

Pete Lonergan

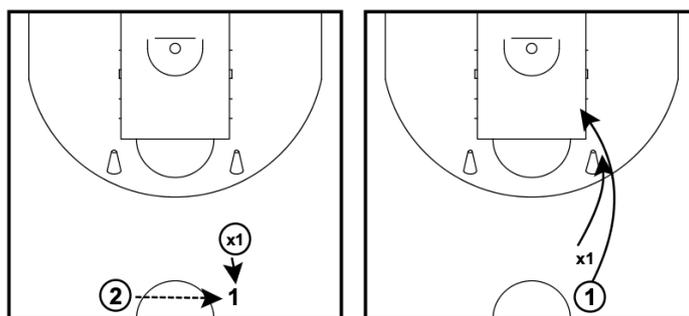
Pick & Roll Concepts

<https://www.youtube.com/watch?v=yJqBluPZzhc>

- We need more two-way teaching instead of just isolating offense or defense. To get more drill out of the drill, coach both the offense and defense behind pick & roll rather than all offense or all defense.
- While we can all copy a play from the Warriors or any NBA team, what we need to do is make sure we're great at teaching skill and concept. This underpins and pick and roll play.
- Strategy is the easy part. Challenge is skill and concept. With that in-mind, we're always loading to get more drill out of the drill and more practice out of practice.
- Starts some ball screen drills with a pivot. Can't tell them you're going to do it as it's boring, have to do it by trickery incorporating into 1v1.
- With pick and roll, space pivot is important to create time and space. Aim of defender is to take-away time and space.
- Ball screen is part of the offense, but it's not THE offense. Can't expect to score off every ball screen.

Chair 1v1

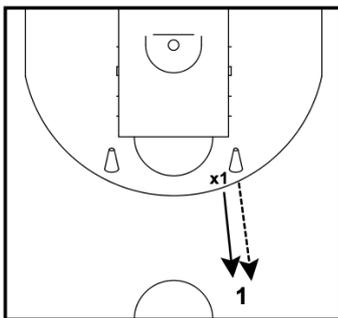
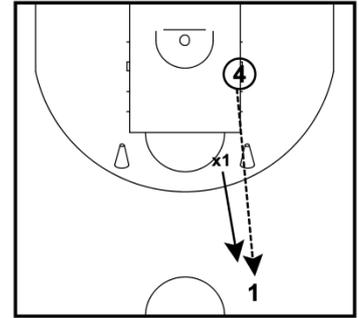
- Offense and defense at half-way in a swing spot, with a passer opposite swing spot. Passer will pass and defender will then take away time and space. Two space pivots, then when passer yells 'pick' it's live.
- A lot of the time when defenders hear screen, they drop and look. We need to instead 'load' and 'listen.' Load to ball means get closer and try and take her away from what she wants to do. Don't need to look as we trust teammates' call.
- Two chairs in swing spots. Defender trying to run ball handler off the screen, offense trying to get an angle to use the screen and run them into the chair.
- Defender using agility, anticipation and avoidance to avoid the chair. First thing players usually do is turn and run into the screen and 'melt'. That's what we want to avoid.
- Don't have to play 1v1 with score, just enter the paint to finish if offense can.
- If defenders can avoid the chair, their screen defense will automatically be so much better.



- **Load** = when defender hears pick, they try and touch the ball (constraint to encourage loading to the ball)
- **Load** = defender has to avoid screen (over/under) then get shoulders square to try and get a chest blow in order to get the point. If offense enters the paint but defender's shoulders aren't square, defense doesn't get the point.

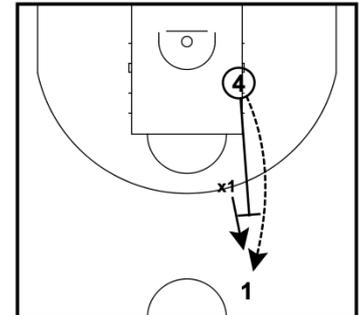
- KPI = offense can change speeds, retreat dribble or reuse screen to create time and space
- **Load** = set a time limit for offense (6 seconds)

- **Load** = add post player on block. They will pass the ball in, stimulating a pass and step-up/ punch screen (but players will still use chair for now). Then post will yell 'screen, screen' and give defender something to do (over or under). Screen defender starts level by chair, side-on to also have eyes on ball. Point to post and ball handler, move on the flight of the pass.
- KPI = leadership voices
- KPI = loading to ball (ball pressure) is key. Sagging allows offense to do what they want.



•**Load** = defender starts by chair, pass and close-out. Two space pivots then live. Offense get a point every time they get the defender to touch the chair. Get two-feet inside the key, then retreat and get out. Repeat x3 times (two going into paint, one away from paint). Defender has to be within one metre whole time.

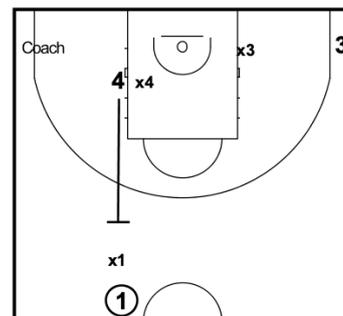
- **Load** = take chairs away, replace for screener. Punch screen. Defender trying to avoid being screened (don't get whole torso screened). X3 times (2 towards paint, 1 coming back).
- Pete thinks that poor screen defense (e.g. easily getting screener) is a result of too many coverages and not enough teaching.
- If you look at screen coming, a good player will slice the ear off and blow-by. If it is a look, it's a snap head



- **Load** = screen can set punch or set an angled screen (screen left or right hip). One talker (player standing out of bounds to communicate screen and over/ under) come off screen once and that's it.
- **Load** = if there's an early coverage call, offense can 'late change' (flip) the screen and change pivots to change screen angle. Change is ball handler's responsibility - if ball handler sense it, may need to retreat dribble to give time for screener so it's not a blocking foul.
- On punch screens high-up got a lot of time to recover. Can roll or avoid and then still get back to the ball handler in good time.
- Can also grab and pull off an extended punch screen.
- On early ball picks, drags, punch etc. must avoid being screener if you want to avoid staying out of rotations. Don't just melt and give-up when you're screened!
- For punch screens want to be in seam/ swing so you have enough space to go either way
- Don't jump to pass vs don't jump to FIND a pass (big difference). Sometimes you have to jump to find a pass.

3v3

- Corner, post and ball handler. Punch screen and play. If coach in opposite corner puts hand up, have to pass, get it back and run a second screening action
- **Load** = trap the second ball screen. By trapping consistently in practice, it makes defense work harder and work collaboratively, and makes offense make decisions under pressure and think about the next decision. Also brings in element of randomness to the drill.
- **Load** = coach can move around the 3PT line now.
- **Load** = add coach or player on other side too
- **Load** = change signal to hungry hands = higher level awareness then raising a hand



4v4

- Good offenses now are a blend between pick and roll and short-route down screens.
- Short route screens would be at elbow, gives more options as deep pin downs can easily be top locked and shooter can't get anything off it.
- Play 4v4 with punch screen on one-side, short route down screen on weak side. No option off first punch screen = throw-back to player coming off short route screen. Player who set this screen then comes back for second punch screen. Third action can then be flare screen between players who set the original punch screen.
- **Load** = trap second screen
- **Load** = Start at half, swing and corners. Ball handler will pass to player coming off downscreen and then shallow cut. Screener will exit to opposite corner, while corner player lifting will set screen for player that catches ball off down screen. KPI = speed of exits and ability to quickly get to the corners.
- This is linked into concept of can pick and roll be part of what you do, not what you do
- Likes down screens higher up (e.g around elbows) vs wide pin down as there's more space below to operate after.

