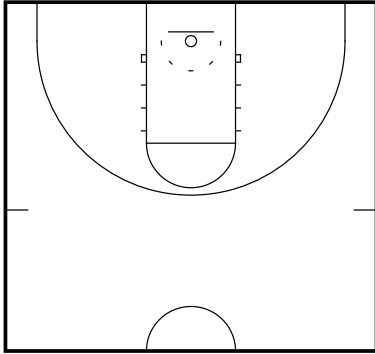


Pick and Roll Defense

"Bump and Under" Coverage

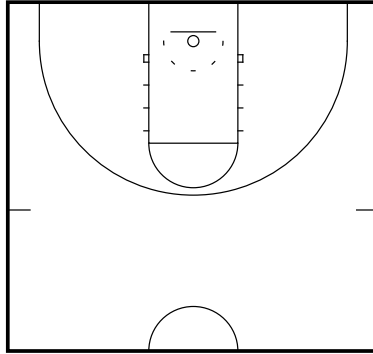
Pick and Roll Defense- "Bump and Under"
Frame 1



"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.

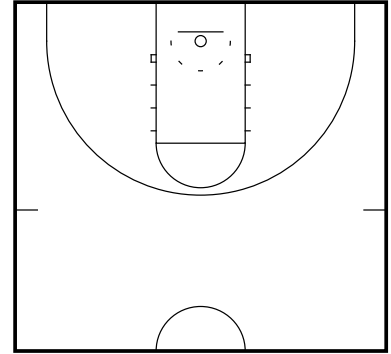
Pick and Roll Defense- "Bump and Under"
Frame 2



Synonyms:

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

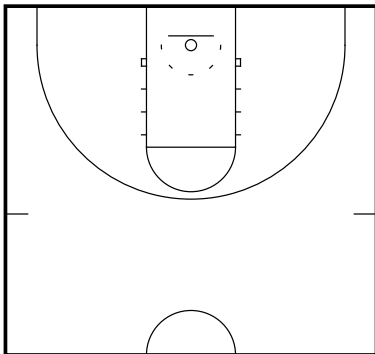
Pick and Roll Defense- "Bump and Under"
Frame 3



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



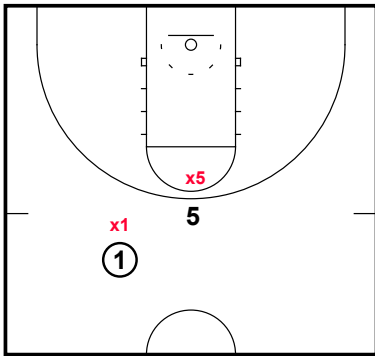
Disadvantages:

- 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

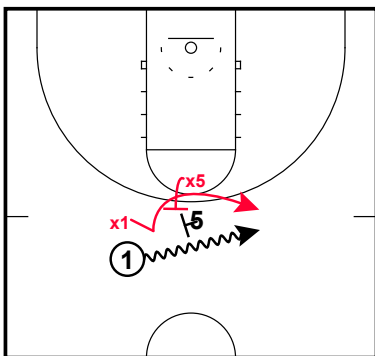


"**BUMP AND UNDER**" (can also be called a "plug & go").

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



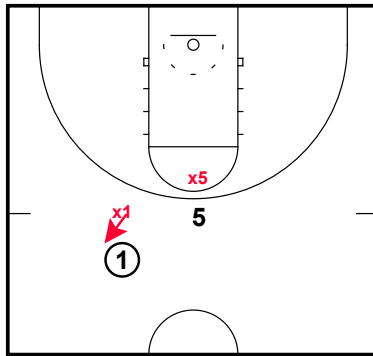
x1 forces the ball handler into the screen.

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.

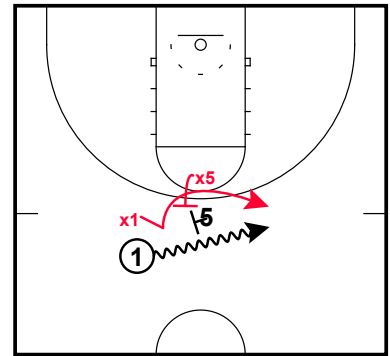
Pick and Roll Defense- Breakdown Middle
Ball Screen (Bump and Under)
Frame 2



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.

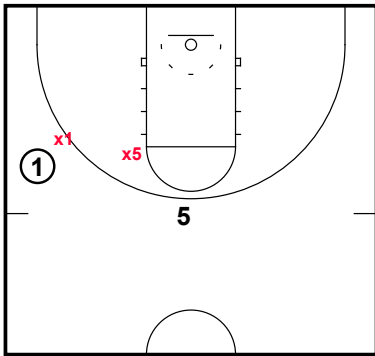
x5 positioning:

- 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

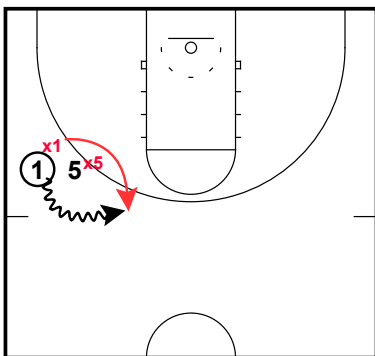


"**BUMP AND UNDER**" (can also be called a "plug & go").

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



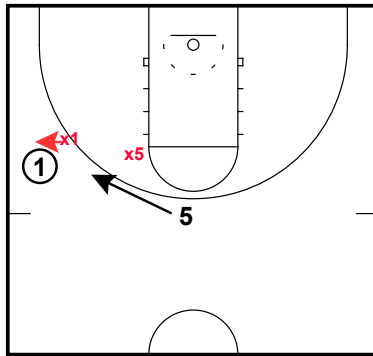
x1 forces the ball handler into the screen.

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x1 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.

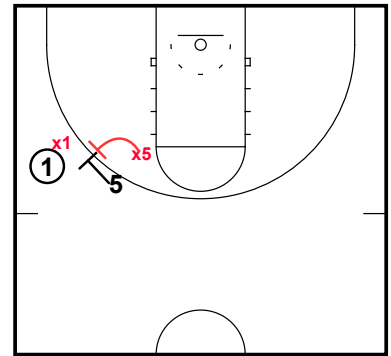
Pick and Roll Defense- Breakdown Wing
Ball Screen (Bump and Under)
Frame 2



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



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