



# Florida Gator Basketball

## Ball Screen Concepts





Though many people believe that defense wins games, you can't win if you don't score points. Teams at every level, high school, college, and professional are incorporating the **ball screen** into their offensive strategy.

Setting a **ball screen** involves at least two offensive players: one with the ball and another one without the ball. The offensive player without the ball finds the defender guarding his/her teammate who has the ball and temporarily blocks the defender's path, so that his/her teammate can advance the ball, often towards the basket, without being guarded.

At the **University of Florida** we utilize 2 types of **ball screens**: the **flat ball screen** and the **ball screen** that takes place on the **wing**. Both ball screens are extremely effective and they each can lead to different scoring options.

## Flat Ball Screen

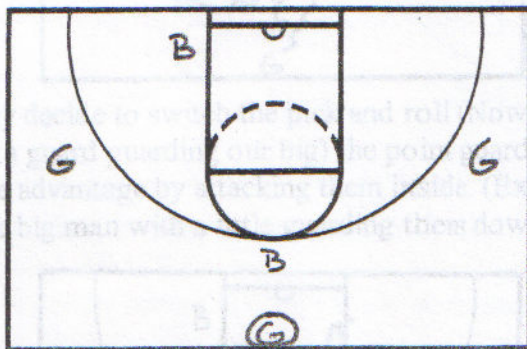
The **flat ball screen** is often something we use to initiate a particular offensive play, or something we use when the shot clock is winding down for our point guard to make a play.

### **Setting the flat ball screen:**

**How to start:** Start with a guard just across half court with a basketball. Have the other 2 guards on both wings, and one big on the low block and the other big about 2 feet above the 3 pt line.

**\*Note:** we base which big sets the ball screen based on the match ups in the game and how they are guarding the screen.

**\*If there is a big in the game who has poor feet and isn't very good at guarding ball screens, then we want whichever player he is guarding to set the flat ball screen.**

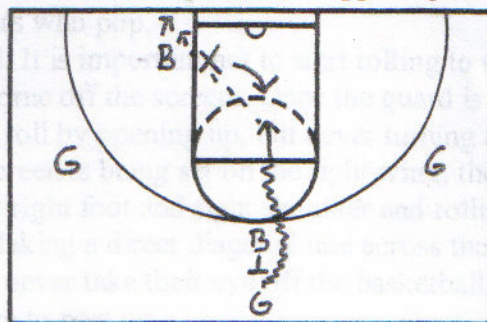


**Executing the flat screen:** It is the point guard's read on which way they want to come off the ball screen. The big who is setting the flat ball screen should be facing half court thus making him "flat". This gives the guard the option to pick which side based on how the defense reacts. Whichever way they do choose to come off, the big on the low block moves to the opposite low block. It's very important the guard comes off the big's screen shoulder to shoulder so that they are able to get into the lane.

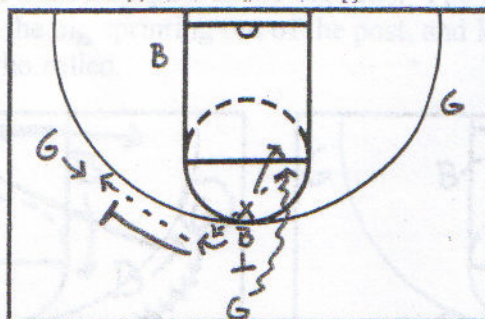
**\*Note:** the point guard has several reads to make when coming off the flat screen:



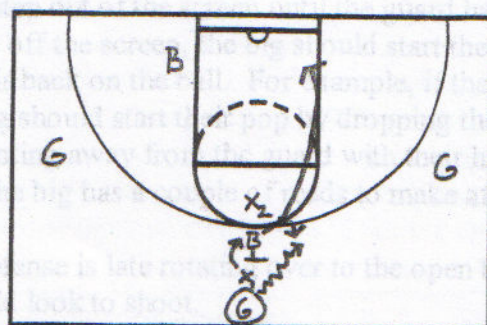
**Read 1:** If he/she has an open drive down the lane, take it and create a play. As soon as the guard comes off the screen, the big on the low block needs to get to the baseline, behind the backboard, and even with the low block, and the big setting the screen steps back behind the 3 pt line. (the guard should look to either score, look to kick the ball to the perimeter to one of the guards whose man could be sagging off the lane, or dump the ball off to the big on the baseline whose man probably stepped up to take away the drive)



**Read 2:** If they decide to flat the pick and roll by having the screeners defender back off into the lane (to take away the drive), the guard should look to throw the basketball back to the big who is stepping out, and he/she can immediately go into a wing ball screen with the guard on the wing.



**Read 3:** If they decide to switch the pick and roll (Now they have a big guarding our guard, and a guard guarding our big) the point guard needs to recognize the switch and take advantage by attacking them inside. (Ex. getting into an offensive set that gets the big man with a little guarding them down low.)





**Wing Ball Screens:** There are two types of wing ball screens that we utilize. The **wing pick and roll** and the **wing pick and pop**. Choosing which type to use should depend on the line-up and the versatility of your bigs setting the ball screens. If you have a big who is a great shooter, or can really put the basketball down on the floor and create off the dribble, the **pick and pop** would be effective. If you have a big, that may be a little less versatile and really is only effective scoring in the paint, the **pick and roll** will probably be a more effective play.

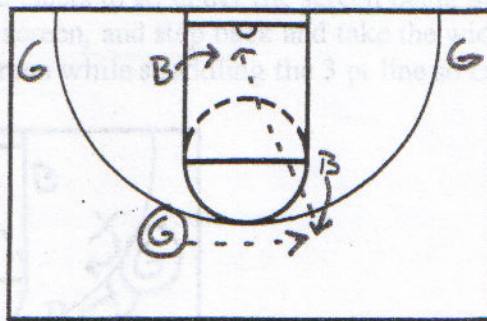
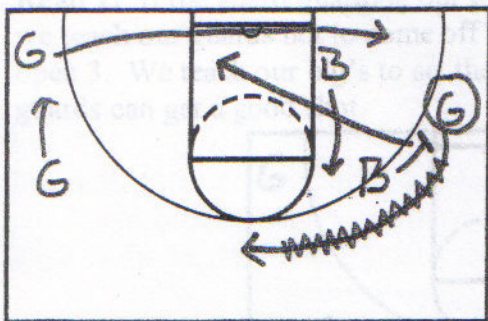
#### **Big's Responsibilities:**

In our offense, we have certain players who roll all the time off wing ball screens and certain players who pop.

**Players who roll:** It is important not to start rolling to the basket until the guard has completely come off the screen. Once the guard is off the screen, the big should start their roll by opening up, but never turning their back on the ball. For example, if the screen is being set on the right wing, the big should start their roll by dropping their right foot and right shoulder and rolling across the lane to the left low block (Making a direct diagonal line across the lane). Its important that the bigs who roll never take their eye off the basketball. Once they make it to the low block they are to post up.

**\*Note:** Anytime we run ball screens on the perimeter, we will have another big posting on the low block on whichever side the screen is taking place.

If it's a situation in which the big is rolling off the ball screen, we will have the big posting sprint out of the post as the big rolls. The guard then looks to pass the basketball to the big sprinting out of the post, and look to make a high low pass to the big who rolled.



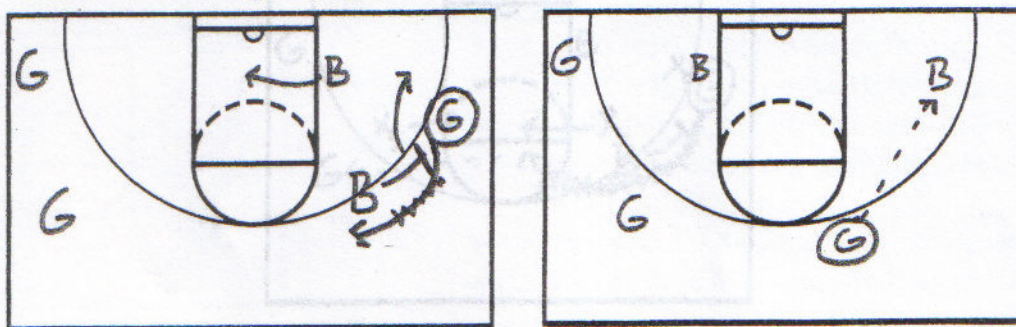
**Players who pop:** Just like big's who always roll when setting ball screens, it is important not to step out of the screen until the guard has come completely off. Once the guard is off the screen, the big should start their pop by opening up, but never turning their back on the ball. For example, if the screen is being set on the right wing, the big should start their pop by dropping their right foot and right shoulder and sprinting away from the guard with their hands up ready to receive the basketball. The big has a couple of reads to make after they pop back from a ball screen.

**Read 1:** If the defense is late rotating over to the open big coming out of the ball screen, they should look to shoot.

**Read 2:** If the defense is closing out hard on the big coming out of the ball screen the big should look to ball fake and drive the basketball to the hoop.

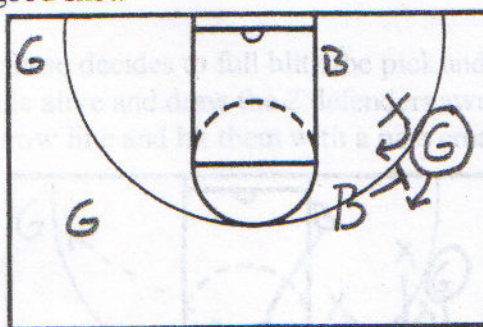


**Read 3:** If the defense decides to switch the pick and roll and now the big has a guard on them the offense should look to take advantage of the switch and get the basketball inside. (Ex. Getting into an offensive set that gets the ball to the big man with a little guarding him down low.)

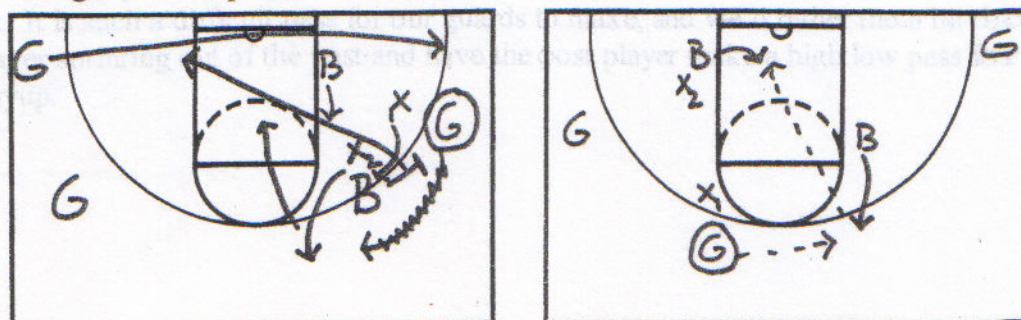


**Guard Responsibilities:** In wing ball screen situations it is the guard's responsibilities to make the initial read (Do I shoot, pass, or drive?). We teach our guards to always attack off ball screens. We never want them to dribble away from the basket, we always want them to attack the basket. When the guards receive the basketball on the wing, and get ready to dribble off the ball screen, the first thing we teach is for them to square up in a triple threat position and give a quick jab to the baseline to keep the defense honest (We don't want the defense thinking the only thing we are trying to do is use the ball screen. If the baseline drive is open, we teach our guys to take it). Once they start their dribble, it's important for them to stay low and come directly off the big's hip.

**Read 1:** If the guard guarding our guard elects to go under the screen being set, we teach our guards not to come off the screen, and step back and take the wide open 3. We teach our big's to set the screen while straddling the 3 pt line so our guards can get a good shot.

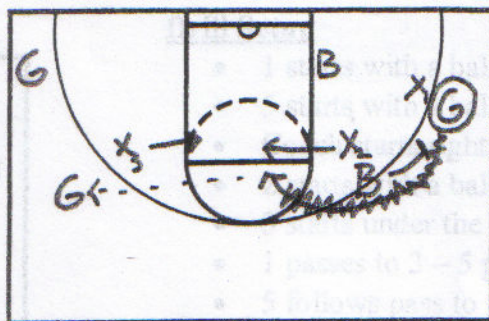


**Read 2:** If the defense decides to half blitz the ball screen (they choose to jump out and show hard with the big guarding the ball screen to allow the guard to get back) we teach our guards to go right at the big and try to turn the corner and get into the lane and make a play. If the guard guarding them is able to get back into the play, look to throw the basketball back to the big either popping or the big rolling out of the post.

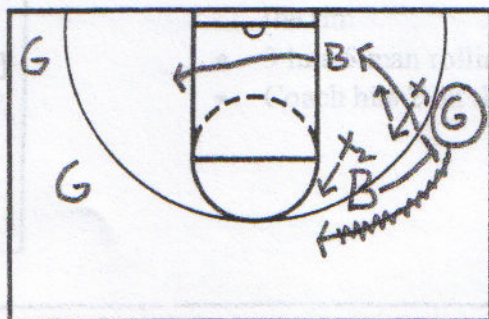




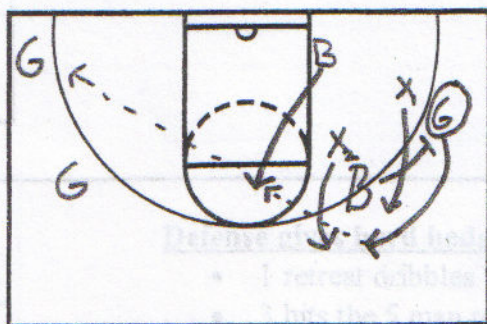
**Read 3:** If the defense decides to flat the ball screen (by having the screeners defender back off into the lane and contain the guard off the dribble) we teach our guards to go right at the big and force them to contain our guards off the dribble.



**Read 4:** If the defense decides to switch the pick and roll and now the big has a guard on them the offense should look to take advantage of the switch and get the basketball inside. (Ex. Getting into an offensive set that gets the ball to the big man with a little guarding him down low.)



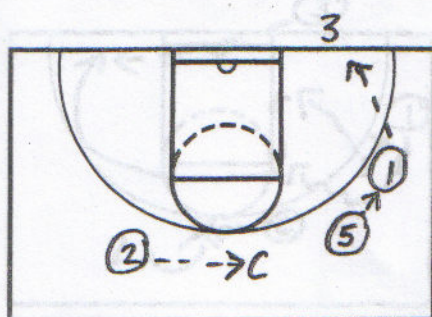
**Read 5:** If the defense decides to full blitz the pick and roll, we teach our guards to keep their dribble alive and draw the 2 defenders away, have the big that is low flash to the free throw line and hit them with a pass creating a 4 on 3 situation.



**\*Note:** We rarely want our guards hitting the post players who are rolling out of ball screens. It is such a difficult pass for our guards to make, and we'd rather them hit the post player sprinting out of the post and have the post player make a high low pass for a dunk/layup.

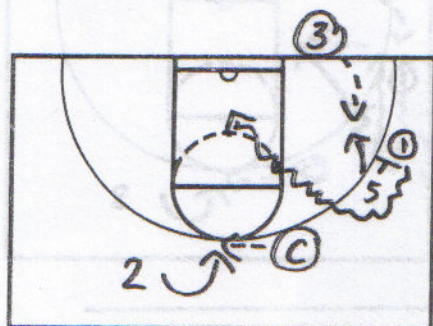


# Ball Screen & Roll Shooting



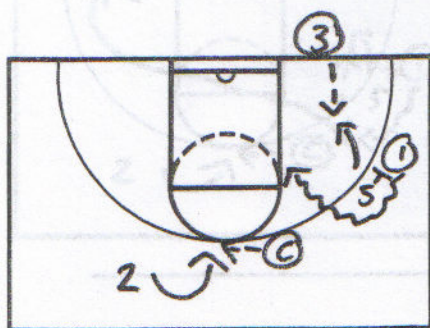
## Drill Setup

- 1 starts with a ball on the right wing
- 5 starts with a ball on the right wing
- Coach starts right lane line extended
- 2 starts with a ball left lane line extended
- 3 starts under the basket
- 1 passes to 3 – 5 passes to 1 – 2 passes to Coach
- 5 follows pass to 1 with a ball screen



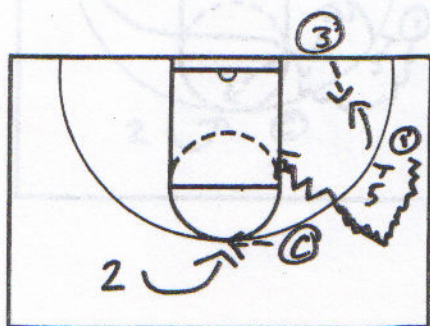
## Guard attacks basket and scores

- 1 comes off the ball screen and gets all the way to the rim
- 3 hits 5 man rolling off the screen for a jump shot
- Coach hits 2 on the loop



## Guard pulls up for jump shot

- 1 comes off the ball screen and pulls up in the lane
- 3 hits 5 man rolling to the basket
- Coach hits 2 on the loop

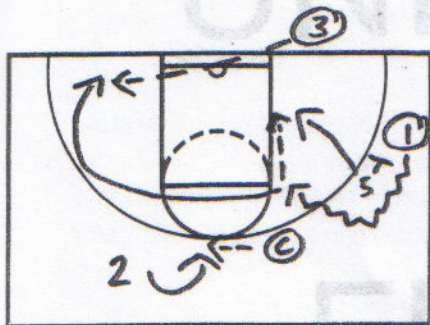


## Defense gives hard hedge

- 1 retreat dribbles vs the hard hedge, then attacks
- 3 hits the 5 man rolling off the screen
- Coach hits 2 on the loop

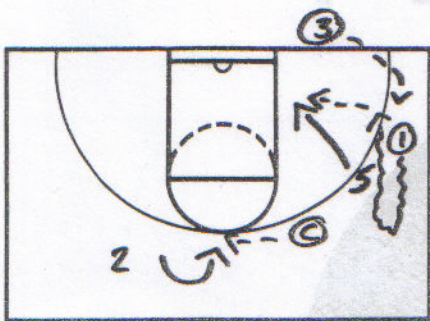


## Ball Screen & Roll Shooting



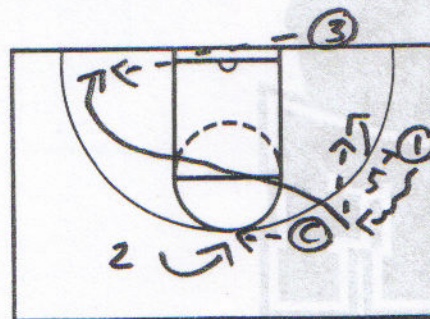
### Guard hits big man on roll

- 1 comes off the ball screen and hits 5 rolling to the basket
- Coach hits 2 on the loop
- 1 spots in the opposite corner for the fade pass from 3



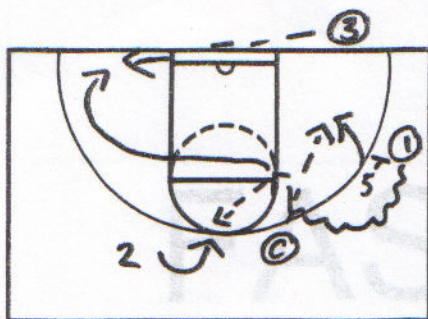
### Defense switches ball screen

- 1 pulls defender away from the basket as 5 buries his man in the post
- 1 hits 5 in the post
- Coach hits 2 on the loop
- 1 gets crack back from 3



### Defense double teams ball screen

- 1 takes the trap away from 5
- 1 hits 5 for a jump shot
- Coach hits 2 on the loop
- 3 hits 1 for the fade



### Guard draws help defense

- 1 gets in the lane and draws defense- hits 2 on the loop
- Coach hits 5 rolling off the screen
- 3 hits 1 for the fade



# UNIVERSITY OF FLORIDA



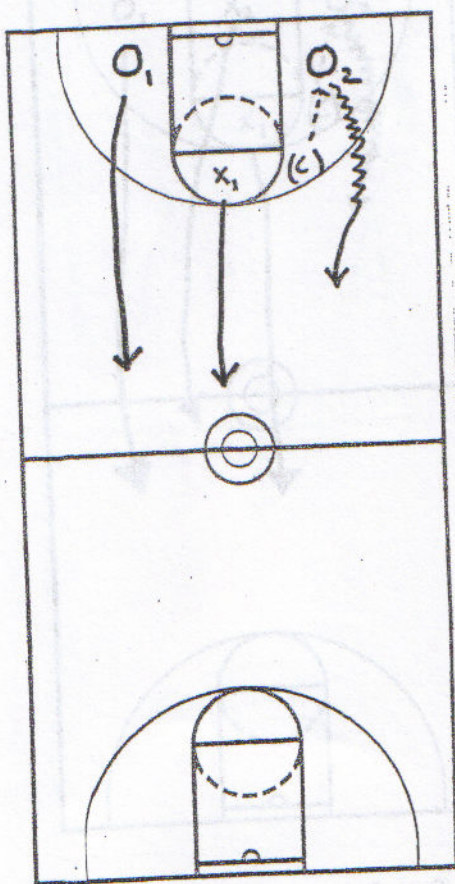
## FAST BREAK



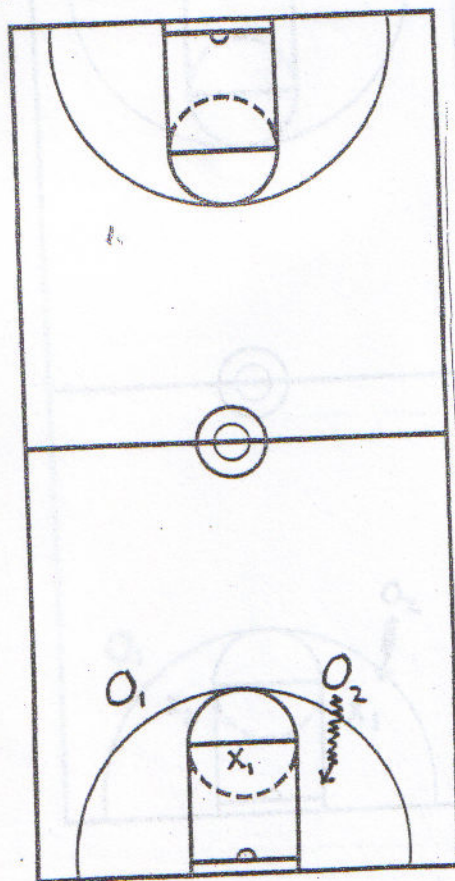
## Triangle Fast Break Build Up 2-on-1

- Have two of the offensive players start 2 or 3 feet outside of the lane on the baseline. Start with the defensive player on the free-throw line.
- Have the coach start the drill by holding a ball around the free-throw line area, and pass it to one of the two offensive players.
- Once the ball is passed, the defensive player should immediately turn and sprint to half court and get down in a defensive stance with active hands.
- The offensive players should remain 2 or 3 feet outside of the lane as they attack the rim. They should not be too wide, so the defense can recover, and not too close, so the defense is not able to cover both players.
- The offensive player with the ball should not pass the ball until the defense totally commits to him ( bounce pass for a lay-up) If not take the ball to the hoop.

Start



Finish



**Notes:** *Offensive:* - the offense must get a shot at the basket (no turnovers)  
 - the key is separation between players

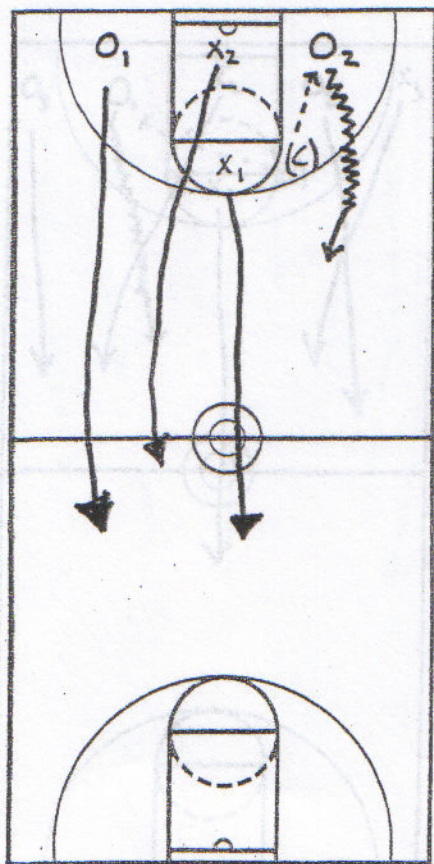
*Defensive:* - have active hands, try and deflect passes  
 - main job is to delay the fast break so that the rest of the team can get back into the play



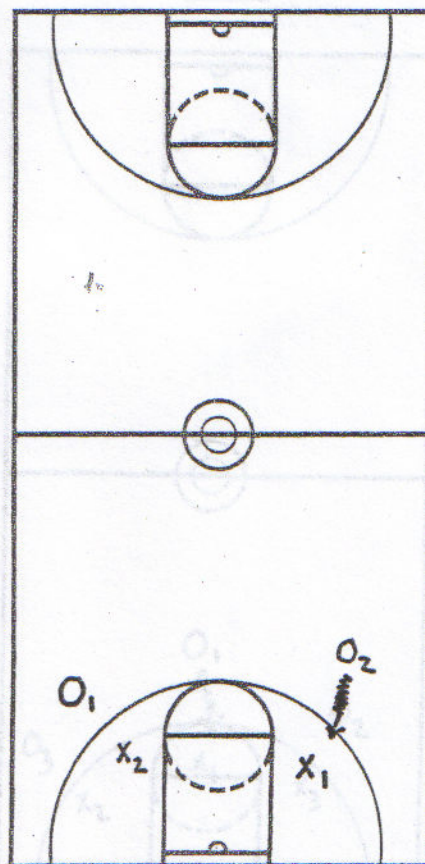
## Triangle Fast Break Build Up 2-on-2

- Now we will add another defender whose main job is to sprint back down the floor and get back into the play.
- Start with the same set as you did in the 2-on-1 drill, and this time add another defender and place him under the basket. The defensive player that starts under the baskets main job is to get on the inside track of the player opposite the player with the ball.
- Begin the drill the same as you did before with a coach passing the ball to one of the two offensive players on the baseline.
- Just like in the 2-on-1 drill the offensive players are trying to attack the rim to score remaining 2 or 3 feet outside of the lane.

Start



Finish



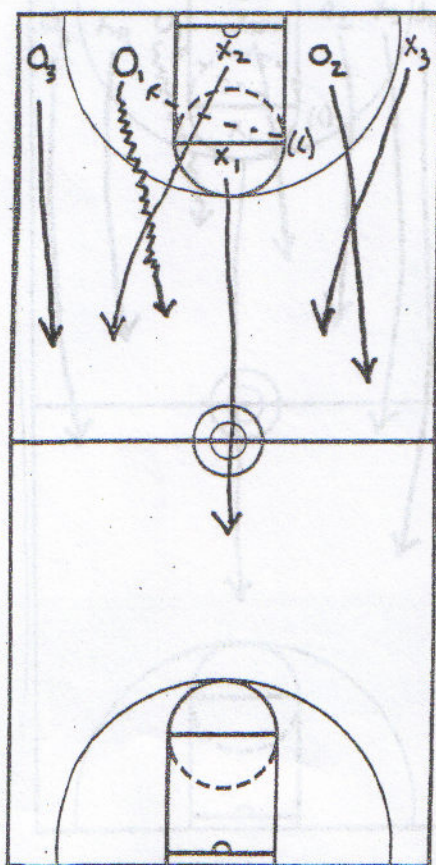
- Notes:**
- Offensive:**
    - the offense must get a shot at the basket ( no turnovers)
    - the key is separation between players
  - Defensive:**
    - communication is key. The two defenders must talk to one another as they sprint back on defense in order to get matched up correctly.



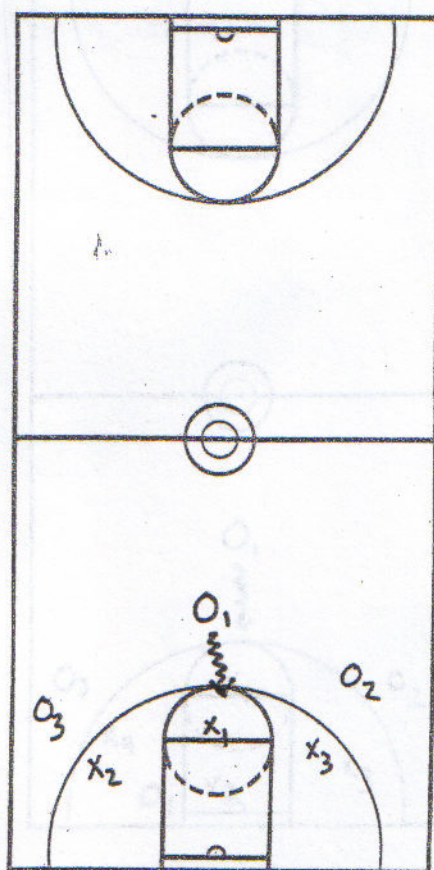
## Triangle Fast Break Build Up 3-on-3

- Start the drill this time with 2 offensive players on each of the low blocks and the 3<sup>rd</sup> offensive player in one of the two corners.
- Defensively start with one defender at the free-throw line, one defender under the rim, and a third defender in the opposite corner of the offensive player.
- Begin the drill the same way as the previous two with a coach passing the ball to one of the 2 offensive players on the low blocks.
- Once the ball is passed, the two offensive players without the ball must remain wide so that the player with the ball can take the middle of the floor, create and make a play.
- Defensively, just like in 2-on-2, you're trying to sprint to the inside track of the 2 offensive players on the wings.

Start



Finish



**Notes:** *Offensive:* - spacing here becomes key. It is extremely important that the 2 players on the wing remain wide so the player with the ball can attack.

*Defensive:* - Communication once again is key. While sprinting back down the floor players must talk so they get matched up correctly.

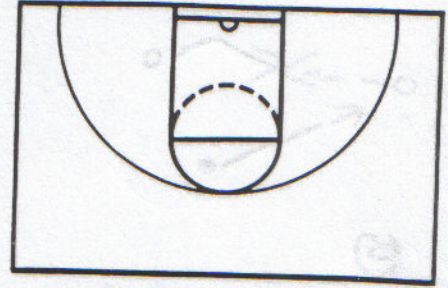
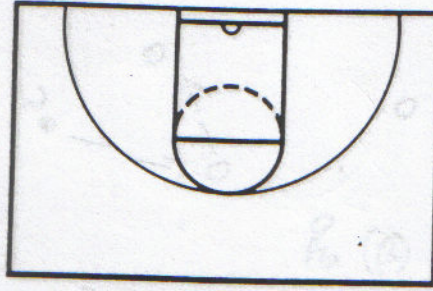
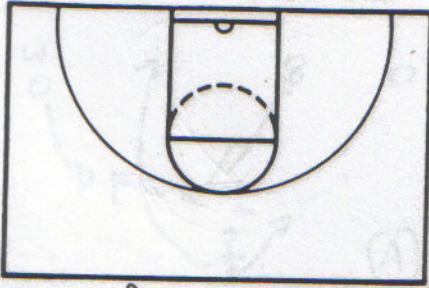




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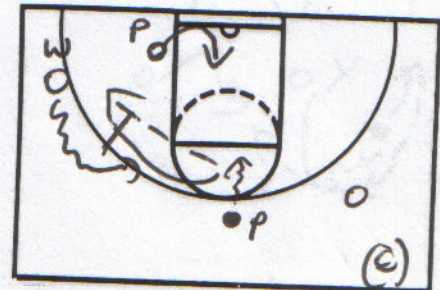
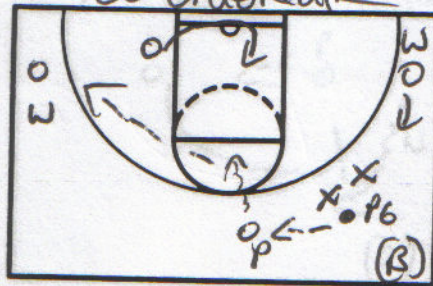
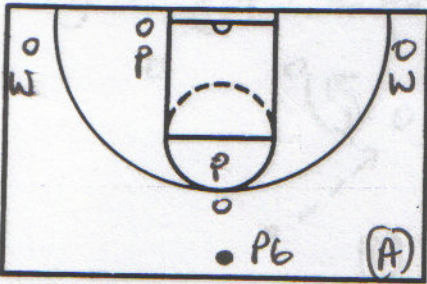
CLINIC  
DATE

Billy Donovan / Florida  
Pick & Roll Concepts



NOTES

Pick & Roll Defense → Hard Trap  
Switch  
Go Underneath



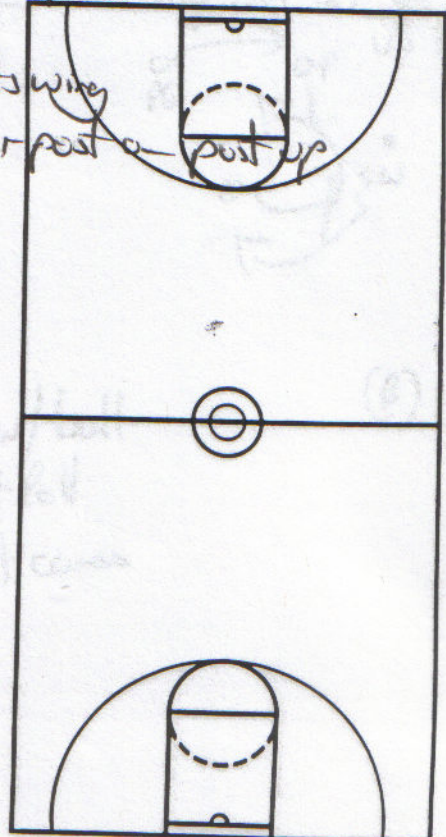
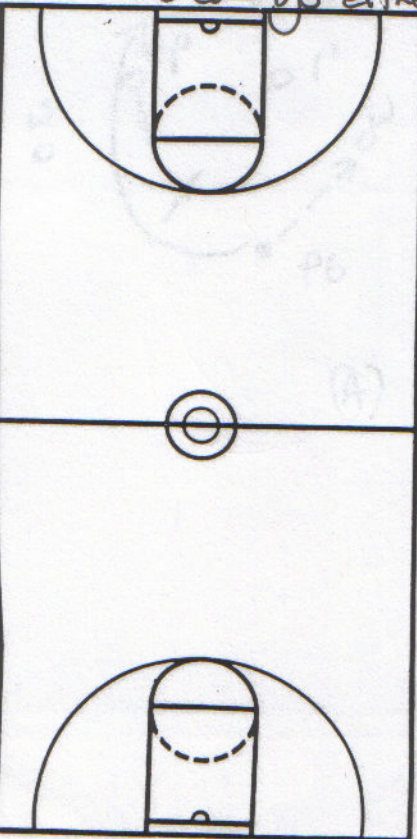
NOTES

Post w/ back to baseline  
Flat backscreen  
P6 can go either way

Post drives & pitches  
Post drives & looks  
for post in open

Area  
Post drives & hits wing  
who looks for post a

NOTES





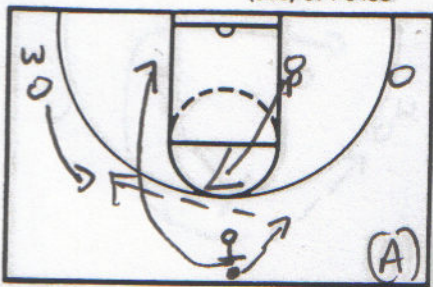


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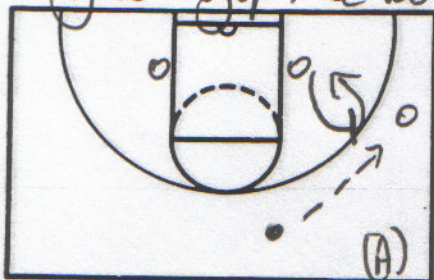
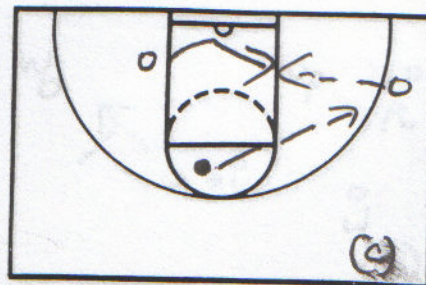
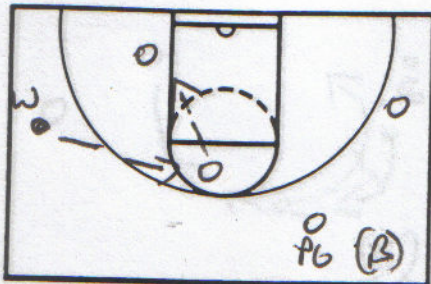
Donna / Florida

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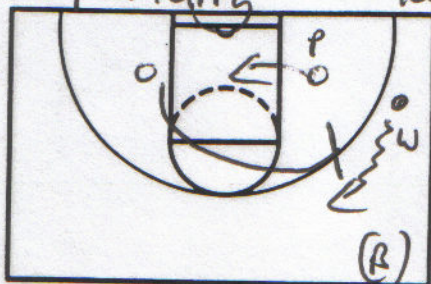
NOTES

If they switch PG will look for wing coming up / he looks for post rolling looks low

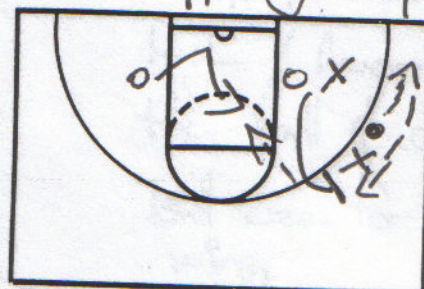


NOTES

Hard trap on ball screen  
Screener will slip



Opp. post comes to set ball screen

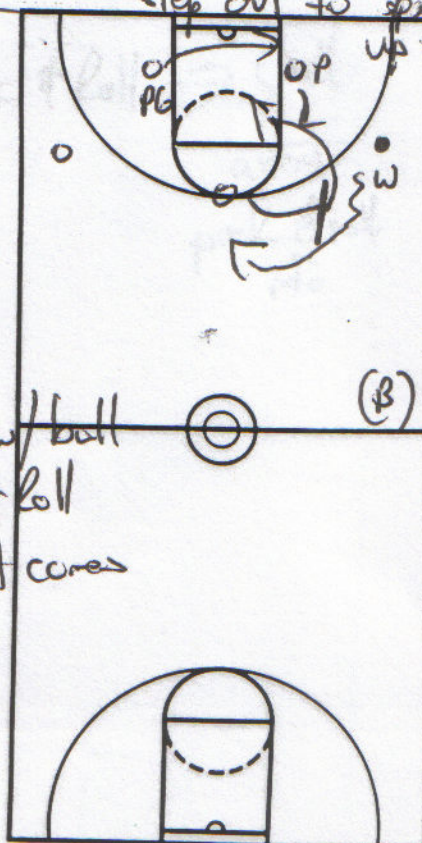
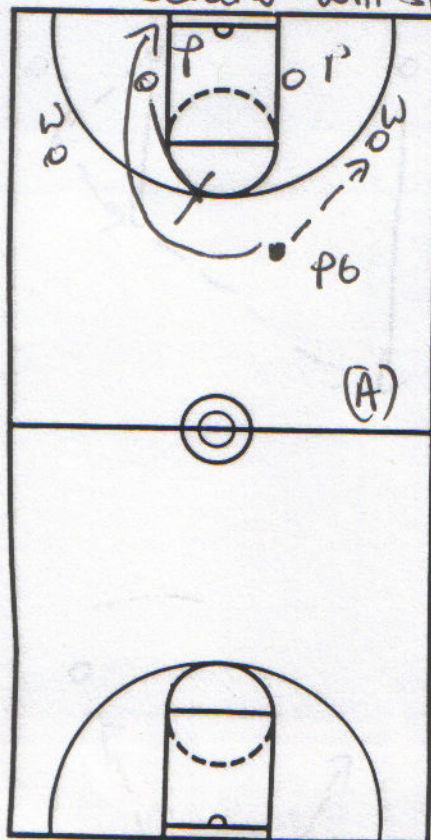


Showing to force to corner  
Post-screener will step out to space

NOTES

Backscreen by opp. post for PG

Post will set 2nd screen for wing w/ ball  
Pick & roll  
Opp. post comes up

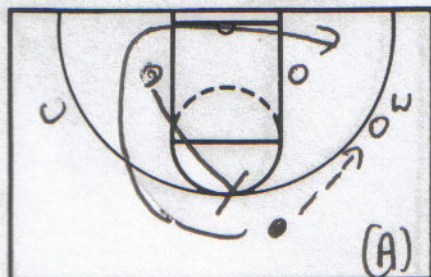






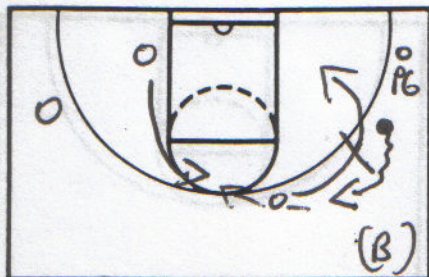
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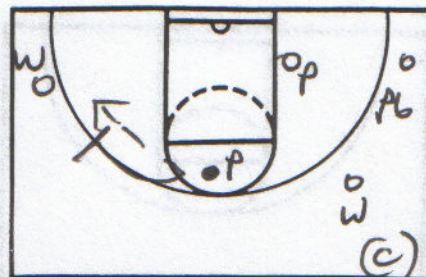


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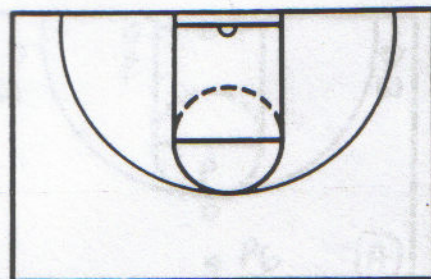
Backscreen  
for PG



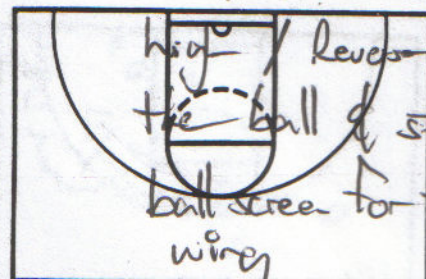
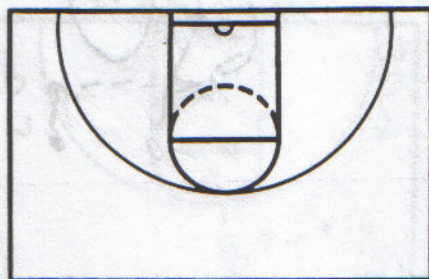
Ballscreen for  
wing



2<sup>nd</sup> ballscreen -  
Pick & roll not open  
hit opp. post corner



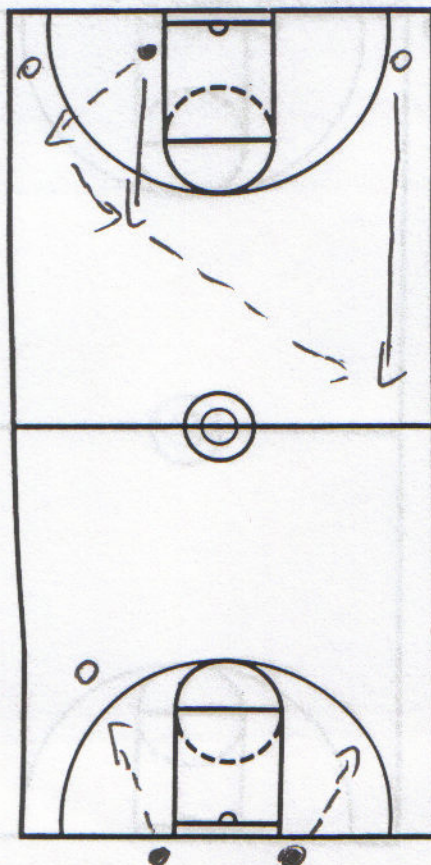
NOTES



high / reverse  
the ball & set  
ballscreen for that  
wing

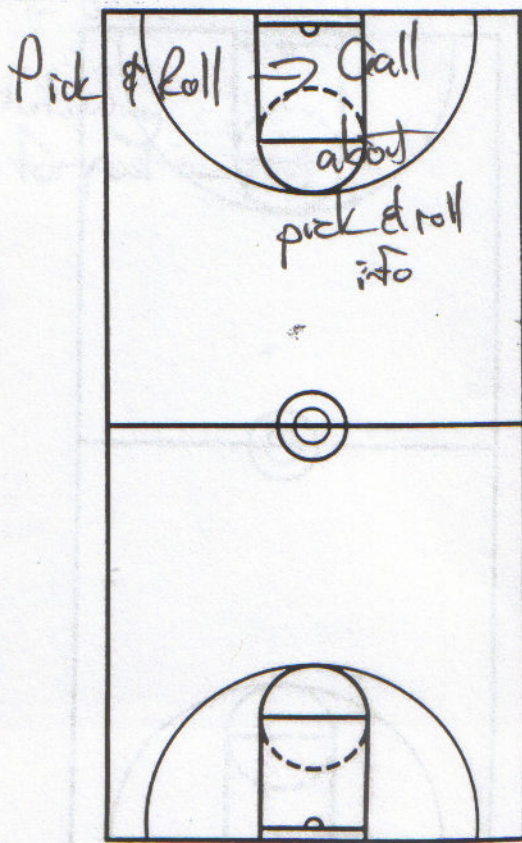
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NOTES

116 pt.  
3 min.



Pick & roll → Call  
about  
pick & roll  
info