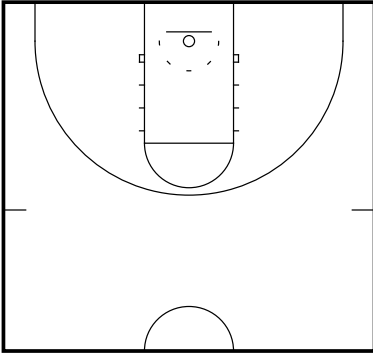


Pick and Roll Defense

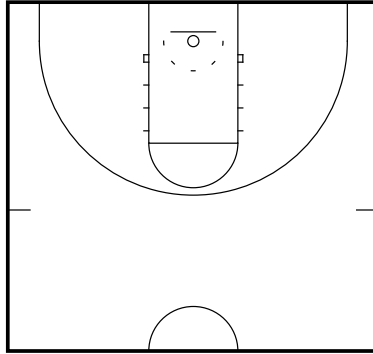
"Flat" Coverage

Pick and Roll Defense- "Flat"
Frame 1



"FLAT"

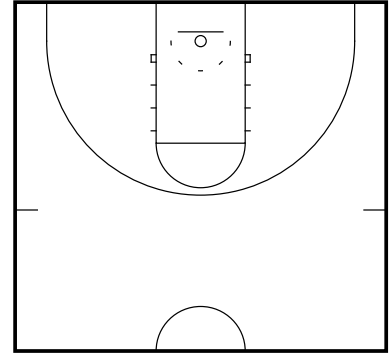
Pick and Roll Defense- "Flat"
Frame 2



Synonyms:

- "Show"
- "Lateral"

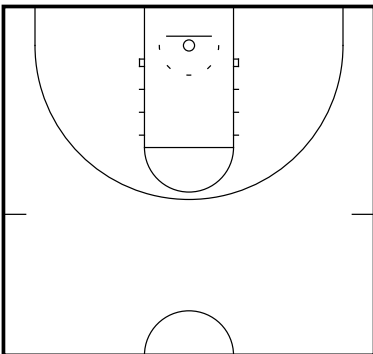
Pick and Roll Defense- "Flat"
Frame 3



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



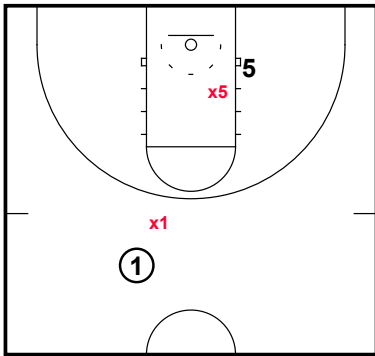
Disadvantages:

- 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



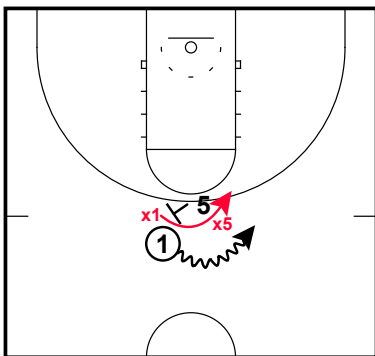
"FLAT" coverage (also called "lateral") can be used when the defensive big isn't that mobile.

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

This method may be used in a couple of situations:

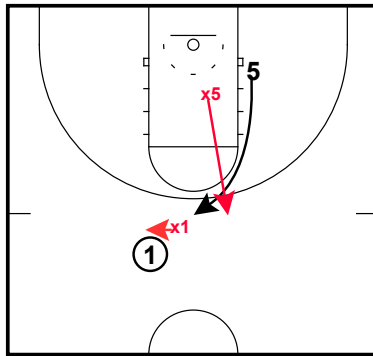
- the defensive big is slow footed and has hard time getting out to give effective shows- leading to guard turning the corner and making plays. It may also be used if big has trouble getting out early and is committing fouls due to poor positioning.
- May be switched to on fly if big knows he is getting 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 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.

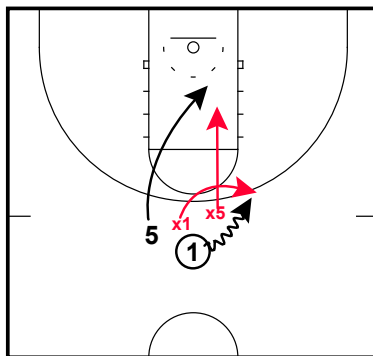
Pick and Roll Defense- Breakdown Middle
Ball Screen (Flat)
Frame 2



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

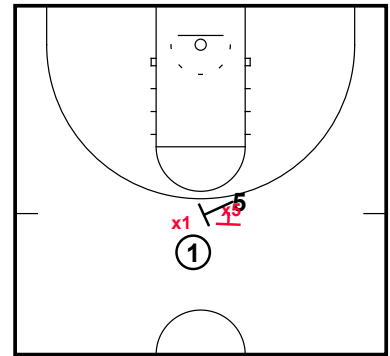
When x1 hears x5 call out the screen, he immediately shifts his positioning to force the ball into the screen.

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



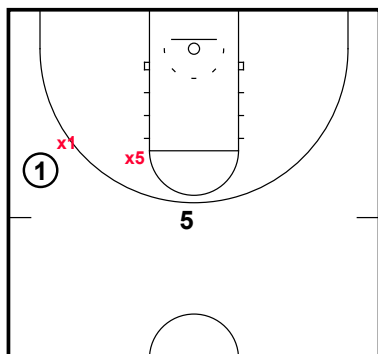
x5 will step up and be level with the ball screen with body perpendicular to the screen and chest parallel to half court.

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

Pick and Roll Defense

"Flat" Coverage

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



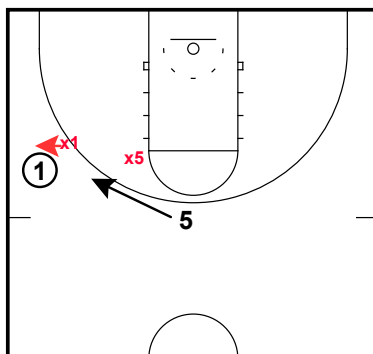
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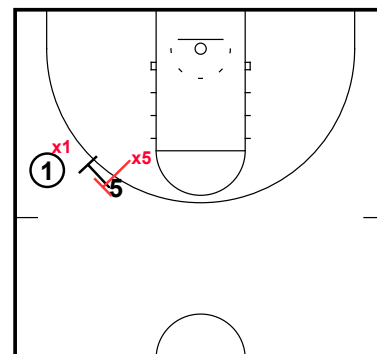
Pick and Roll Defense- Breakdown Wing
Ball Screen (Flat)
Frame 2



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.

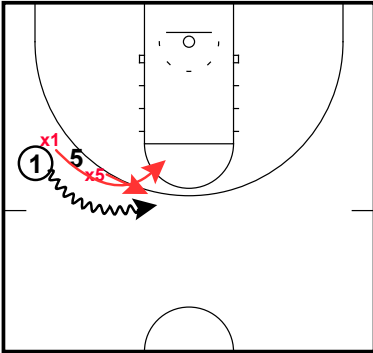
x5 positioning:

- 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



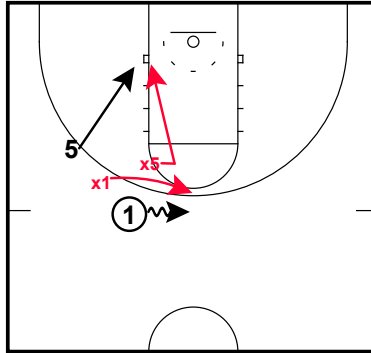
x1 forces the ball handler into the screen and the show man.

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

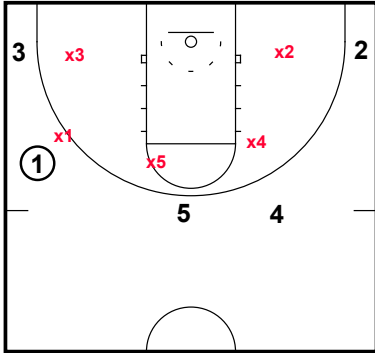


Unlike the "drop" coverage...in the "flat" coverage, x5 will NOT drop with the roller and stay and hold his ground while the other defenders will provide help on the roll. x5 will stay high with the ball until x1 recovers to the ball.

Pick and Roll Defense

"Flat" Coverage

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



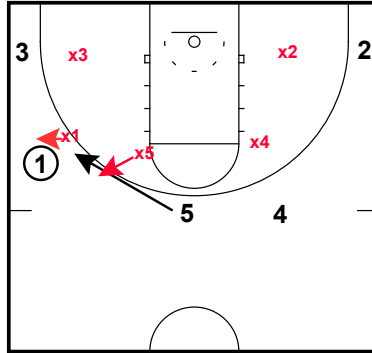
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Pick and Roll Defense- Guarding the Ball Screen (Flat)
Frame 2

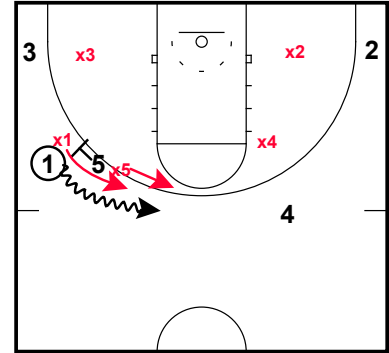


x1 should be on applying pressure on the ball influencing the ball middle (taking away baseline).

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.

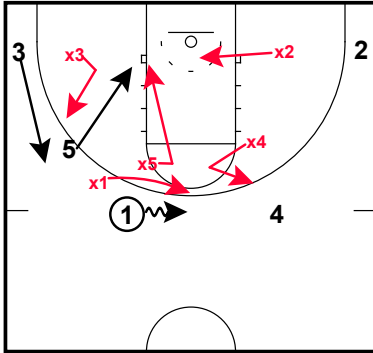
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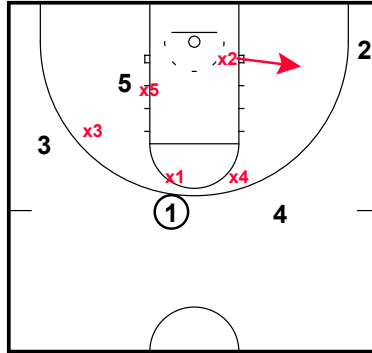
Pick and Roll Defense

"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.