

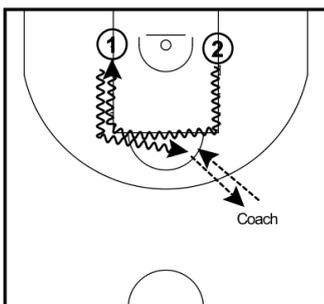
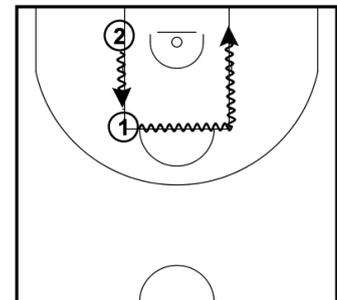
**Michael Cassidy
Pick & Roll Play**

<https://www.youtube.com/watch?v=rqXlwl6Lapc&t=1281s>

- Mid Pick & Roll very prevalent in international basketball. Was a big hole in Australia’s defense, so the solution was to get good at it offensively to improve their P&R coverage.
- Mid P&R is difficult to guard because of the shots you get out of it. Even if you can’t hit the roller, the throwback pass is good for creating advantage due to the long close out.

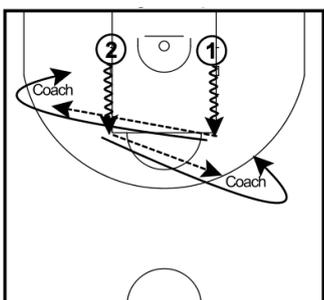
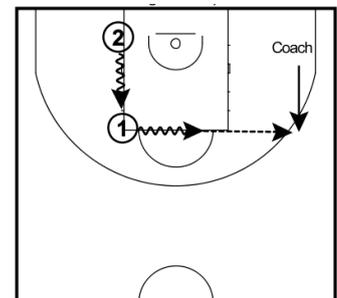
Box Dribbling Warm-Up w/ Loads:

- Need three types of dribble:
 - Attack = move forward
 - Explore = side to side
 - Retreat = back form pressure
- Players start where the lane line meets the baseline, start with two basketballs. Attack dribble up to elbow, explore dribble elbow to elbow, retreat dribble elbow to baseline. Retreat dribble at a laterally following lane line but with chin on shoulder. Practice both sides.
- **Load** = have both sides go at the same-time. Players have to avoid each other by making a ‘connection’ going up or under when on the explore dribble.
- **Load** = if coach says change, change direction.



•**Load** = if coach makes cue for ball (vocal or signal), player has to pass one of the balls. Can specify whether they make pass with left or right hand. Coach will pass back, player can either score with a high post move, shoot a jump shot, or continue the dribble circuit.

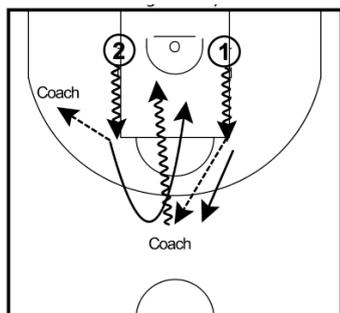
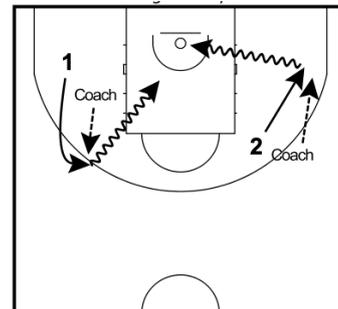
- **Load** = Second coach steps in. Coach can make cue to receive the ball, but if they point to the other coach, the other player must find them and pass. Coaches may start walking around now to increase difficulty. Player that passes is the one that the coach connects with (eye contact).



•**Load** = 1v1 first to score, introduce time or score. Down to one basketball instead of two, players going at same time. Coach calls one of the player’s names, and makes the signal for the ball or points to the other coach. Player whose name is called must make the pass, while the other player will pass to the other coach. Players then race to receive the ball from the coach they didn’t pass to, first to score

gets the point. Coaches move around for variability.

- **Load** = coach can throw ball out as player approaches. Players have to use hip-turn and sprint to pick it up and score. Coach could also place ball on hip indicating a jump-stop to receive, or behind their back indicating a curl.

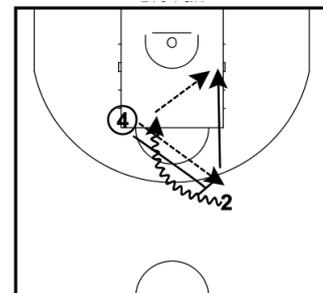


• **Load** = dynamic 1v1 from different spots. Player who passes second is the defender.

• **Load** = play dynamic 1v1 with second ball. Scorer must quickly transition to defense, while defender becomes offense. If new defender is quicker to the second coach, they can bump the ball to get a stop.

2v0 P&R:

- Start at elbows. Pass to opposite swing, follow with a screen.
- Australia terminology is Sprint, Set, Separate. Sometimes, they swap the set for 'smash.'
- Two passes - pocket and lob pass. They taught the pocket pass with the outside hand as it's quicker, but players should be able to do both.

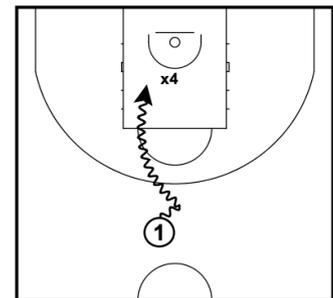


- Mike taught the lob pass for when the 'mush' defender steps up to be on the side of the ball handler, making the pocket pass difficult. Pocket pass is when home defender is more in-front of the ball handler. This is good, but also have to be wary of the players you are coaching and what their strengths are (e.g. can a post catch low?). At the youth level, we want to try and develop everything obviously.
- On the lob, it's an alley-oop or catch, land, finish.
- KPI = trying to avoid a 'strike zone' pass which is passing to the teammate in between their waist and head. This is because it can easily be disrupted by defense.
- KPI = eyes on shoulder when screener separates.
- KPI = making lob pass from the shoulder.
- Didn't talk about the screening angle or technique to screen in this phrase. Can be built in slowly, was more focussed on the above execution.
- **Load** = if coach calls 'switch,' players slip before offense passes shoulder to hip. Stimulates early slip.

- **Load** = if coach calls ‘screen right (or left)’ early, players flip and change their pivot.
- **Load** = add in guided defense and different actions for the screener based on attacking coverages. E.g. screener pop vs drop coverage.

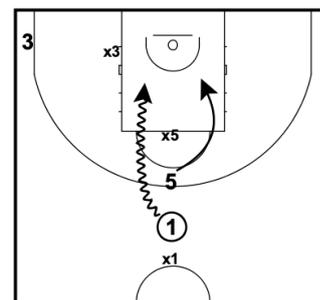
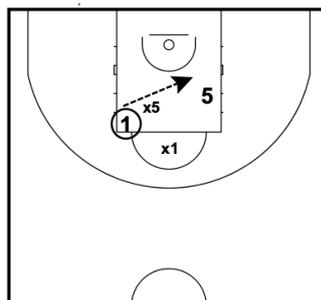
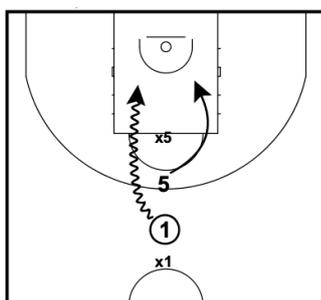
Guard Play P&R 1v0, 1v1:

- Guard gets shoulder to hip. Imitates slapping back of screener’s leg with inside hand.
- Looks to reject first to get into a position to run the defender into the screen, then comes back and turns the corner. Started off with normal lay-ups.
- Floaters and pull-ups really important for guards, especially in P&R context, due to frequency of 7ft centers in the international game ‘dropping’ and covering the rim. Changed the finish to add in floaters.
- **Load** = can block the use of the screen, but then play 1v1 with the defender in the key to determine the finish (e.g. defense determines layup or pull-up/floater). Offense then has to consider various constraints such as the size of the help defender, their movement etc in determining what shot to take.



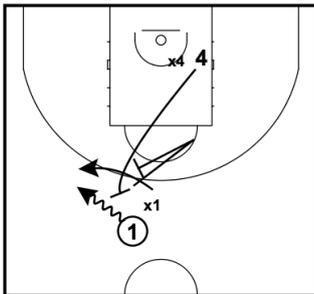
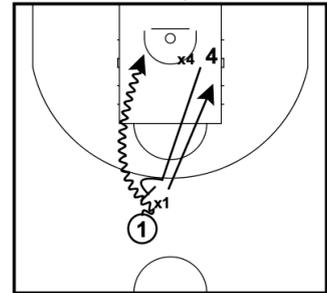
Australia Mid P&R 2v1+1, 3v2+1:

- This is the 2v2 SSG CoE do to work on their Mid P&R. Defender closes to basket faces ball, everyone else facing the rim.
- Ball handler looks for lay-up first, pass to roller second.
- First two steps from the screener are most important if they want to separate.
- Have players designated into two teams to make rotations easier if possible.
- **Load / De-Load** = control the advantage through relationship with ball handler and recovering defender. Instead of starting in-front, change advantage start through having ball on the back, defender in a different starting position (e.g. further behind or facing backwards to make easier) etc.
- **Load** = add a third player in the corner. If defender is in deep help or ‘three in a row’ corner has to find a window. If help takes the roller, have the throwback read. Roller should seal help if they’re deep in the key. Seal with eyes on chin to still see the ball



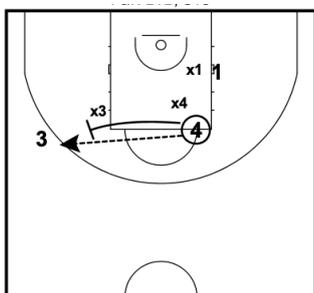
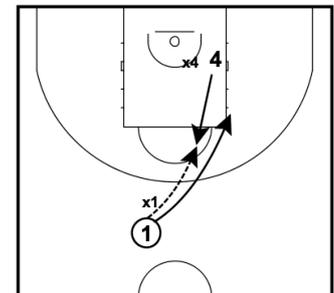
P&R 2v2, 3v3:

- Three passes = lob, pocket or throwback.
- Could also be Sprint, ‘Smart,’ Separate. Smart = slipping or flipping based on defense. Sometimes, Australia would spend two weeks talking about Sprint, Smash, Separate, then the next two weeks saying Sprint, Smart, Separate.
- Mid P&R = anywhere in between the seams (swings). Play 2v2 off live dribble.
- **Flip** = the counter to switching and to add variety to screens. Flip means changing the side of the screen before ‘setting’. This is good to use if the guard looks over and sees the screener’s angle/ direction and then looks back at the ball, as the screen can surprise them. Also good if the defense call it (e.g. screen left, screen left) early.



• **Twist** = re-screen, but not straight away. If defender goes under early (not late as ball handler could shoot) and closes the gap, ball handler will stretch out and screener will take two steps towards the FT line. Ball handler then calls ‘twist’ which is the cue for the screener to come back and set it again. Same rules with the three S’s.

- Practiced both reads in the context of 3v3 consistently to introduce the concepts, then mixed and added different options.
- **Gets** = High post flash, same concept that Canada Basketball talk about. Great to incorporate gets into Mid P&R to increase variety and keep defense guessing. Best time to do it is as a counter to intense ball pressure, and if guards are struggling against pressure before getting in to the P&R.



• When guard ‘gets’ it, we skip to the ‘Separate’ stage. If defense chases over and can’t ‘get’ it from the high post, throw to the weak side lifter and follow with a screen. Either player can call for it.

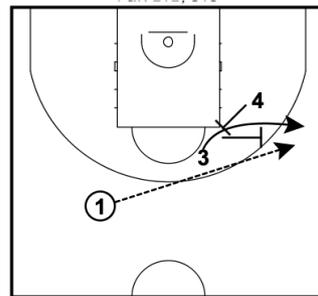
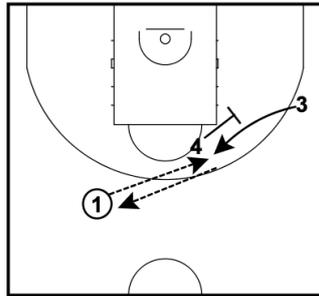
• If high post defender pressures the get and there’s no entry for pass, we just go back to the screen.

• **Idea** = build out guided reads based off the get.

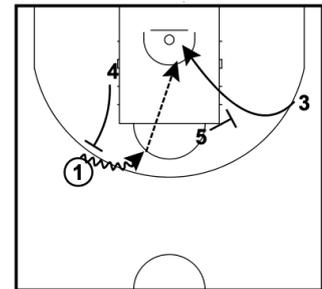
3v3, 4v4:

- Guard starts with ball in seam, guard in strong side corner, big in weakside seam. Guard passes to big in other seam and runs a ‘get.’ Off the get, big goes and sets a short route screen for the guard. If no advantage or pass off the screen, guard will either go and set the screen if they curl, or the big will set the screen if the guard has gone backdoor.

- **Load** = run the get action if big twists and comes back to pick off the short-route.
- **Load** = As well as twisting the on-ball, we can also twist the off-ball (short-route) screen. If guard wide curls off the short-route and there's no advantage, they boomerang back and then the screener 'twists' by setting a short-route flare screen. Off the flare, can sprint to Pick & Roll. Could also go into step-up elbow P&R instead of boomerang.



- **Load** = 4v4. Add another post. After the get, will have action on both sides of the floor. Short route on the weakside, ball screen or get on the other side.
- The 'roll' component is really important to creating the 2v1, 3v2, 4v3 advantage. Can obviously pop if it's a shooter based on the coverage.



- In international basketball, the non-shooting low post often sits low close to baseline ready to move to a window.