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Teaching picks

For convenience we use the word pick for a screen on the ball.

Keys:

- Players require very good ball handling skills. Asking someone to dribble over a pick who cannot protect the ball and keep his/her head up is asking for trouble
- Teach cuts, penetration and regular screens before ball screens. They require skills needed from these other concepts to be successful
- You cannot teach them as a play. You must be patient in teaching the players the various reads.
- Start by teaching without a defender on the dribbler. This allows him/her to concentrate on reading.

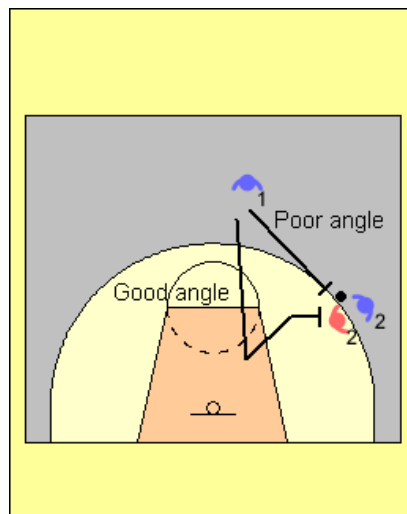
Side pick

Easiest to teach first:

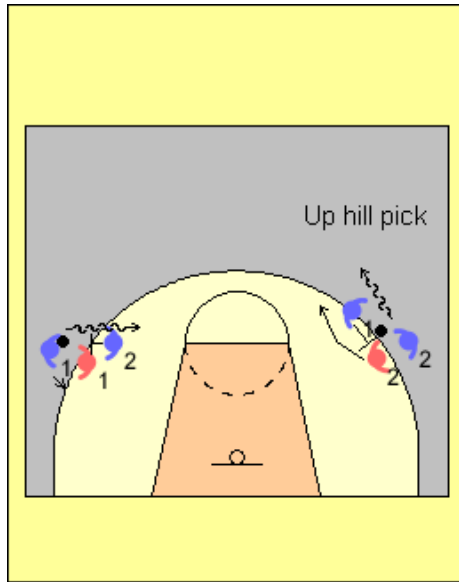
- ball handler usually starts from triple threat and does not have to dribble to set up the pick
- not as complex of read on the help defenders

Blind pick

The player setting the pick must get "blind" to the defender. In the diagram we show the passer setting the pick. It can come from any of the players without the ball.

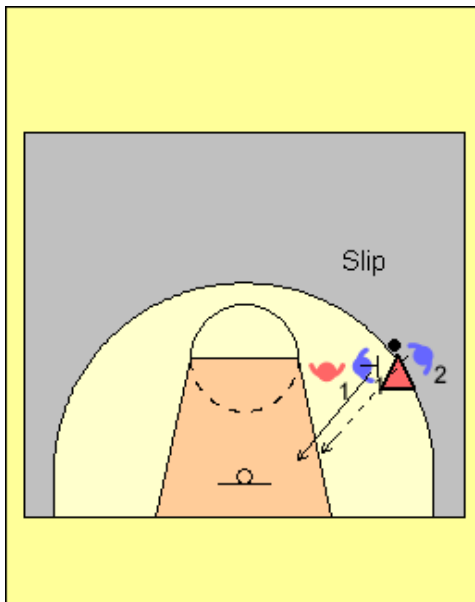


If you take a poor angle it is easy to slide through. The back of the picker should be to the middle of the floor. A poor angle allows the defense to go under the pick and force the dribbler up hill. It is important that the ball handler set up the pick with fakes.



Slip

We have found it best to play 2 on 1 reading the defense of the picker first. You can use a chair or stationary person to work on the good pick angle. The picker sets the good pick and then takes a peek at the basket. If the drive line to the basket is open slip the screen and sprint to the hoop. This is a simple read between the two players.

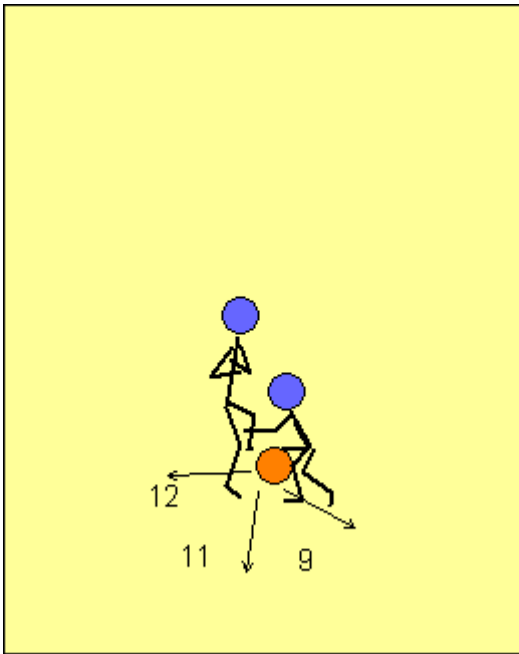


Dribble over the pick

Many players dribble over the pick with the ball extended too far in front. Using my clock analogy they have the ball at 1 or 11 o'clock. From this position they are committed to going in one direction. Their vision is usually straight ahead.

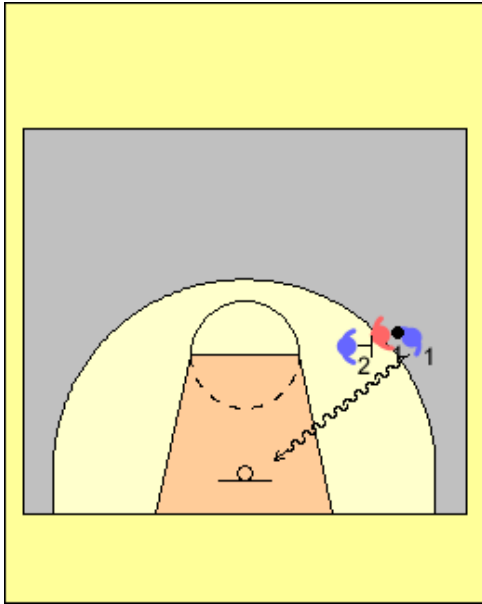
Keys:

- A compact dribble with the ball at 3 or 9 o'clock
- The shoulder of the dribbler brushing the hip of the picker.
- Keep the eyes on the space under the basket to be able to read



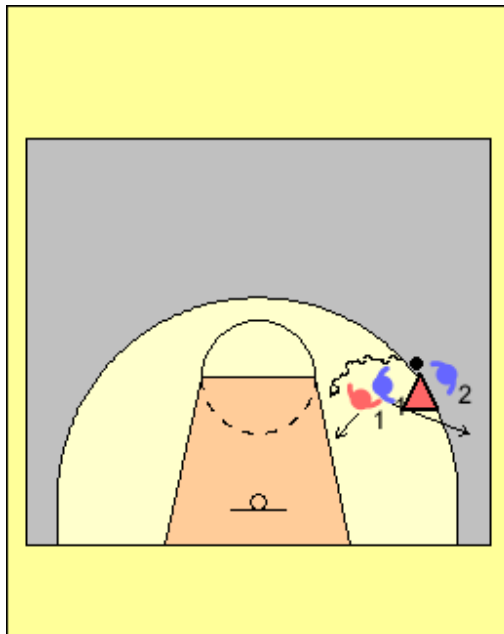
Reject the pick

Too many young players quickly reject the pick at the first signs of the defense getting ready to hedge. Very often this leads to a weak baseline drive. The rule is very simple, if there is open space between you and the basket drive. This usually occurs when the defender attempts to fight over the pick early.



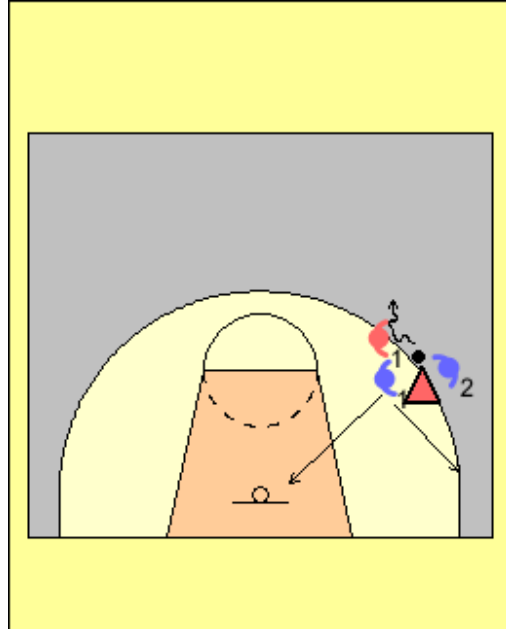
Attack the shoulder of the hedger

If the defender shows a soft hedge (stunt and then fall back) hesitate and then keep attacking the outside shoulder. The defender will usually pick off his/her teammate. The picker must **SPRINT** to space. Get to the place where the toughest recover is possible.



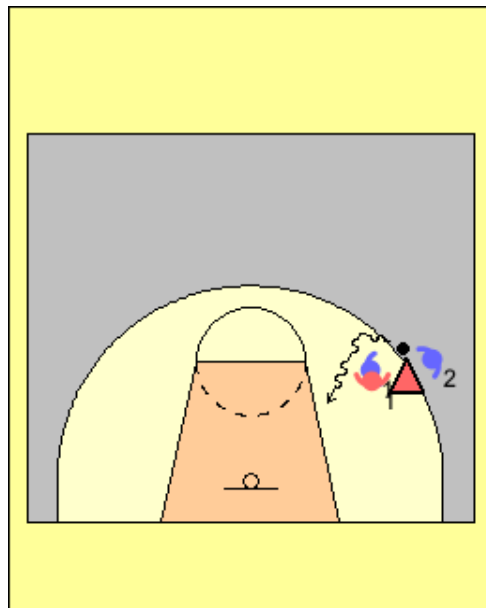
High hedge (trap or chest)

If the defender jumps out and shows a chest you need to step back and drag the defender. You might split the defense, hesitate and attack the top shoulder or find your open teammate.

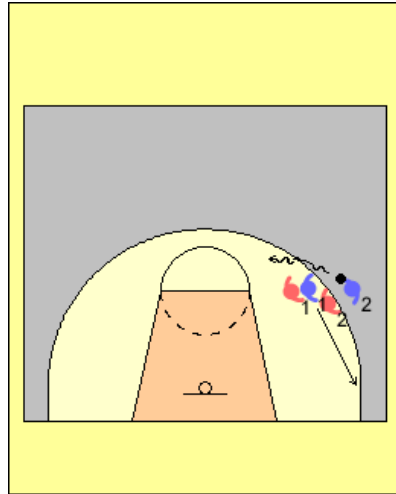


Squeeze

When the defender squeezes the pick (pushes up tight to allow the defense under) Attack the shoulder of the defense. Go hard to beat the player sliding under. If in shooting range you can look for a shot behind the pick.

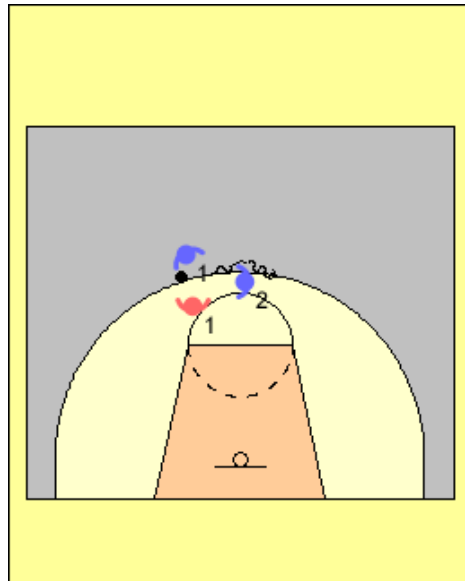


strength is at the basket go to the rim.



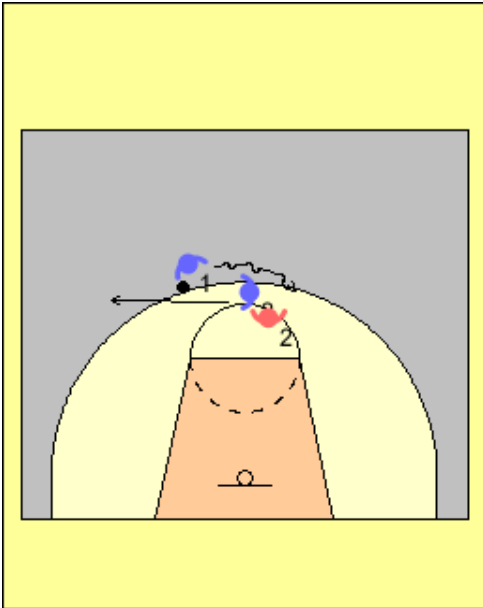
Middle pick

This is an area pick. The ball handler must be able to dribble the defender into the pick. The pick should be set in the shooting area of the dribbler. Play 2 -1 working on maneuvering the defender into the pick.



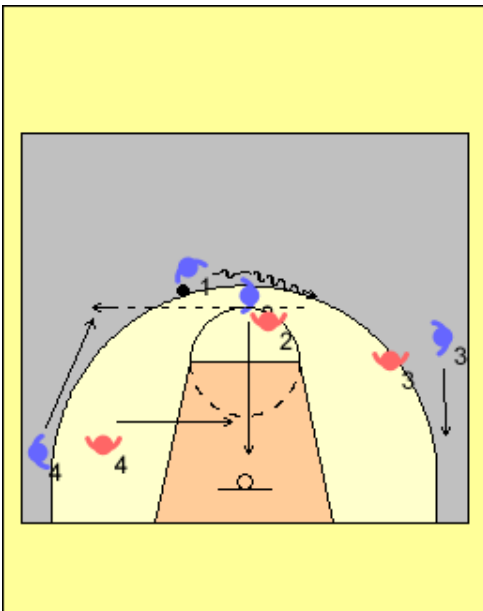
2 - 1 read the defense

Step two is to read the defense of the picker.



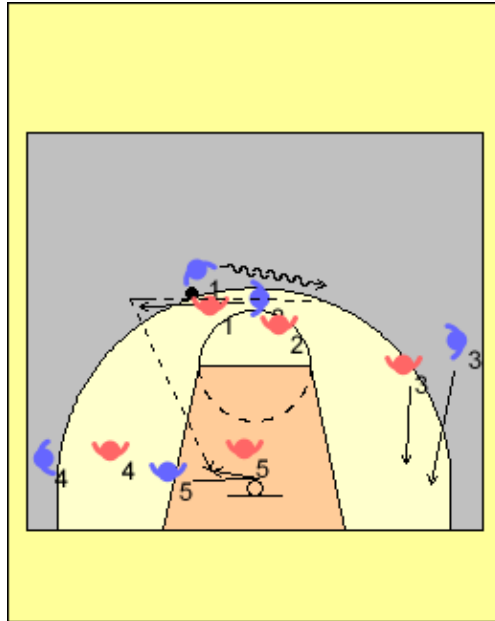
Read the help

The next step is to read the help defense. The dribbler must read who has the advantage. The perimeter player must rotate to create tough close outs.



4 around 1

When running high pick the concept is to have one person at the front of the rim surrounded by 4 perimeter players. It is not always the picker who has to go to the rim.



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Reads

- be able to do a step back if a high hedge appears
- Curl hard to the rim if the defense stays tight
- pull up and shoot - if defense goes under and in shooting range
- cross back if a re pick appears

hesitate if you want to play cat and mouse