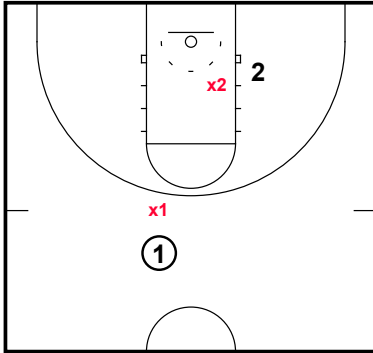


Pick and Roll Defense

Guarding Popular Actions

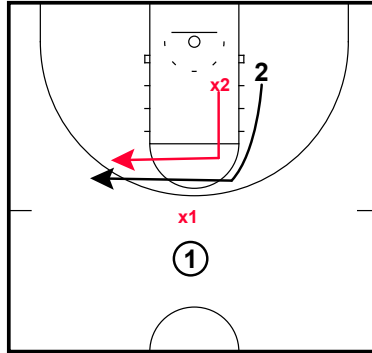
Pick and Roll Defense- Slide/Ghost Screens
Frame 1



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

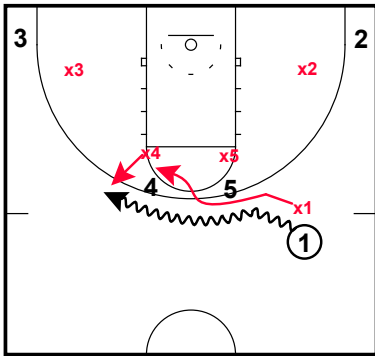


As 2 sprints high to set the ball screen, x2 prepares to switch the screen. As soon as x2 realizes 2 is going to "slide" screen, he communicates "SQUARE" to x1 letting him know to square the basketball up, that no screen is going to take place, and that he should stay with the ball.

Pick and Roll Defense

Guarding Popular Actions

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

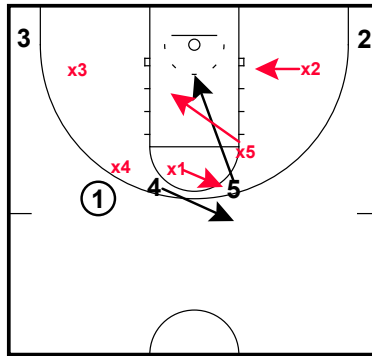


The offense is running a double high ball screen.

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.

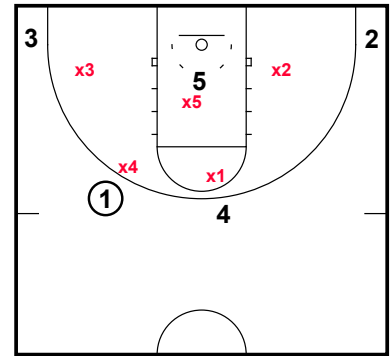
Pick and Roll Defense- Guarding Double Ball Screen (Switch 1-4)
Frame 2



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.

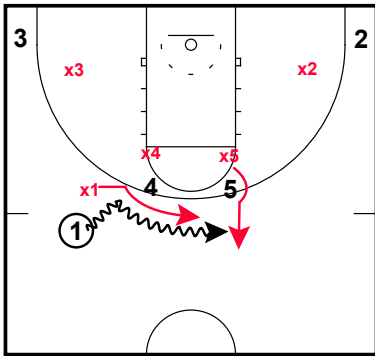
Pick and Roll Defense- Guarding Double Ball Screen (Switch 1-4)
Frame 3



Pick and Roll Defense

Guarding Popular Actions

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

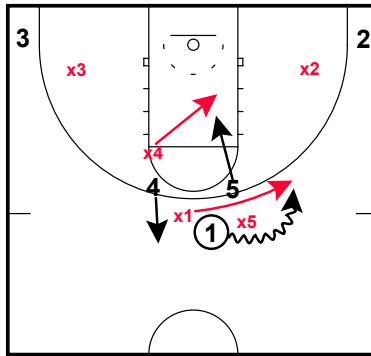


The offense is running a double high ball screen.

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

As 1 comes off 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 X)
Frame 2



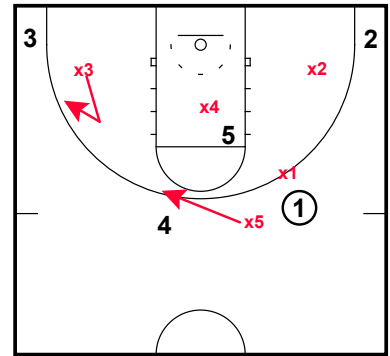
Generally, the offense will roll the 5 man and pop the 4.

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



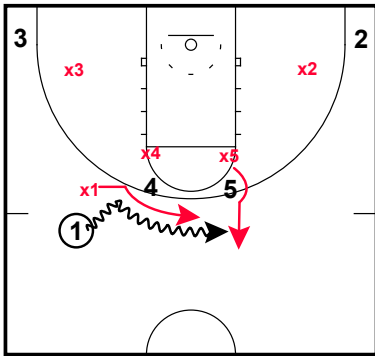
After hedging, x5 will recover to the pop man by running with high hands through the passing lane to discourage an easy pass to 4.

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

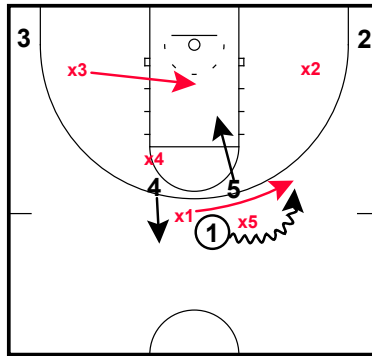


The offense is running a double high ball screen.

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



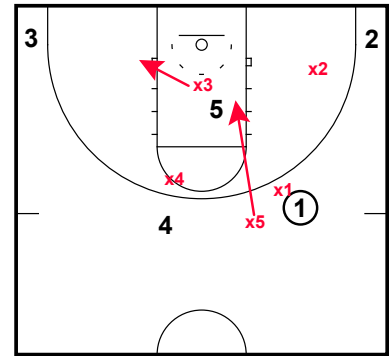
Generally, the offense will roll the 5 man and pop the 4.

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.

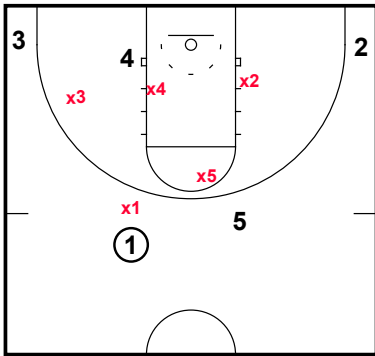
x3 will hold on the roll man until x5 can recover.

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

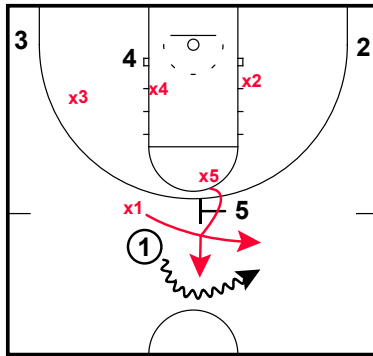
Guarding Popular Actions

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



High Roll-Replace.

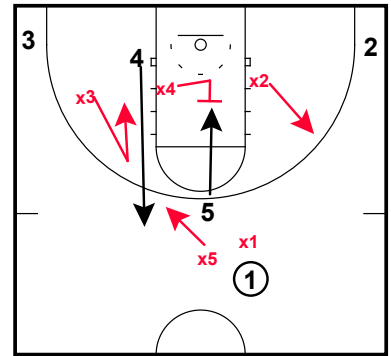
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)
Frame 2



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

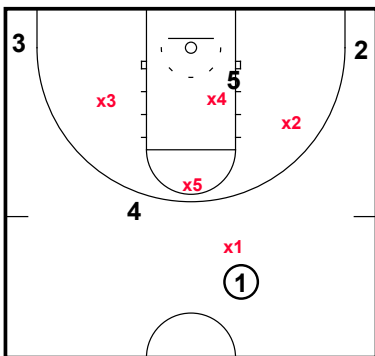


As 4 sprints up on the roll-replace action, x4 communicates the "x-out" to x5. x4 steps up and takes on the roll man meeting him up the lane and not allowing him to just roll to rim and post.

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.

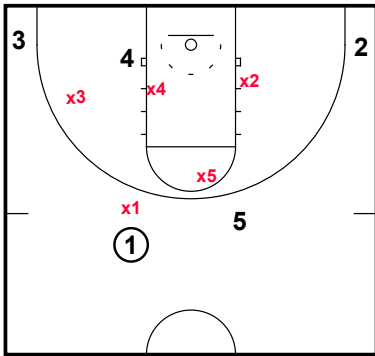
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and X)
Frame 4



Pick and Roll Defense

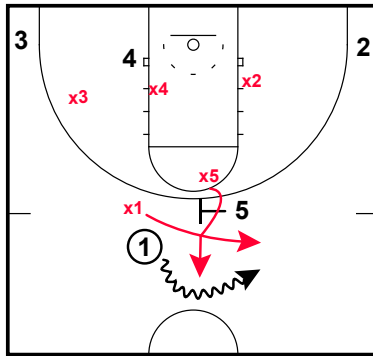
Guarding Popular Actions

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



High Roll-Replace.

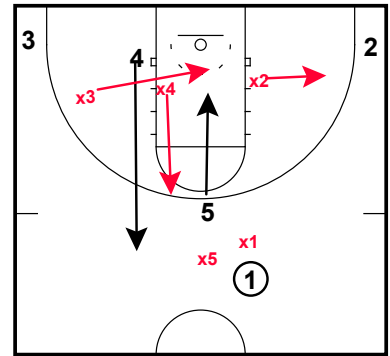
Pick and Roll Defense- Guarding High Roll-Replace (Hedge and Hold)
Frame 2



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.

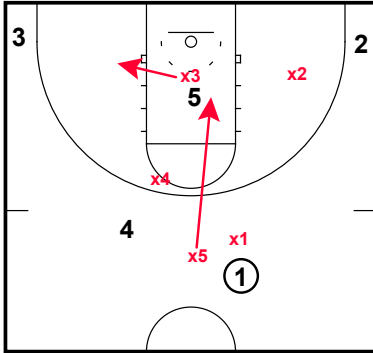
In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

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.

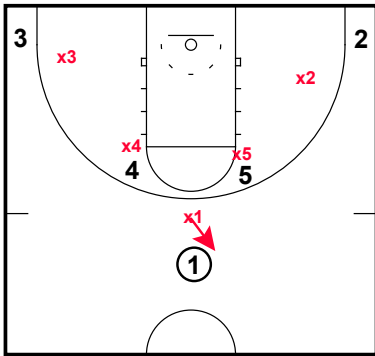
x3 will hold on the roll man until x5 can recover.

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



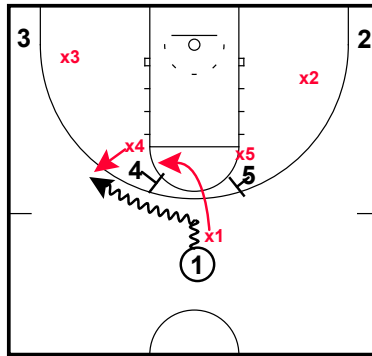
Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

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

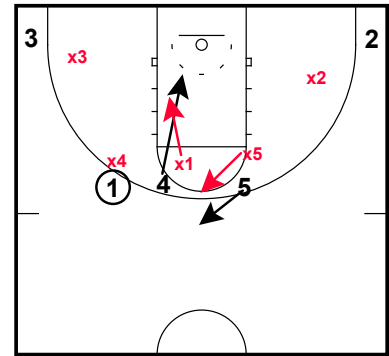
Pick and Roll Defense- Guarding Horns
(Switch 1-4)
Frame 2



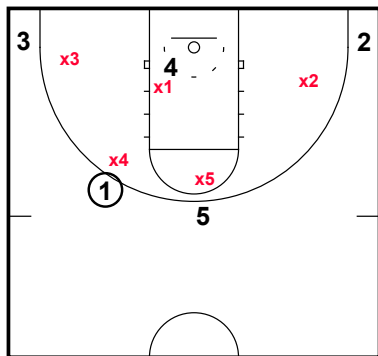
x1 forces the ball into the 4. This is also a benefit as the defense is switching x1-x4, meaning the defense does not need to provide help from others.

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



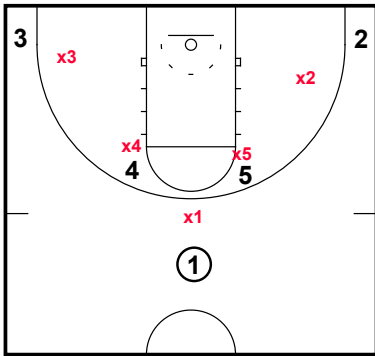
x1 will try and stand 4 up making the roll difficult. x5 will stay with the pop man.



Pick and Roll Defense

Guarding Popular Actions

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

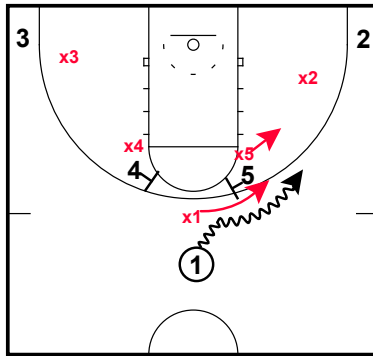


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A major key to guarding this action is the pressure put on the ball to start the possession. x1 must get into the ball and dictate a direction. If the ball handler is allowed to get comfortable and play around with the screens, it puts great stress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



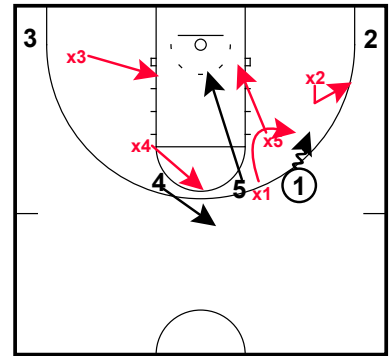
If 1 is able to get off the 5 man side...

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.

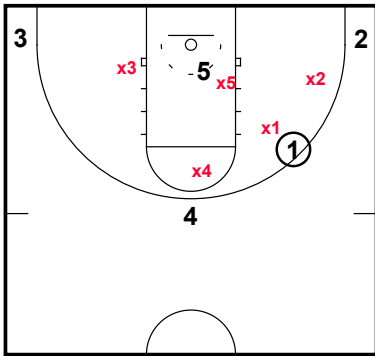
In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

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.

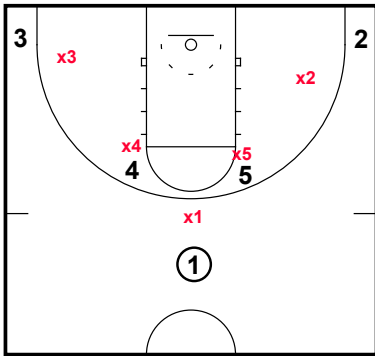
x3 will hold on the roll man until x5 can recover.

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

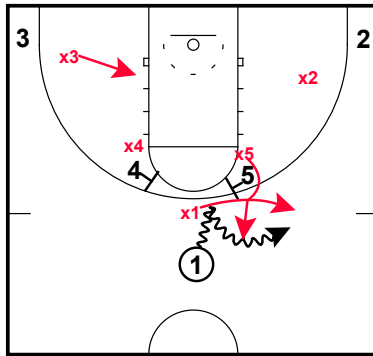


Horns is a very popular set. Teams can run many actions out of this alignment. The most common is a pick and roll where the screener dives and the opposite big lifts.

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



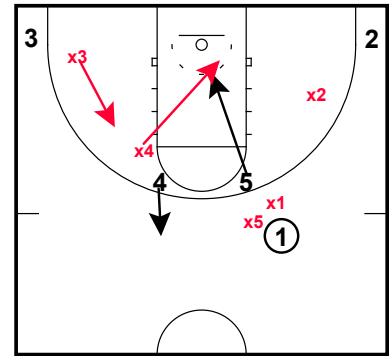
If 1 is able to get off the 5 man side...

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.

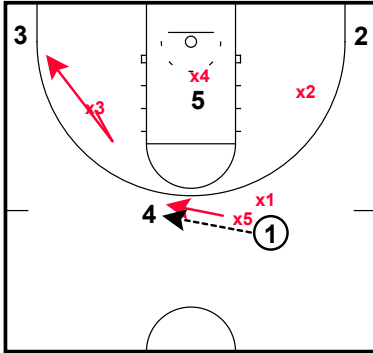
One way of covering this action is to "x-out" (switch) the big action.

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.

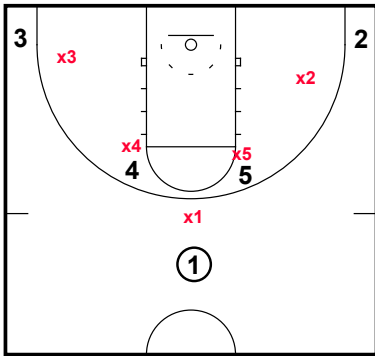
x3 slides up to bluff and recover providing help and buying x5 time to recover to new man.

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

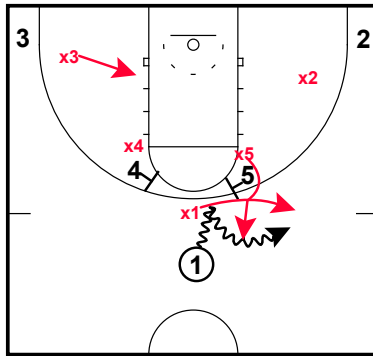


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In most cases, the guy who sets the ball screen will be the roller. Thus, it is prudent for the defense to force the ball into the 4 who is often times the skilled big, forcing him to roll and the unskilled big (5) pop to the perimeter.

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



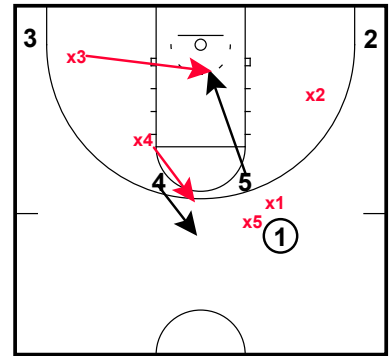
If 1 is able to get off the 5 man side...

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.

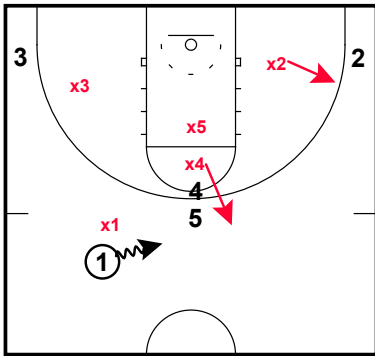
In this case, x4 will hold and stay connected to his man (the lift man). This means that the help on the roll man then needs to come from the opposite low man (x3).

x4 is responsible for communicating x5's recovery.

Pick and Roll Defense

Guarding Popular Actions

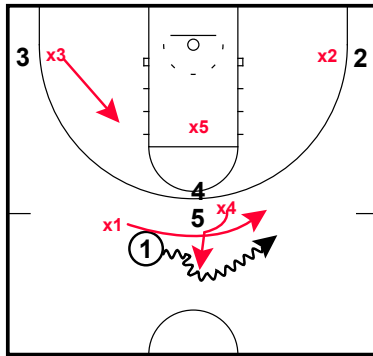
Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)
Frame 1



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.

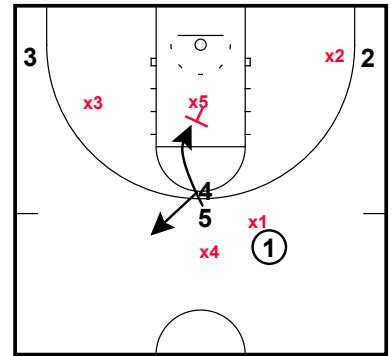
Pick and Roll Defense- Guarding Stack Ball Screen (Hedge)
Frame 2



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.

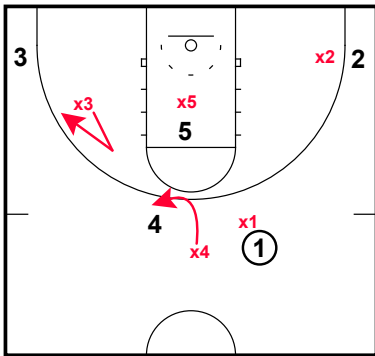
x1 forces the ball into the screen. x4 gets out earlier and gives a good hedge on the ball screen forcing the ball handler up the floor. x1 goes over top of screen and under x4.

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



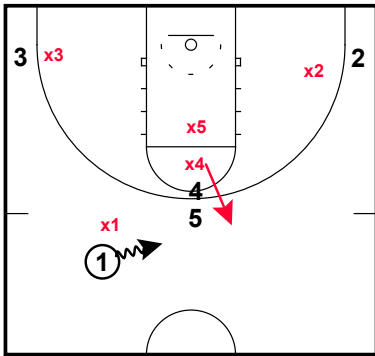
x3 slides up to stunt and recover providing help and buying x4 time to recover to new man.

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

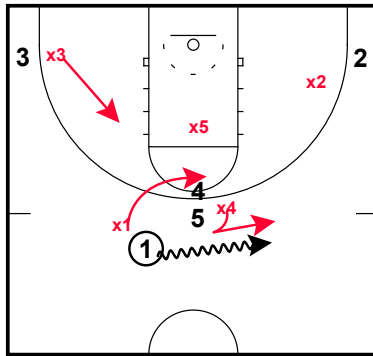
Pick and Roll Defense- Guarding Stack Ball Screen (Switch)
Frame 1



Guarding the stack ball screen.

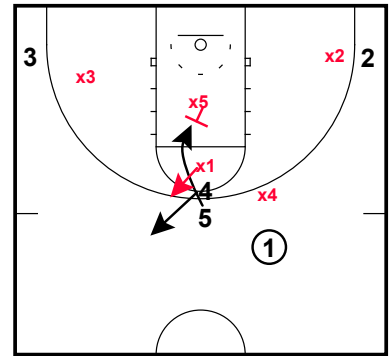
The first thing that the defense can do to help themselves is to identify the alignment, and have the more mobile of the 2 bigs to be high and the less mobile of the bigs low.

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



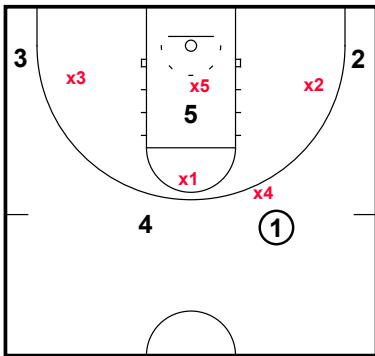
x1 will force the ball into the screen. x4 will call "switch," jump out on the switch and not allow the ball handler to just turn the corner. x1 will get underneath the screen.

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.

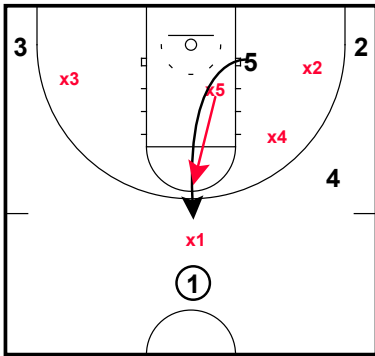
Pick and Roll Defense- Guarding Stack Ball Screen (Switch)
Frame 4



Pick and Roll Defense

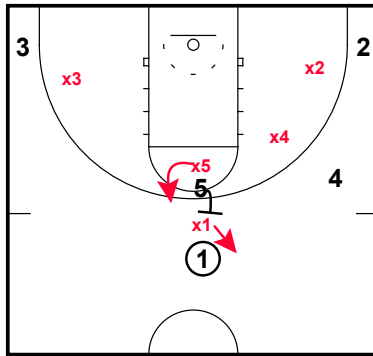
Guarding Popular Actions

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



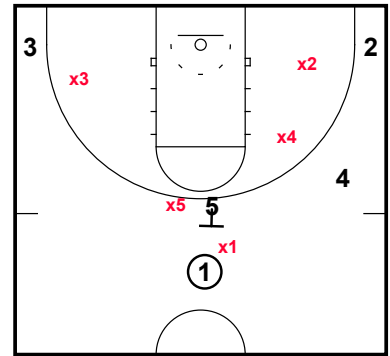
x5 is responsible for communicating the screen is coming and the coverage to x1- "Weak."

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

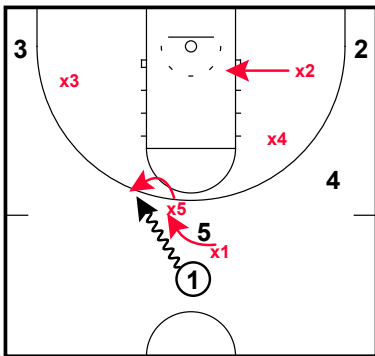
How high he comes up is based on his ability to move. More athletic= higher up floor. Less athletic= deeper.

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



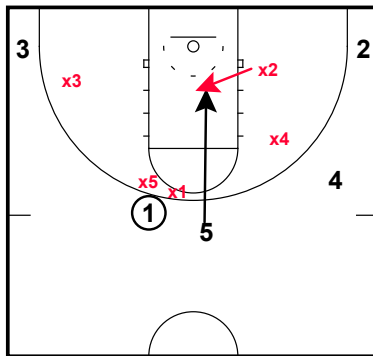
Pick and Roll Defense- Guarding Flat Ball Screen (Weak)
Frame 4



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

