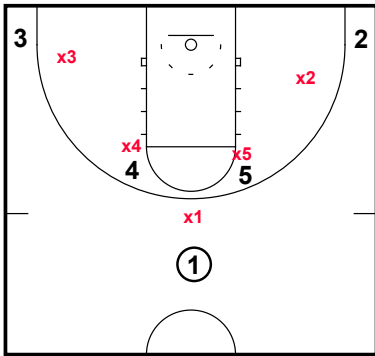
x1 will try and stand 4 up making the roll difficult. x5 will stay with the pop man.



# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Flat and Hold)  
Frame 1

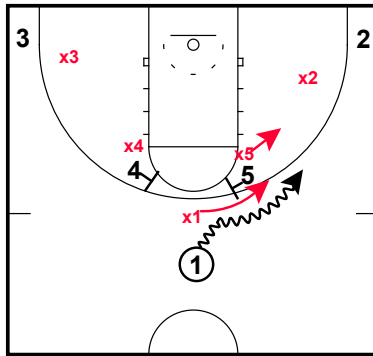


Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

A major key to guarding this action is the pressure put on the ball to start the possession. x1 must get into the ball and dictate a direction. If the ball handler is allowed to get comfortable and play around with the screens, it puts great stress on the rest of the defense.

In most cases, the guy who sets the ball screen will be the roller. Thus, it is prudent for the defense to force the ball into the 4 who is often times the skilled big, forcing him to roll and the unskilled big (5) pop to the perimeter.

Pick and Roll Defense- Guarding Horns  
(Flat and Hold)  
Frame 2



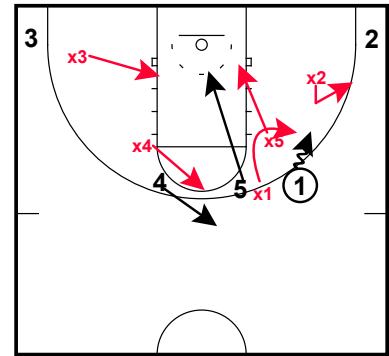
If 1 is able to get off the 5 man side...

Due to the defensive bigs having to be underneath threat of the slip, and that the ball handler can go off either side, it is very difficult to hedge on the screen.

Also, because the ball is going away from middle of the floor and towards the sideline, it is easier for the defensive bigs to play either "Flat" or "Drop" coverage- pushing the ball towards the sideline.

x1 will get skinny and fight over the screen.

Pick and Roll Defense- Guarding Horns  
(Flat and Hold)  
Frame 3



After getting over the ball screen, x1 will take angle to square ball back up.

If the defense does not feel comfortable with switching a smaller x4 onto the roll man or they are concerned with the shooting ability of the pop man, they may decide to hold.

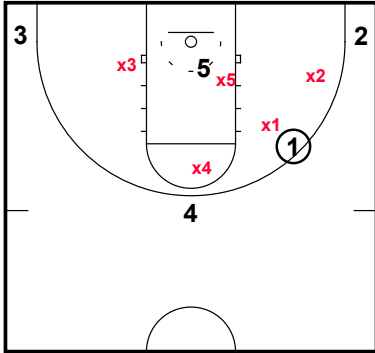
In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

x4 is responsible for communicating x5's recovery.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Flat and Hold)  
Frame 4



Since the bigs are not "x-ing"...x5 will recover to 5 who is rolling to rim. He will sprint with high hands through the passing lane into a front post defense position. x1 will have recovered, squared up the ball, and closed with high hands taking away vision of any pass to the post.

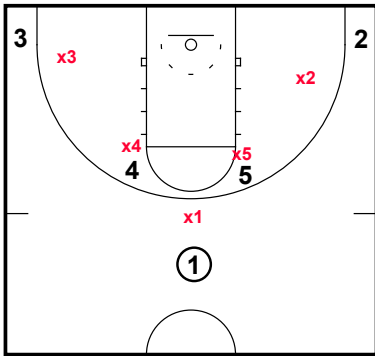
x3 will hold on the roll man until x5 can recover.

The pass that the defense is willing to give up is the long, looping, skip pass from 1 diagonally to 3. x3 should have plenty of time to recover on the skip pass and take away any catch and shoot opportunity.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Hedge and X)  
Frame 1

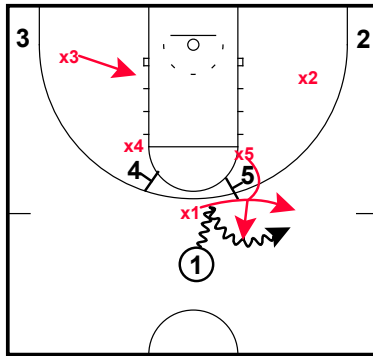


Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

A major key to guarding this action is the pressure put on the ball to start the possession. x1 must get into the ball and dictate a direction. If the ball handler is allowed to get comfortable and play around with the screens, it puts great stress on the rest of the defense.

In most cases, the guy who sets the ball screen will be the roller. Thus, it is prudent for the defense to force the ball into the 4 who is often times the skilled big, forcing him to roll and the unskilled big (5) pop to the perimeter.

Pick and Roll Defense- Guarding Horns  
(Hedge and X)  
Frame 2



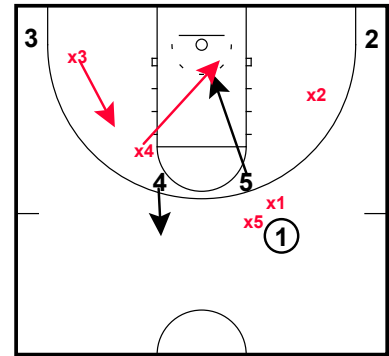
If 1 is able to get off the 5 man side...

Due to the defensive bigs having to be underneath threat of the slip, and that the ball handler can go off either side, it is very difficult to hedge on the screen.

However, if x1 can do a good job of forcing the ball handler one way, it becomes much easier for the defensive big to get out and hedge.

x1 will get skinny and fight over the screen.

Pick and Roll Defense- Guarding Horns  
(Hedge and X)  
Frame 3



Generally, the offense will roll the 5 man and pop the 4.

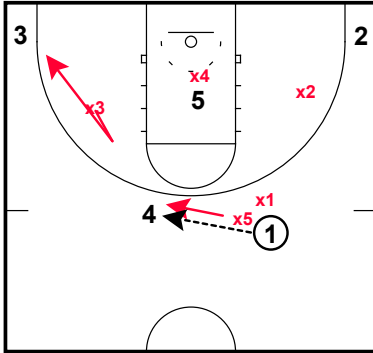
One way of covering this action is to "x-out" (switch) the big action.

In this case...since x5 is guarding the screener and hedging on the ball, x4 will "x" the action and take on the rolling big.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Hedge and X)  
Frame 4



As 5 rolls, x4 communicates the "x-out" to x5. x4 slides over and takes on the roll man meeting him up the lane and not allowing him to just roll to rim and post.

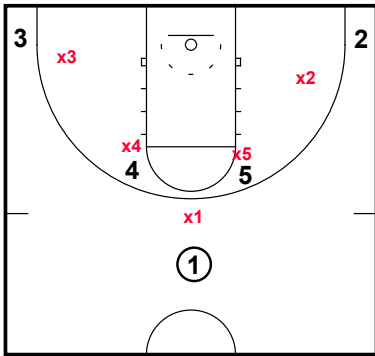
x3 slides up to bluff and recover providing help and buying x5 time to recover to new man.

x5 sprints out of show with high hands through passing lane to 4 and then slides into proper help position.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Hedge and Hold)  
Frame 1

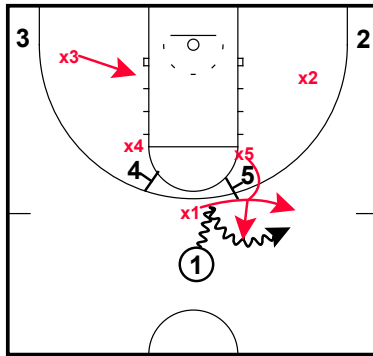


Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

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In most cases, the guy who sets the ball screen will be the roller. Thus, it is prudent for the defense to force the ball into the 4 who is often times the skilled big, forcing him to roll and the unskilled big (5) pop to the perimeter.

Pick and Roll Defense- Guarding Horns  
(Hedge and Hold)  
Frame 2



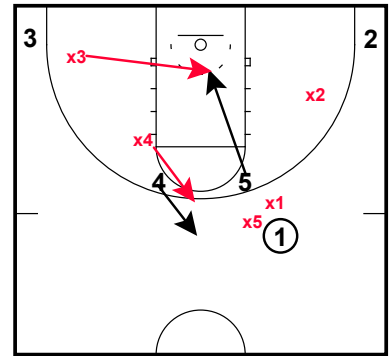
If 1 is able to get off the 5 man side...

Due to the defensive bigs having to be underneath threat of the slip, and that the ball handler can go off either side, it is very difficult to hedge on the screen.

However, if x1 can do a good job of forcing the ball handler one way, it becomes much easier for the defensive big to get out and hedge.

x1 will get skinny and fight over the screen and go under the big to recover to the ball.

Pick and Roll Defense- Guarding Horns  
(Hedge and Hold)  
Frame 3



One way of covering this action is to "x-out" (switch) the big action. However, if the defense does not feel comfortable with switching a smaller x4 onto the roll man or they are concerned with the shooting ability of the pop man, they may decide to hold.

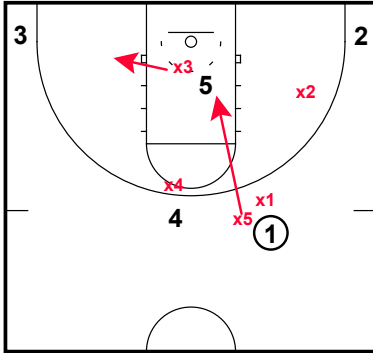
In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

x4 is responsible for communicating x5's recovery.

# Pick and Roll Defense

## Guarding Popular Actions

Pick and Roll Defense- Guarding Horns  
(Hedge and Hold)  
Frame 4



Since the bigs are not "x-ing"...After hedging, x5 will recover to 5 who is rolling to rim. He will sprint with high hands through the passing lane into a front post defense position. x1 will have recovered, squared up the ball, and closed with high hands taking away vision of any pass to the post.

x3 will hold on the roll man until x5 can recover.

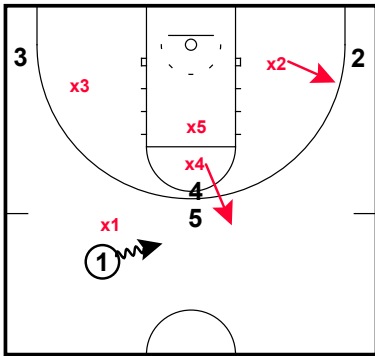
The pass that the defense is willing to give up is the long, looping, skip pass from 1 diagonally to 3. x3 should have plenty of time to recover on the skip pass and take away any catch and shoot opportunity.



# Pick and Roll Defense

## Guarding Popular Actions

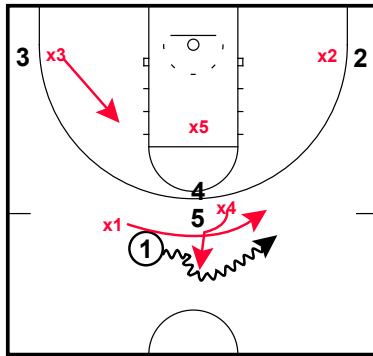
Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)  
Frame 1



Guarding the stack ball screen.

The first thing that the defense can do to help themselves is to identify the alignment, and have the more mobile of the 2 bigs to be high and the less mobile of the bigs low.

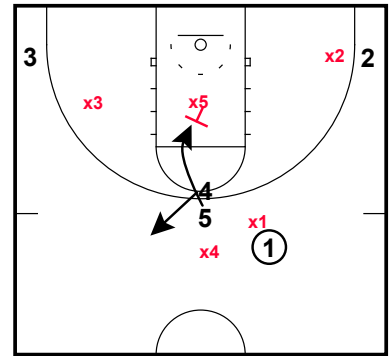
Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)  
Frame 2



The high big (x4) will show on the screen and then recover to the offensive big that lifts, while x5 will take on whichever big rolls to the rim.

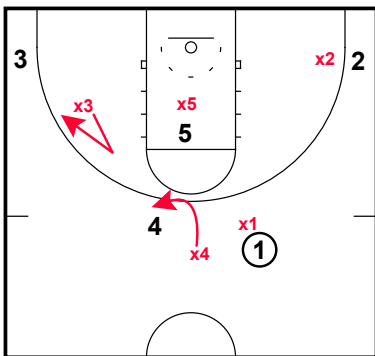
x1 forces the ball into the screen. x4 gets out earlier and gives a good hedge on the ball screen forcing the ball handler up the floor. x1 goes over top of screen and under x4.

Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)  
Frame 3



x5 steps up and meets the roll man up the lane.

Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)  
Frame 4



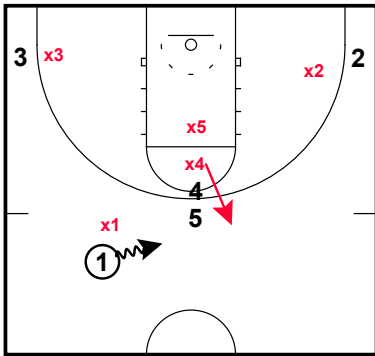
x3 slides up to stunt and recover providing help and buying x4 time to recover to new man.

x4 sprints out of show with high hands through passing lane to 4 and then slides into proper help position.

# Pick and Roll Defense

## Guarding Popular Actions

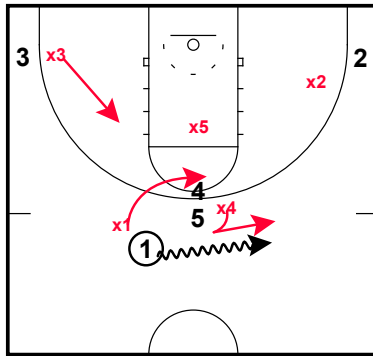
Pick and Roll Defense- Guarding Stack Ball Screen (Switch)  
Frame 1



Guarding the stack ball screen.

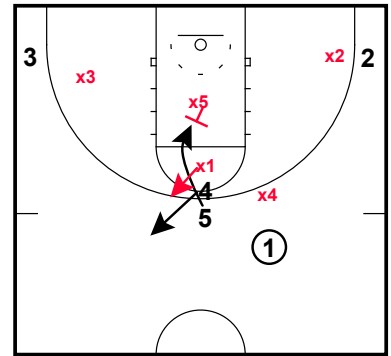
The first thing that the defense can do to help themselves is to identify the alignment, and have the more mobile of the 2 bigs to be high and the less mobile of the bigs low.

Pick and Roll Defense- Guarding Stack Ball Screen (Switch)  
Frame 2



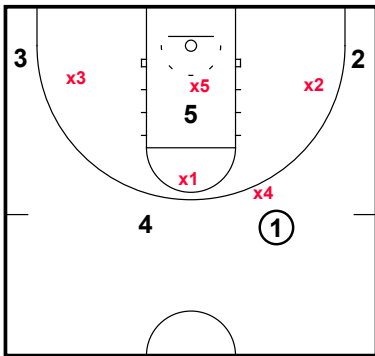
x1 will force the ball into the screen. x4 will call "switch," jump out on the switch and not allow the ball handler to just turn the corner. x1 will get underneath the screen.

Pick and Roll Defense- Guarding Stack Ball Screen (Switch)  
Frame 3



x5 will step up and meet roll man up the lane and x1 will take away the pop man.

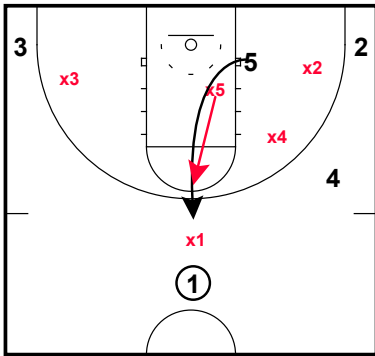
Pick and Roll Defense- Guarding Stack Ball Screen (Switch)  
Frame 4



# Pick and Roll Defense

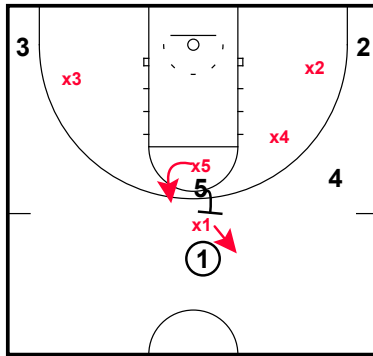
## Guarding Popular Actions

Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 1



The flat ball screen is a popular action for offenses to run late in the clock.

Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 2



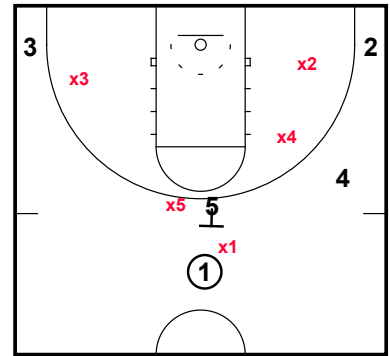
x5 is responsible for communicating the screen is coming and the coverage to x1- "Weak."

x5 will slide and position himself between the ball and rim.

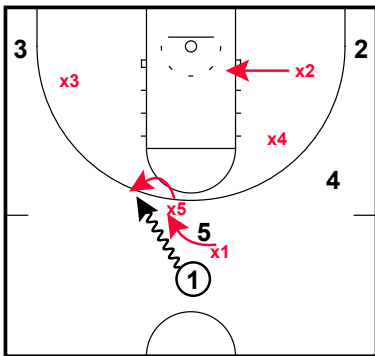
How high he comes up is based on his ability to move. More athletic= higher up floor. Less athletic= deeper.

On x5's call, x1 will jump on top of ball handler (with pressure) to push ball into x5. He will straddle the top hand/leg.

Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 3



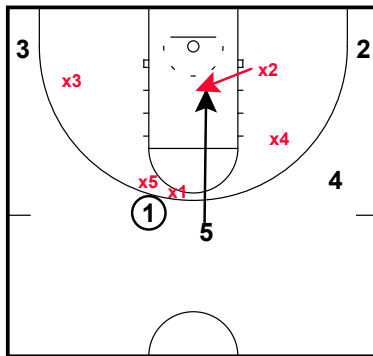
Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 4



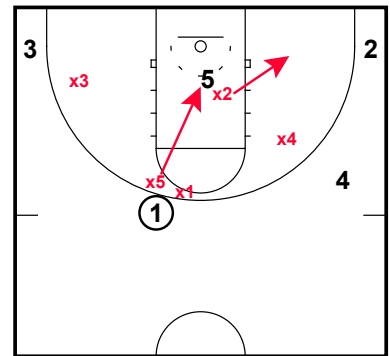
x1 and x5 want to keep the ball pinned on the outside and not let it back to the middle of the floor.

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

Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 5



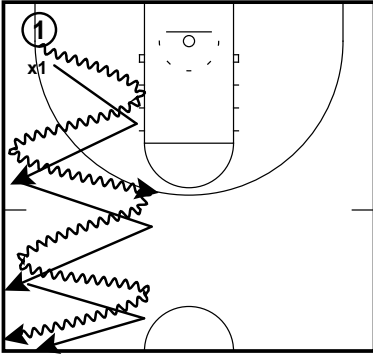
Pick and Roll Defense- Guarding Flat Ball Screen (Weak)  
Frame 6



# Pick and Roll Defense

## Drills

2 man-1 ball Zig Zag Drill  
Frame 1

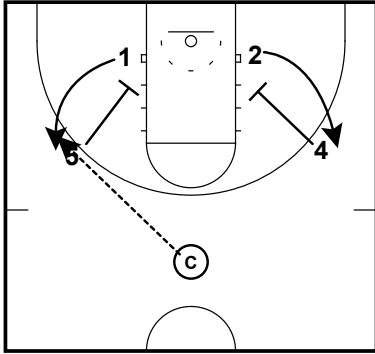


Focus on stance and slide. Start slow and build intensity. Half court and back.

# Pick and Roll Defense

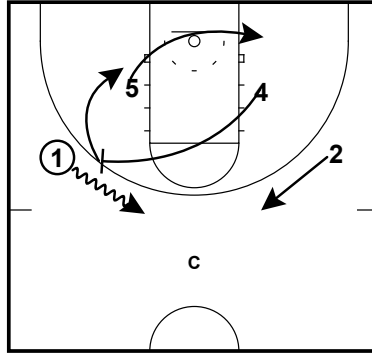
## Drills

4 v 4 Jazz Shell Drill  
Frame 1



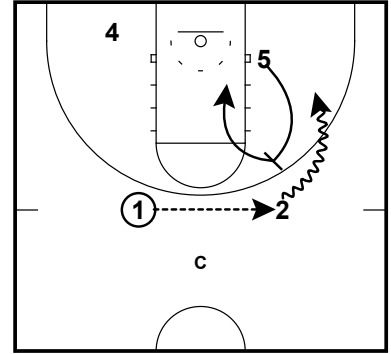
Box set. Bigs pin down for the guards. Guards pop. Coach hits either wing.

4 v 4 Jazz Shell Drill  
Frame 2



Big sprints into side pick and roll.

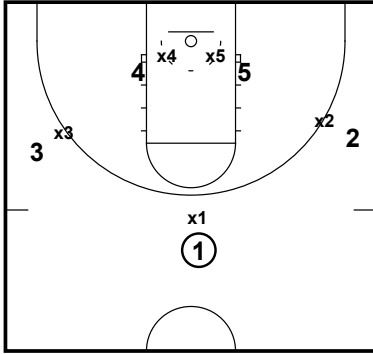
4 v 4 Jazz Shell Drill  
Frame 3



When ball is swung...opposite big steps up into pick and roll.

# Pick and Roll Defense Drills

5 v 5 Get a "Kill"  
Frame 1



5 v 5 Get a Kill.

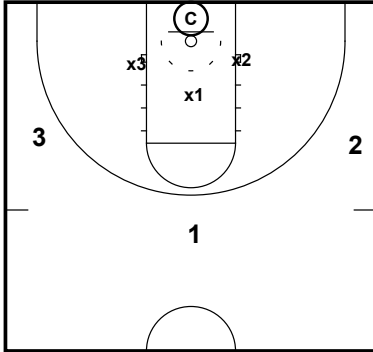
Kill= 3 stops in a row.

Offense scores- flip over.

# Pick and Roll Defense

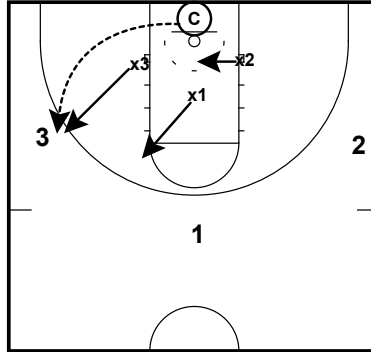
## Drills

Bennett Drill  
Frame 1



The drill is set-up in the same way as 3-line (Vegas) closeout.

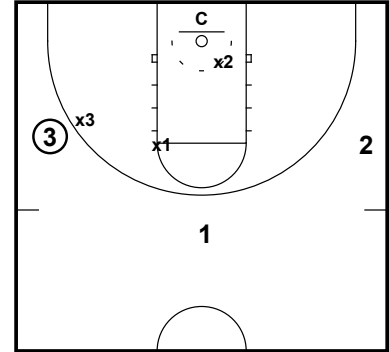
Bennett Drill  
Frame 2



The coach will begin with the ball and pass it out to any offensive player.

On the flight of the ball, the defenders must close out to their correct positions- 1 man on ball and 2 others in gap/help positions.

Bennett Drill  
Frame 3

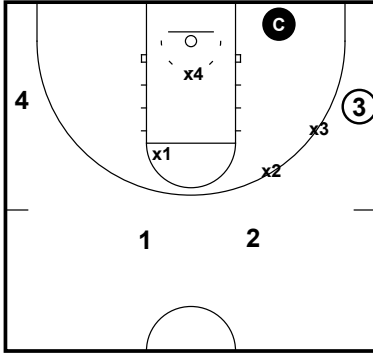


You can incorporate any rules that you like in the drill. Ex. Play is live on the catch, must pass a certain number of times, move the ball until coach calls "live", etc.

# Pick and Roll Defense

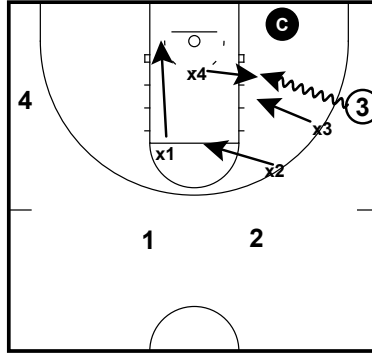
## Drills

Brockport Drill  
Frame 1



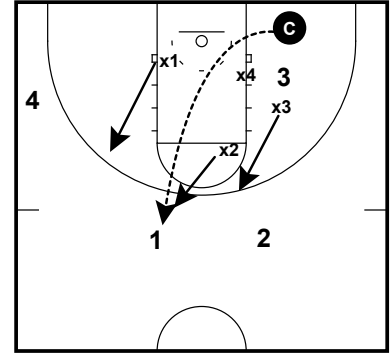
4 offensive players in a shell around the perimeter. 4 on defense matched up and in proper defensive spacing. Defender on ball (x3) is on side of offensive player. Coach with ball on baseline.

Brockport Drill  
Frame 2



Ball handler drives ball to rim. Defender (x4) slides over and takes a charge. Other defenders rotate. After charge, coach passes ball out and D scrambles out of help situation. Play 4 v 4 live.

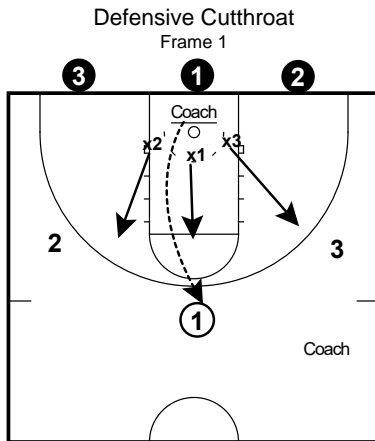
Brockport Drill  
Frame 3





# Pick and Roll Defense

## Drills



Defensive Cutthroat.

Start with the offense on the perimeter and the defense in the paint. Coach underneath basket throws ball out to an offensive player. Defense closes out to proper positions. On catch, the ball is live.

If the offense scores, defense goes off, offensive player immediately gets ball and outlets to coach on perimeter. The offense then becomes the defense and new offense comes on. Coach passes ball in and play is live. Keep pace and energy high.

### Defense Rules:

1. Must be communicating.
2. Must have ball pressure.
3. Must be in proper positioning.
4. Must contest shot.
5. Must "attempt" to blockout.

If they fail to do these, blow the play dead and they are off).

### Game Rules:

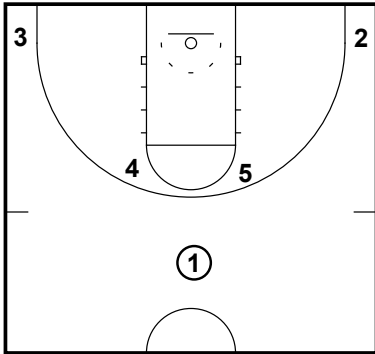
1. Get a stop, stay. Get scored on- off.
2. Limit offensive dribbles. 2-3 max.
3. No ball screens.
4. Charge wins the drill.
5. Each stop is worth 1.
6. Foul- off.

\*Can add players- 4 v 4, 5 v 5.

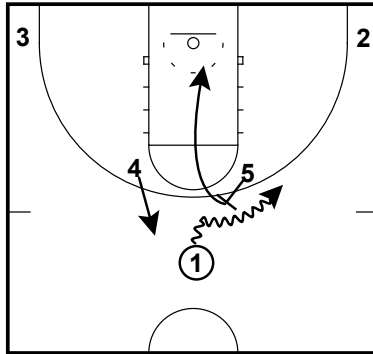
# Pick and Roll Defense

## Drills

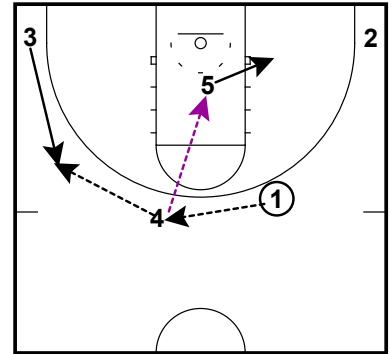
Van Gundy Drill  
Frame 1



Van Gundy Drill  
Frame 2



Van Gundy Drill  
Frame 3

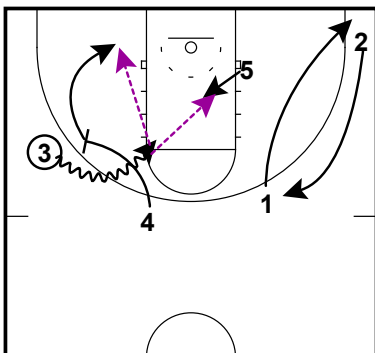


The Van Gundy Drill is designed to force the defense to guard a variety of actions that they would see in the game.

1. Horns BS action.

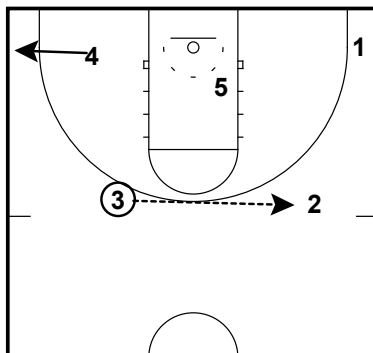
It starts in a Horns sets.

Van Gundy Drill  
Frame 4



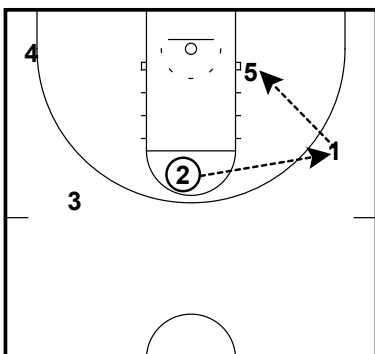
2. Wing PNR with opposite big duck-in.

Van Gundy Drill  
Frame 5



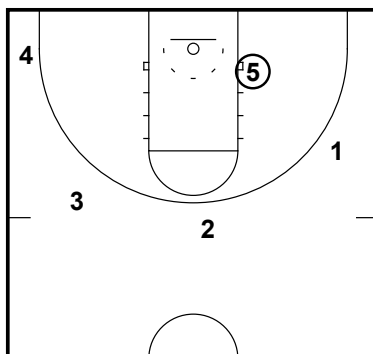
3. High sprint ball screen with 5.

Van Gundy Drill  
Frame 7



4. Post up off throwback.

Van Gundy Drill  
Frame 8



Once the offense knows the motion, the defense will step on and guard it. Play will be live and the offense can score off any of the actions.