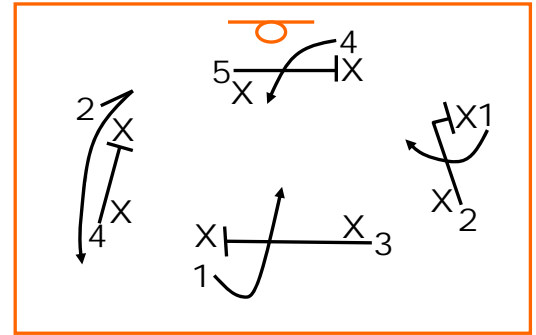


**Setting Screens:** A motion offense can only be successful if the players are properly setting and utilizing screens. A good attitude for the players to have is “How can I get one of my teammates open?” The best way to accomplish this is to execute screens correctly when running a motion offense, breaking the press, etc...

**Note:** It is very important to ensure that the players have been taught how to “set” and “use” a screen properly before learning any motion offense (learning a motion offense will go much faster if the players already have knowledge of how to set and use a screen). The screen is the basic building block of running and executing a motion offense.



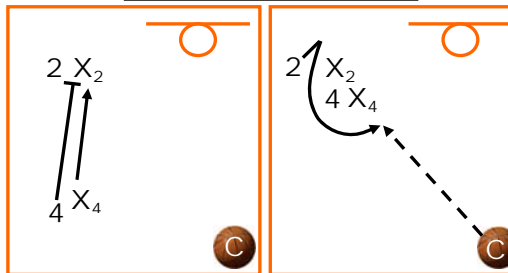
Screens! (Also called “Pick”)

Players must be taught how to “set” a screen and also how to “use” a screen. Setting and using screens is one of the hardest basketball skills for the younger players to learn and execute properly. When screens are executed properly it can create scoring opportunities for your team.

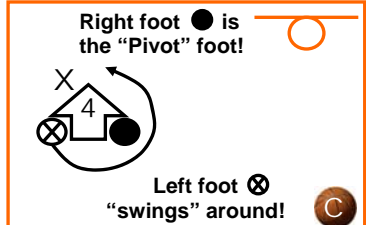
### Basic Steps of the “Screener”

- Signal the player (Call their name, etc).
- Jump stop to position, 1 full step away from the defender.
- Stay in position, do not move!
- “Seal” the defender!
- Look for a pass, get in a position to score.

### DOWN SCREEN



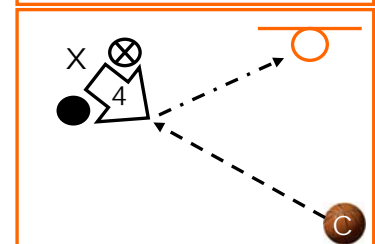
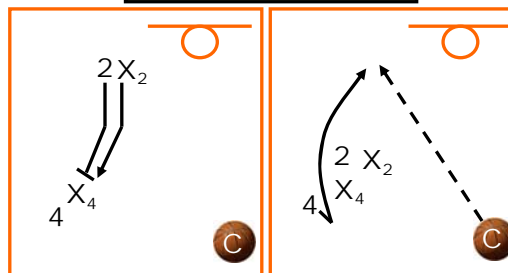
### SEALING A DEFENDER:



### Basic Steps of the “User”

- Make eye contact with screener.
- V-Cut and “turn” the defender away from the screener then,
- Turn the defender into the screen.
- “Rub” off the shoulder / elbow of the screener as you go by them.
- Cut and have your hands ready to receive the pass.

### UP SCREEN



Defender is sealed off, 4 is facing the ball, and in a good position to score!

⊗=Left Foot ●=Right Foot

### Pick and Roll: Common Mistakes!

- Screen is not set properly, screener does not seal!
- Ball Handler does not wait for the screener and leaves too early.
- The other players do not clear out as shown and their defenders slide over to help break up the play.

**Note:** To the right are good examples of the 4 “sealing” the defender, and the 1 “reading” the defense!

**Example a:** Defender (X1) is sealed off, 4 is facing the basket, and in a good position to “roll” to the basket for the pass and a possible score! **Example b:** Defender (X4) switches to guard 1, 4 is wide open!

Good Execution!

