

AVCSS Basketball, LLC "Pick and Roll" Plays

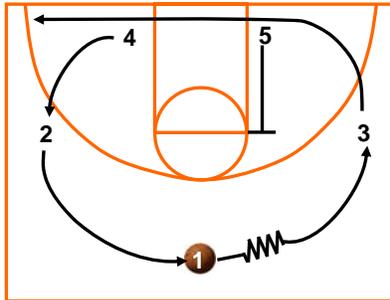
Used only vs. a man-to-man defense - Pick and Roll plays are very hard to defend when executed properly. Even though this type of play usually includes a post player and a guard (to create a mismatch) running the pick and roll with two guards can also be very successful (see below).

"5"

Part (a)

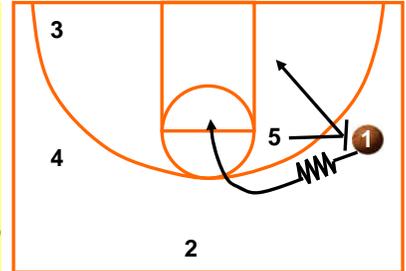
Part (b)

Part a: The 1 calls out the play "5" and then shifts their dribble to the right (replacing the 3), the 3 and 4 clear out as shown, and the 2 replaces the 1 up high. As the 1 approaches the area that the 3 was originally at, the 5 flashes high to the elbow.



Notice how the players "rotate" pulling defenders away from the play!

Part b: The 5 sets a screen for the 1, the 1 will have to cross-over dribble to the left (dribbling low) and quickly drive to the basket. 5 should "seal" the defender, open up to the ball (turn facing the ball), then cut to the basket looking for the pass from the 1.



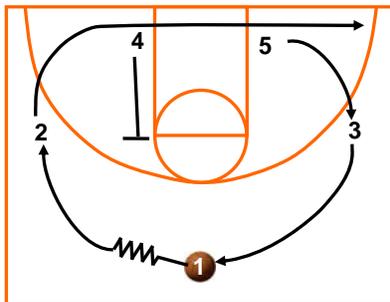
The 1 must be able to "read" the defense. If 5's defender covers the 1, 5 will be wide open, if not, 1 should drive to the basket.

"4"

Part (a)

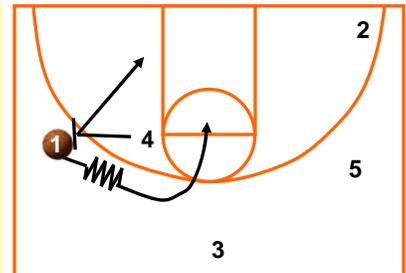
Part (b)

Part a: The 1 calls out the play "4" and then shifts their dribble to the left (replacing the 2), the 2 and 5 clear out as shown, and the 3 replaces the 1 up high. As the 1 approaches the area that the 3 was originally at, the 4 flashes high to the elbow.



Same play as "5" but now going to the opposite side!

Part b: The 4 sets a screen for the 1, the 1 will have to cross-over dribble to the right (dribbling low) and quickly drive to the basket. The 4 should "seal" the defender, open up to the ball (turn facing the ball), then cut to the basket looking for the pass from the 1.

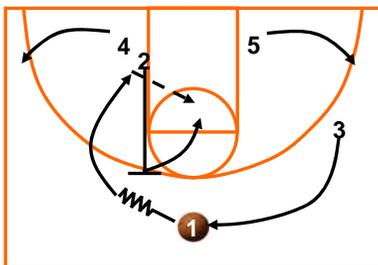


"4" might be easier for the 1 since they will be able to drive to the basket using their right hand (younger players may have trouble dribbling left?).

Running plays #12 / #13 (a 2 - guard set): The post players (4 and 5) stay low and then pop out to the wing (and hopefully pull their defenders out of the paint area). If the defenders guarding the 4 and 5 cheat over to help in the middle, the guards must use the 4 and 5 as an option (they must look to pass to the 4 or 5 for the open baseline shot).

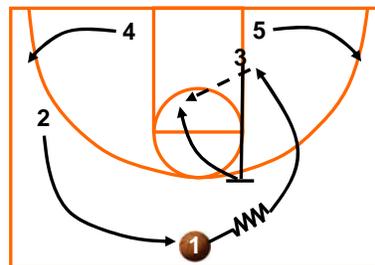
"12"

The 1 calls out the play "12" and then shifts their dribble to the left a little, 2 flashes up high to set the screen. After 2 "seals" the defender, they turn and "open up" to the ball as they cut to the basket (looking for the pass from the 1). 3 replaces 1 at top.



"13"

The 1 calls out the play "13" and then shifts their dribble to the right a little, 3 flashes up high to set the screen. After 3 "seals" the defender, they turn and "open up" to the ball as they cut to the basket (looking for the pass from the 1). 2 replaces 1 at top.



Pick and Roll: Common Mistakes!

- Screen is not set properly (moving screen, incorrect position, etc), screener does not seal after setting the screen!
- Screener does not turn towards the ball after the screen, but rather turns opposite with their back to the ball.
- Ball handler does not wait for the screener and leaves too early (rushes through the play, does not let the play develop).
- The other players do not clear out as shown and their defenders slide over to help break up the play. Players should be taught that even though they are not involved in the pick and roll part of the play – they must keep their defenders busy and take them away from the pick and roll area. Every player is needed to make the play work.