

**Lawrence Frank
Pick & Roll Offense**

https://www.youtube.com/watch?v=V398QG_gmoE&list=PL56yxPzCF1akBJClkW-HqWnizgmSoSLFu&index=11&t=0s

Types of P&R:

Traditional (chest to sideline at the top)
Flat (back to basket - at EA we call this punch)
Lifted (everyone else spread with no post)
Spread (same as lifted but the 4 man is in either corner)

High P&R Terminology:

Roll and Replace = As roller goes, low post has to replace to the swing.
Roll and Slide = Low post slides (wheel under) to other side of the post.

Side P&R Terminology:

Triangle Away = Three Side on Weakside with WS post.
Spread Side P&R = Three Side with all players outside the 3PT line.
Angled P&R = Butt towards weak side short corner
Angled Clear = Referenced the Spurs. Angle is with screener's chest to where sideline and half-court meet.
Step-Up P&R = Chest angled to half-court (flat) but on the side.
Elbow P&R = Horns. Screens are more towards elbows than 3PT line.
Logo P&R = In mid-post area / in-line with the block where NBA logo used to be. Screener sets it really low.
Brush P&R = Small screening for a big down in the low post at the block.

Teaching:

Have rules for everyone.

Screener Rules:

1. Set-Up = Must be a threat before going to pick. If starting in the low post, could fake a cross screen, could fake away, fake a wheel under, change speed etc.
2. Sprint = Must sprint to set to try and ensure screener's defender is detached at moment of screen.
3. Screening Angle = Screen bottom part of the body and force defender to go over it.
4. Separation = Screener must sprint out - not so much of a traditional roll but more of a sprint.

Ball Handler Rules:

1. Starting Point = Where do we start the P&R? If we know a team will trap the P&R (not close to a sideline), if a team will go under (start lower etc), if a team will ice it (start higher and tighter).
2. Set-Up = Always have to be a threat to beat the defender away and reject.
3. Separation = Objective of P&R is to play 4v3.
4. Score = Must think score and be aggressive. This doesn't mean always shoot it, but attacking especially if in a dominoes situation. Many college players going to the NBA aren't enough of a threat so never force the help.

Rules for Bigs:

Anytime there is a catch on a pop above the FT line extended, there are 6 things which can happen.

1. Shot or Drive as first opportunity if it exists.
2. Look inside for a post-up
3. Pass and cut to post or cut to space.
4. Pass and follow with a pick to either the strong side corner lifting out (chase action) or weakside swing. Same screening angles apply as before (e.g could fake away before picking).
5. If defender is closely guarding one gap away, "dribble screen". Instead of a DHO, dribble right at the defender's body.
6. Pass and Screen Away. Same S rules apply.

Vs Hard Show:

- Against a hard show, still a threat to reject.
- Must attack outside hip of the showing defender. Then try and attack downhill after passing the hip.
- Screener has to arrive before his defender can be there. This is where the set-up and sprint are important. Screener is trying to get his defender "late on the show." If he can do this and not have the defender's chest on the screener's back, there will be "space to split." If see space, want to split instead of turning the corner.
- If see space, want to split instead of turning the corner.

Vs Under

- If we know a team is going under, the starting point is lower.
- As soon as defender goes under, screener will short roll to try and bury defender going under.
- Now there is some confusion. It could create a switch if the screener buries the defender, or is screener's defender trying to get back to screener as on-ball defender is recovering?

- If no read is made to exploit any confusion that may exist, or if we fail to bury the defender going under, look to “wiggle.” This is our terminology for a Ricky, also known as a “Twist.” On the Ricky, must screen the bottom and “come from below him” so they won’t be able to go under again.
- After this can use speed to turn the corner and make it a foot-race. Could also shoot a pull-up jumper.
- **For the screener, regardless of the coverage, any-time the screener’s defender is above him we look to slip.**

Vs Blitz/ Hard Show

- Corner player that is in the ball handler’s vision lifts to the 45/ wing for a “kick pass.” He must anticipate and see the blitz happening.
- Off the kick, screener is rolling and look to hit the roll for dominoes.
- If it’s best player being trapped or want to attack the match-up. Boomerang it back to get the ball back into his hands.
- Starting point is higher and off the sideline if we know the blitz is coming.

Vs Drop (Frank calls it ‘zone and over’)

- Shots in all stages of the game offensively, including P&R, are lay-ups, free-throws and threes. The shots defensively we want to force are contested two’s. The worst shot in basketball!
- Offense can pull-up, snake dribble or attack the drop defender.

Vs Weak (forcing to left side regardless of position on court and the screening angle)

- Screener can look to slip into pocket away from the screen for a pocket pass.

Side Pick & Roll:

- Never want to run side pick and roll going straight to pick in a straight line from the slot / top as there is no angle. Must use the set-up - this could mean coming through the elbow to screen the bottom part of the body. Another set-up could be sealing and selling a lob then sprinting to set it.
- For low post player below the block, as the Side P&R happens if their defender is higher up they can either duck-in or screen them to “clear the run-way” for the ball handler. If there is a nail defender in deep support, can also screen them for the flare.
- Passer options include:
 - A stride stop and forward pivot to the player lifting out of the corner.
 - A pocket pass to the roller
 - A hook pass
- Ball handler coming off Side P&R is aiming to get to the elbow. If they can’t make a play, they look for:
 - Throwback (low post goes from a duck-in to a ‘flood’ which is a flash to the ball side low post). Throwback can either be early (straight to the corner if the defender is not

attached) or late (typically two dribbles into P&R, which gives corner a chance to lift towards the wing).