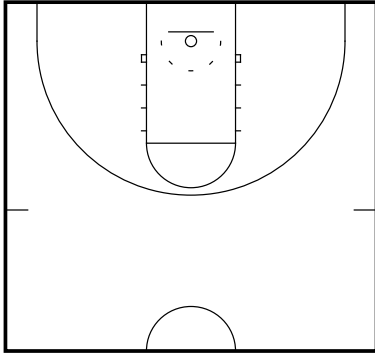


Pick and Roll Defense

Concepts, Organization, and Technique

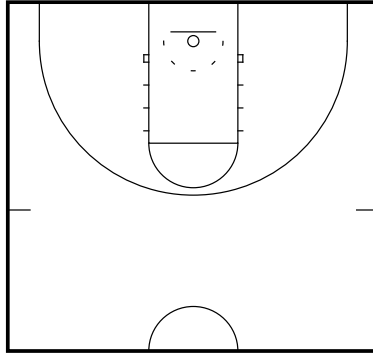
Pick and Roll Defense- Variables
Frame 1



Variables of Pick and Roll Defense:

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

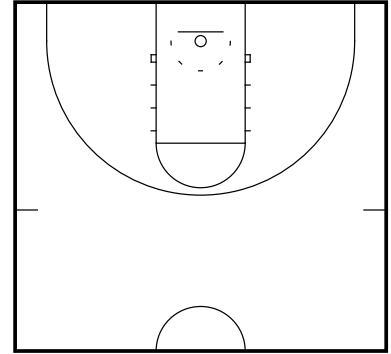
Pick and Roll Defense- Variables
Frame 2



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?

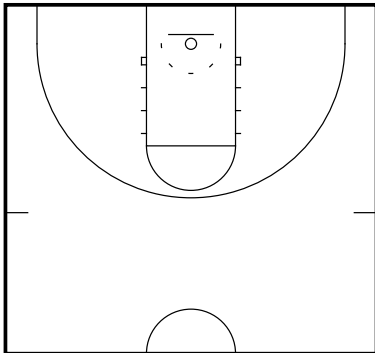
Pick and Roll Defense- Variables
Frame 3



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?

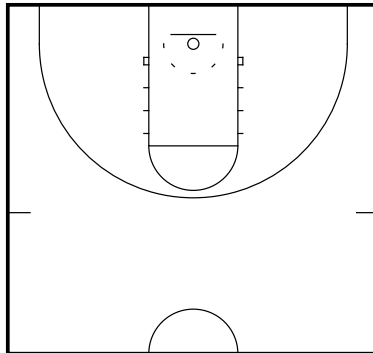
Pick and Roll Defense- Variables
Frame 4



3. Spacing.

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

Pick and Roll Defense- Variables
Frame 5



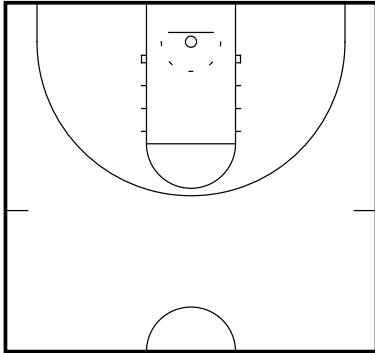
4. Personnel.

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

Concepts, Organization, and Technique

Pick and Roll Defense- Philosophies on the Ball
Frame 1

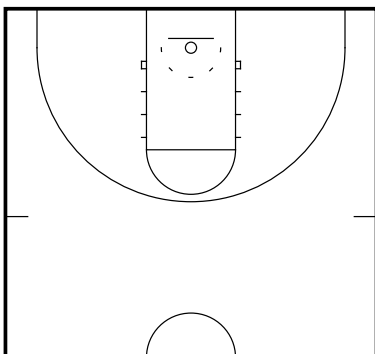


Philosophies of On-Ball Pick and Roll Defense:

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.

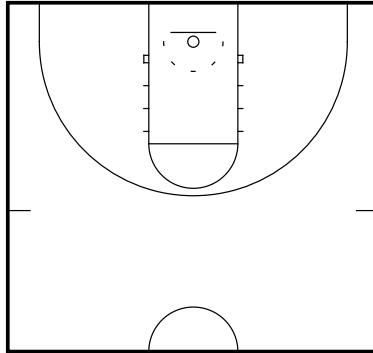
Pick and Roll Defense- Philosophies on the Ball
Frame 4



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

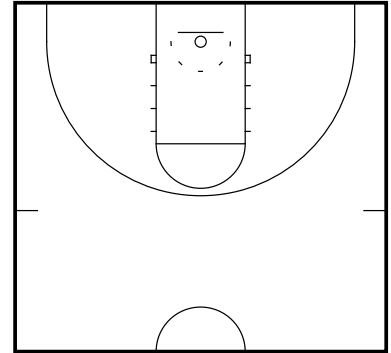


1. Control the Ball.

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



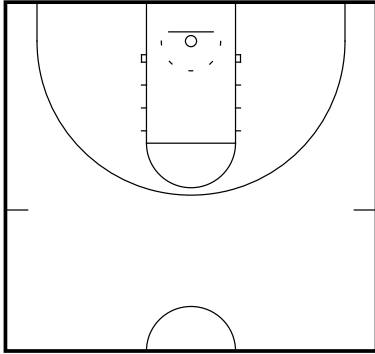
2. Impact the Ball.

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



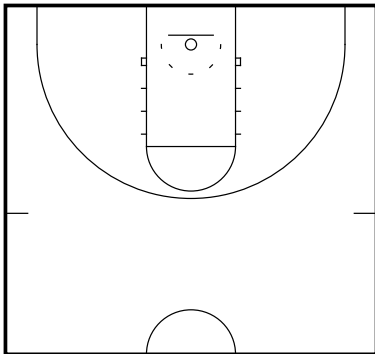
Principles of the on-ball defender:

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.

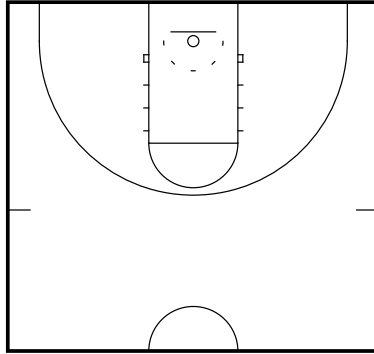
Pick and Roll Defense- On-Ball Defender
Frame 4



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

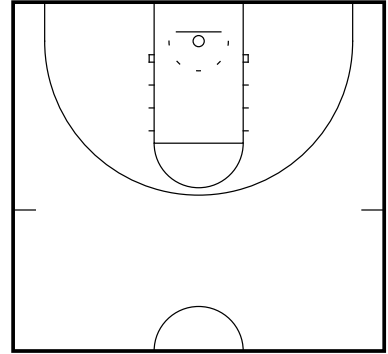


Dictate the terms.

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



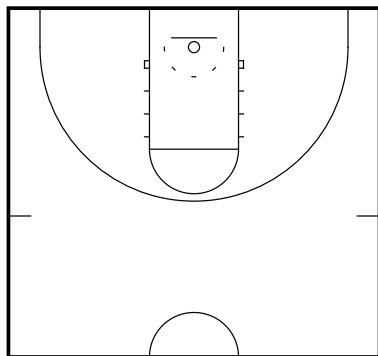
Effort.

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



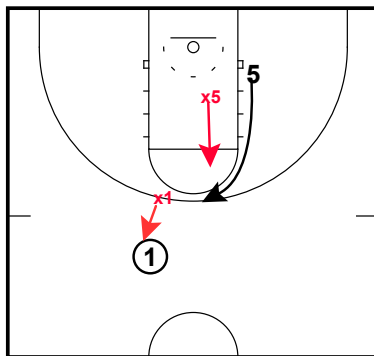
"Over"

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

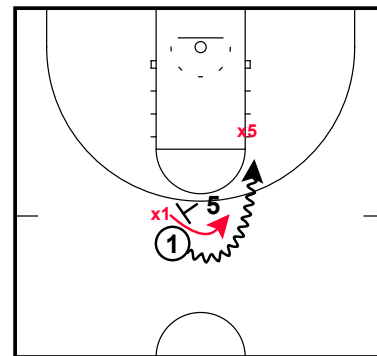


1. *Get into the ball*

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

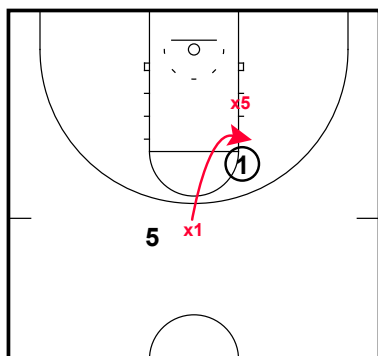


2. *Pursuit.*

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*

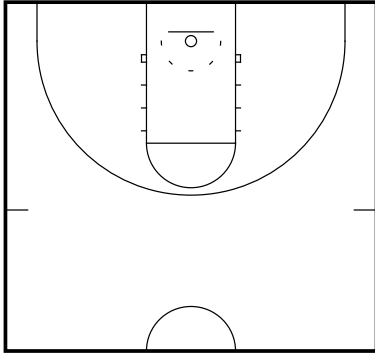
The defender should take an angle of recovery that allows him to get back in front of the ball. If he just trails the ball handler's path, then he will get stuck behind him and the defensive big will have to hold.

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"

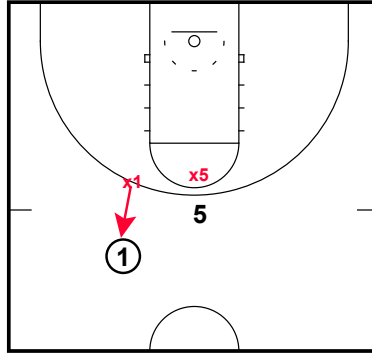
The on-ball defender has two choices at the point of the ball screen: 1. Go "over" or 2. Go "under".

"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.

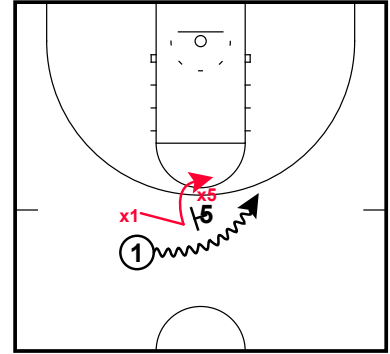
By sagging and not pressuring the ball into the screen, 3 things can happen to the advantage of the offense:

- 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



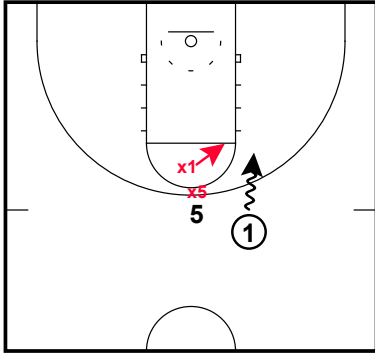
2. Get skinny

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

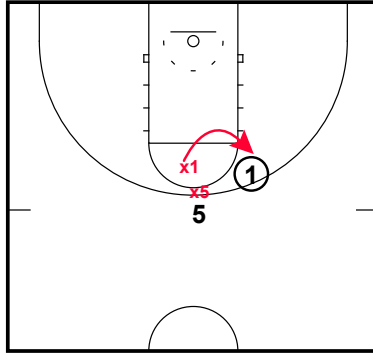
Pick and Roll Defense- Guard Under
Frame 4



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.

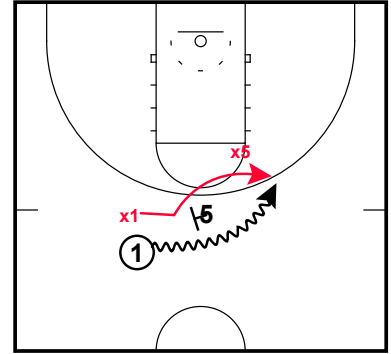
Pick and Roll Defense- Guard Under
Frame 5



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.

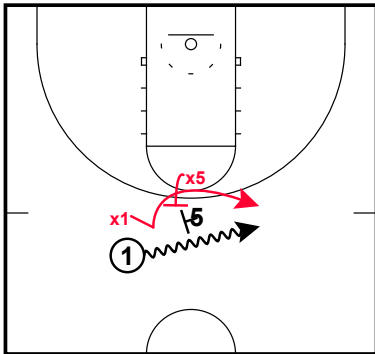
Pick and Roll Defense- Guard Under
Frame 6



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



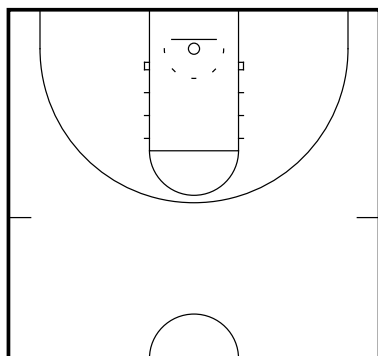
Variations:

"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

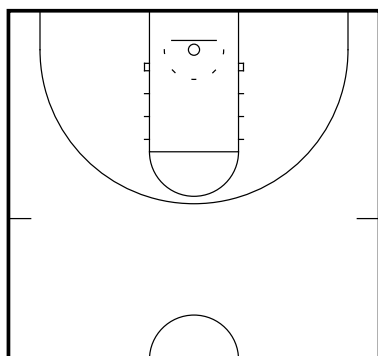


Principles of the screener's defender:

"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.

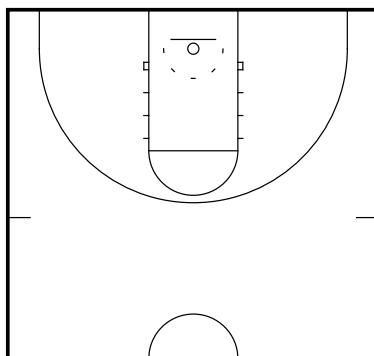
Pick and Roll Defense- Screener's Defender
Frame 4



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.

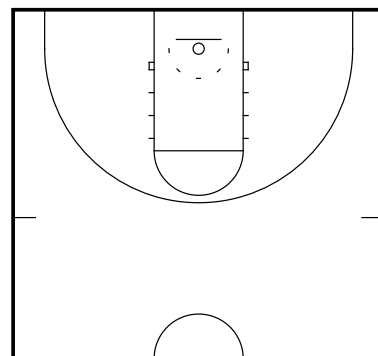
Pick and Roll Defense- Screener's Defender
Frame 2



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

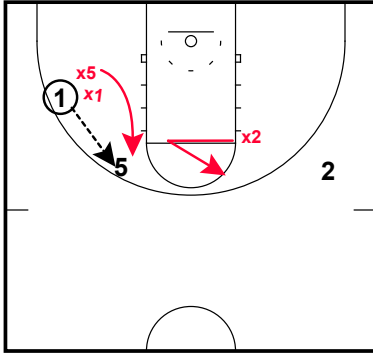
Must be in a stance and ready to move feet. The offense will do their best to put pressure on the defensive big by attacking him.

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



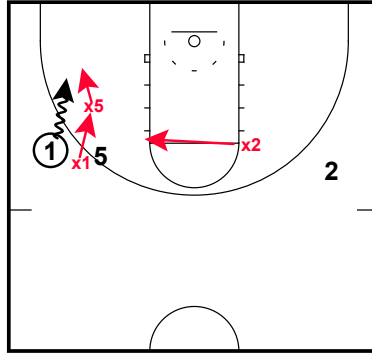
1. "Regular" Stunt

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

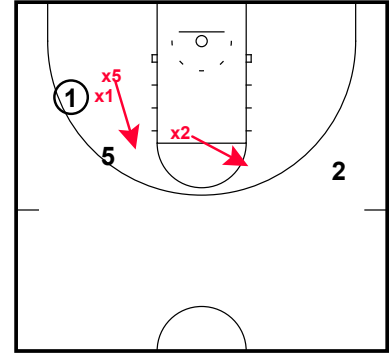


2. "Quick" Stunt.

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

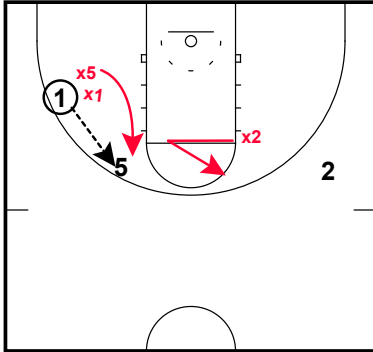


*This is slightly different from a regular stunt as the stunt occurs PRIOR to the guard picking the ball up. In a regular stunt coverage, the help side defender will stunt as the ball is arriving to the pop man.

Pick and Roll Defense

Concepts, Organization, and Technique

Pick and Roll Defense- Types of Stunts
Frame 4

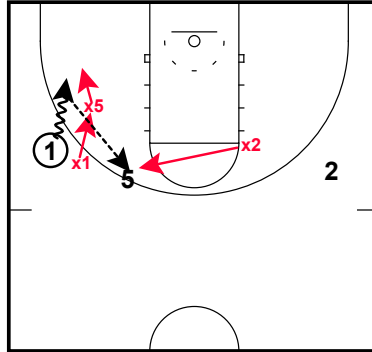


3. "Hold" Stunt.

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.