

# BALL SCREEN TECHNIQUES & DRILLS

## VIDEO TIME STAMPS

Start End

### Points of Emphasis - Using Ball Screens:

0:00	1:00	<ul style="list-style-type: none"> <li>● Pre-Screen reads - Screen defender shows hard early screener should slip - Ball defender cheats high early attack ball side of screen</li> </ul>
1:00	3:10	<ul style="list-style-type: none"> <li>● If screen defender hedges or switches use “Distance” dribble....i.e. cover max ground with first dribble - Read and make decision</li> </ul>
3:10	4:00	<ul style="list-style-type: none"> <li>● If ball defender trails the screen and post is in drop coverage or bad hedge then “turn the corner” - Get “foot win” over defender - Get in lane</li> </ul>
4:00	4:45	<ul style="list-style-type: none"> <li>● If ball defender goes under screen - ”Stop and pop” Shoot over top of screen</li> <li>● We should always have “1 in-1 out” following screen action - i.e. ball man turns corner screener pops - ball man distance dribbles screener dives</li> <li>● If 3rd defender rotates to cover 3rd offensive player must “stretch” the help</li> </ul>
4:45	6:00	<ul style="list-style-type: none"> <li>● In General Vs:           <ul style="list-style-type: none"> <li>▪ <b>Hard Hedge or Trap:</b> Must stretch the trap or hedge out with at least 2 hard dribbles - Post can Pop if a shooter - All other perimeter players on that side vacate</li> <li>▪ <b>Soft Hedge or Drop:</b> Turn corner &amp; Get in the paint and force post to make a decision</li> <li>▪ <b>Under:</b> Post hard roll while Guard get ready to shoot pull up</li> <li>▪ <b>Ice:</b> Guard attacks baseline to engage post - Post flat screens for next perimeter player and dives to rim</li> </ul> </li> </ul>

WATCH VIDEO

