

## Concepts in the P&R and SSGs - Basketball Tasmania Clinics

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<https://coach.basketball.net.au/concepts-in-the-pick-roll-and-small-sided-games-basketball-tasmania-clinics/>

### P&R Clinic Mark Radford (Part 1):

- The flavour of international basketball and the NBA.
- Takes a lot of time and patience to teach to young kids.
- At U16's have to know P&R because it's a big part of the game.

### What does it take to be a good P&R player?

- Being able to handle the ball against pressure
- Controlling the ball with the eyes up
- Having confidence and ability to make a decision in traffic
- Ability to play at different speeds.

*This determines whether you are just a P&R mover and use the P&R to move the ball onto another area, or a P&R user that creates advantage out of the action.*

### What to assess?

- How am I being guarded as the ball handler?
- How is the screener being guarded?
- Coming off and reading the help to see where it is coming from (that dictates the pass).

*Three key things that have to be assessed and during P&R play.*

### Five S'

- Have changed considerably over time, as all analogies should.
- **Starting Point.** Where do you start the action? E.g in transition is it on the wing (they call it operating area), we can't get 'pinned' to the sideline. Need to get ball to right starting point that fits your alignment.
- **The Set-Up.** Must always be a threat to beat your man away from the screen. This can be done off a jab (gets defense to move), off the cross-over step or off the dribble (if he doesn't cut you off score the lay-up, if he does creates a good position to come off the screen).
- **Speed.** Slow or fast. This is where we look at the what to access reads. Australians talk about slow to fast and being a 'wombat' which is getting low and wide and sitting down to make a decision (like a KOB = keep on back). Then accelerating after this.
- **Separation.** From your defender at some point in-time.
- **Score.** First thing for ball handler is to see if they can score, if not hit the roller. If none of these options, throw it on or throw it back.

### Nash Dribbles 1v0:

- Coming off side P&R, we don't want to pick the dribble up and get stuck underneath the backboard. Solution is the Nash dribble.
- Dribble under the backboard and back up the weak-side key line, exploring the floor. Finish with a two foot floater.
- **Load** = change the finish. Now dribble further up the key line towards the elbow / nail, and sneak back with an explosive change of direction to finish on the same side of the rim that you started on.
- Key thing with these is encouraging kids to not pick up their dribble early.
- **Load** = coach puts signal up by connecting (moves around anywhere on weakside). Pass to coach and sprint into space to shoot.
- **Load** = signal is variable. If no signal, finish using one of the options above.

### **Guided Defense Loads:**

- Think about how we can incorporate the above through a guided defender?
- A = No cut-off = finish with the straight line
- B = Chest blow neutral = dribble retreat and start again (on second drive can't give chest blow read, have to go to option A or C)
- C = Cut-Off protecting middle = Nash dribble and finish early or late.
- **Load** = if coach or player on weak side connects at anytime, have to pass and get into space. Coach can move around the 3 or ghost cut.

### **P&R Passing:**

- Line passing, facing each other with one on the split line one on the wing. Middle player (split line) throws overhead hook, receiving player has a ball and throws a bounce pass when ball is in air.
- **Load** = change passing type to outside hand pocket

### **Mid P&R:**

- Toss ball into air and catch it. On the catch, cross-step away and come back, jab step or dribble down to set up the defender.
- After using one of the above moves, come off the Mid P&R and 'wombat' getting down and low and performing a KOB. Finish 4 - 6 ft in front of the rim.
- Can use a bump bag (tackle shield) to push players as they KOB to encourage the contact.
- **Load** = add in throwback pass. Player sprinting out of the corner on the single side needs to catch on the run and re-drive it. No pause to receiver. Passer sprints to space after.
- KPI = break the FT line on catch for the receiver.
- KPI = on the pass must throw from the temple not a hook. This is because good defenders will 'carry a hand' to try and disrupt the throw-back pass.
- **Load** = remove chair for screener (person). After throwback, come off pin down from original screener and receive ball from throwback receiver.

### **1v1 Mid P&R:**

- Chair in middle of the floor. Constraint = can only go under the chair once.

### **Get Reads 1v0**

Start with ball in the corner. Throw to coach standing just below the FT extended. Following reads:

- Throw and Go (get it and curl vs defender chasing over the top)
- Backdoor Cut (immediate - use first step to go back door)
- Reverse Pivot and Throw Over Top (if defender is blowing it up)
- Hockey Step and Baseline Drive (if defender cheats under too early)

### **Get Reads 1v1**

- Load in defender on corner. Defender can only go under once. Can use get player as a screener if still neutral after.
- Idea = use guided defense.

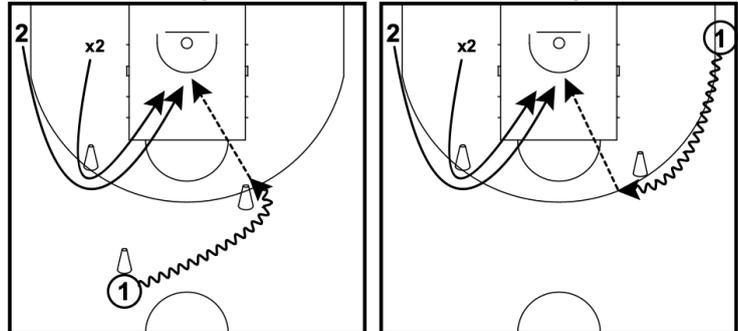
## SSG's Clinic Nic Martin (Part 2):

### Blind Finishing 1v1

- My blind finishing drill that I showed on Twitter!
- Some nice constraints with only allowed to score using weakhand, can't use backboard, can't land inside smile etc.

### Curl Passing 1v1

- Blast cut start. Passer must send it one hand off the dribble.
- Could load by changing cone position (e.g. frame 2).
- Could also change driving direction for Frame 1 to have it more North-South. Can then work on different passes such as a behind the back, no-look, over the shoulder etc.

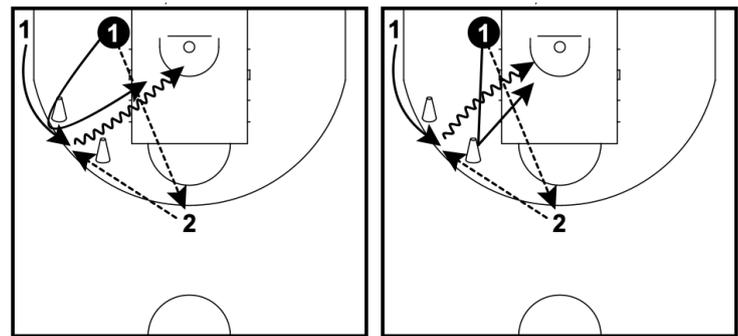


Offense starts as 1 starts dribbling towards the cone. Must be a one handed pass.

Load = change starting position of the passer.

### Blast Cuts 1v1

- A different dynamic start with defender passing first. Has to either chase round closest cone giving the cue for a curl or catch and drive middle OR touch furthest cone giving read for backdoor or catch and drive baseline.
- Timing of arrival at the spot stimulates the cut or drive decision.
- Can load in sag as the shot decision too.

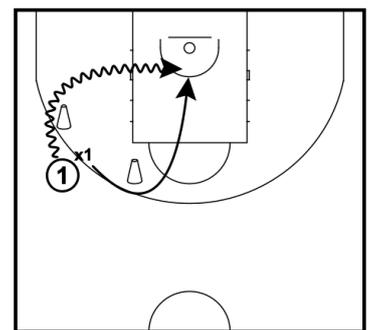


- Defender passes ball to 2 which is the cue for 1 to sprint the blast cut.  
- Defender either chases around inside cone or touches far cone with foot. This gives cue for a catch and drive middle or curl for the chase. If defender touches far cone, catch and drive baseline or cut backdoor.

Option where defender touches near cone.

### Pressure 1v1

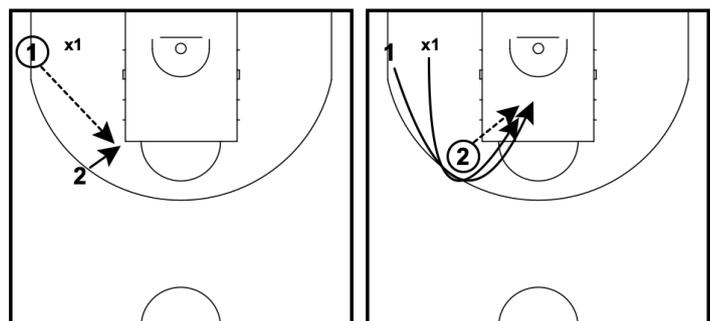
- Defender tries to pressure the ball and steal it, for anywhere between 3 - 6 seconds. As soon as they then start to sprint around a cone, offense must recognize and speed dribble around opposite side.
- Can introduce constraints such as offense can't turn back to defense.
- Could use this as a good start to make a guided read. E.g straight line or counter move. Could also make it guided for a sag read = shoot pull-up at cone.



- Defender tries to pressure the ball and steal it, for anywhere between 3 - 6 seconds. As soon as they then start to sprint around a cone, offense must recognize and speed dribble around opposite side.  
- Can introduce constraints such as offense can't turn back to defense.

### Wing Get 1v1

- Defender tries to pressure the ball and steal it, for anywhere between 3 - 6 seconds. As soon as they then start to sprint around a cone, offense must recognize and speed dribble around opposite side.



Player starts dribbling the ball. Make the 'extra pass' when 2 steps in and connects.

Play off the get on the catch. Defense can lock and trail or go under. Could do guided before live.  
- Load = add in a helpside defender.