

## **Pick-n-roll offensively and defensively**

### **Offensive pick n roll**

- Work on this in your layup lines with pick n roll lines

### **Pick-n-roll angles**

Wing  
Middle  
Horns  
Step up  
Double  
Double twist  
On the move , off a screen  
Strong side, corner filled

### **Weakside action**

- gaggle
- bump off double down
- slip

### **Pick n rolls**

- 2 on 0 pick n roll
- 2 on 2 pick N roll - working on technique
  - show
  - hard hedge and contact show
  - push up and under
  - trap (toes to sideline)

3 on 3 pick n roll shell with 3-man rotation

4 on 4 pick n roll shell with rotation

5 on 5 pick n roll defense vs live sets

### **Defenses**

- trap

### **Post defensive traps**

- Determine where on floor is your post up "box area"
- Determine when you trap
  - on the pass
  - on the catch
  - on the dribble
  - on the move

- "bait" trap - fake trap and cut off passing lanes
- digs, stunts

### **Types of post traps**

- "snap back" off passer who cuts
- X trap - 2 passes removed
- Y trap - first player
- Z trap - 2 players removed
- Big to Big trap
- hits - off designated man

### **Defending the post up of "Triangle offense "**

- ball pressure, sit in lap of post

We designate a color of our opponent. Each player assigned a color in regards to the quality of shooter he is (e.g., superior, average, mid-range, non)

### **Defensive technique on**

- Dribble handoffs
- Split action

Screener's man is loose, defender receiving screen into body of

Defending "guard around" into and loose or into then under with support

### **Post defensive technique**

- Butt front
  - passer pressure hands in quarterback's eyes
  - weakside alert like a defensive back
  - sit butt on post-up legs, hands up on butt front

### **"Special situations"**

#### **Inbounding**

#### **Define your best "inbound passer"**

- full court, half court, 3/4 court

#### **Defending inbounds**

- staggered jump - deflections
- two defenders defend inbound pass

#### **Special defenses vs special players**

## **Special rules vs special players**

Started with Chuck Daly and the "Jordan Rules"

- **A . Iverson** - on catch, pressure AI, other 4 to form a "box" on elbows and post blocks

- **K Bryant** - mix up

Vs iso - Force right in the first half , force left second half

Vs post up - force baseline

**Vs Stockton, C Paul, S Nash** - trap right as they cross halfcourt the "face deny" don't let them get ball back

**Vs Ray Allen** (and other good catch-n-shoot players) "Hover" hand of the ball

**Vs D Wade** - Anyone guarding him must have a foot in the paint

## **Free throw**

Hammer play

Runner play

## **Jump balls**

-read the tap - blind spot for each jump ball

- find and form your "alley"

## **Hammer play**

Play to score of the jump

## **Side out of bounds**

- "50 set " (50, 50 up, 50 down, 50 red, 50 double away)

- X play

## **Baseline out of bounds**

4 o'clock ( lob )

## **Your team's best lineup for...**

- comeback game
- 3-point shooting
- pressure defense
- up 10 points with 5 :00 to go
- need a rebound
- playing with a 2 point lead

## **Special situation drill**

### **"Bubble drill"**

7:00 on clock up 18 points. Team has lead has a bubble over basket so ball can't go in.

### **Other team can score.**

Team with lead must learn to take care of ball and run clock down. Plus get offensive rebounds and defensive stops to hold the lead.

Example: LA Lakers vs Boston Celtics at LA (Game 4, '08 NBA Finals)

### **Best shots in an NBA game**

- a layup
- a free throw
- a corner 3 point shot