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-“Pick & Roll” is a 5-man game, not just a 2-man game. As a coach, if you’re solely focused on the screen itself, you’re limiting the effectiveness of the play. The spacing of the other 3 players is just as important.

-Average pick & roll teams play pick & roll with two players, a good team does so with 3, but the best play pick & roll with 4-5.

Why the pick & roll?

-Quickest way to create an advantage (vitaly important with the FIBA’s 24-second shot clock. Those 6 seconds (FIBA going from a 30-second shot clock to a 24-second clock) changed the game. You can’t go side-to-side and wait for the defense to make a mistake.

-Involves several players in one action (all five defenders need to be engaged in a pick & roll executed with proper spacing).

-A lack of proper spacing prevents your best players from attacking 1:1 situations.

-It’s difficult to teach spacing.

-Installing the concepts that provide proper spacing.

-Getting your players to understand why it is so important.

-Young players have very little understanding of how to play without the ball.

-For a long time, the adage in coaching was for players to be spaced 5 meters (15 feet) apart, but as defenders have become more athletic, we must adjust this to play with even greater distance between the individual players.

-Spacing used to mean “Find your positioning, get to your spot and be ready when your man is helping.”

-Defenses now are broken down by the closeout not by the help (“you get beat in recovery not in help”). The most important offense is closeout offense. Offensive basketball nowadays is played through the recovery.

-In Pick & Roll, there’s two spacing options:

-4-out/1-in (4 players on the perimeter with a roller “breaking” the defense)

-3-out/2-in (harder to learn and play, but a necessary style if you don’t have 4 shooters).

-You have solutions for any kind of defense

-Three types of rolls:

-Deep roll (all the way to the rim with a seal)

-Short roll

-Pop (good shooter)

-For a while in basketball all pick & roll meant was "run, ball screen and go to the basket." Now there is much reading to be done

-It's very important for a coach to have an awareness of what his players can understand.

-While the pick & roll is a 5-on-5 concept, the truth is that if we don't play the 2-on-2 dynamic aggressively and with real purpose/proper reading, it won't generate enough advantage to reach a 5-on-5 level.

-The first thing the ball-handler must know is to attack the side of the pick without a defender on it (what Americans call "refusing the screen"). Don't go to the side of the screen where the defender is set waiting for you. Try to reject the pick & roll as often as you can.

-The second thing the ball-handler needs to know is that he has two dribbles available for deciding whether to take a shot, attack the rim or to make a pass. Every dribble after that allows the defense to find their proper positioning. "You've got 2 dribbles to decide what to do."

-The screener gaining separation from his defender is vital. As a coach, you must constantly be stressing to your screeners the importance of sprinting to their screen.

-In the past, we have always talked about the ball-handler making reads in the pick & roll, but the screener needs to make reads as well.

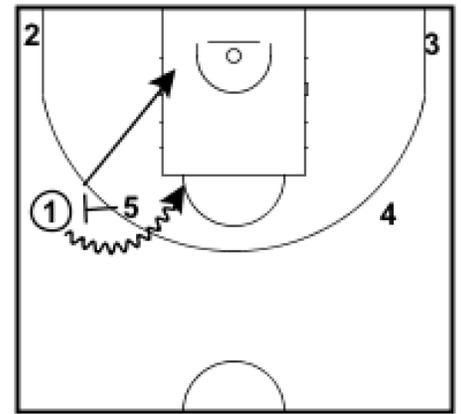
-Drop coverage: hold the screen for a .5 second (forces the hedge to guard the ball-handler)

-Blitz: slip the screen

-Defenses are now very focused away shots at the rim. This opens up the "short roll" for the screener. It's better to play where is no defender than where he is waiting for you.

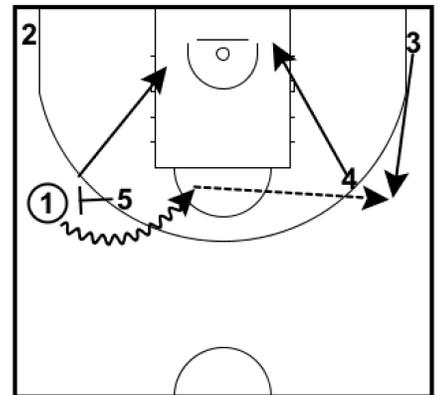
-Trinchieri believes the best way to begin teaching pick & roll spacing is out of the following set (what he calls "Shake Pick & Roll") because the offense is able to easily read who is helping. It's a very elementary set to explore the concepts of spacing.

- Versus Drop: Hold screen + deep roll
- Versus Hedge: Slip to a short roll



-A constant theme in Trinchieri's spacing concepts is to engage the defense on one side to attack the other.

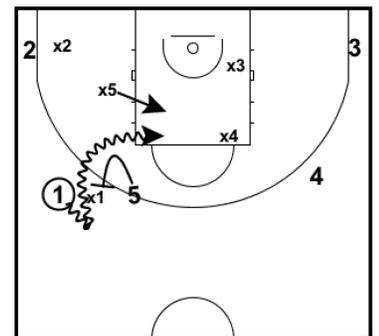
-Very simple action, but this cut by 4 can put a ton of stress on the defense if 3 sprints up to the wing properly.



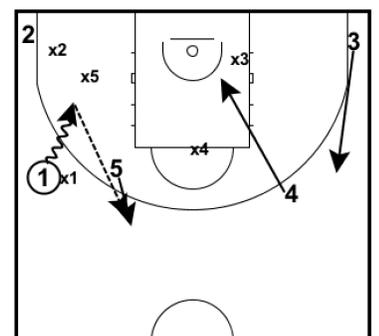
-For the first guy receiving the pass out of the ball screen (be it the roller on a short roll or a perimeter player on a kickout), it can sometimes be more important to decide quickly than to decide what to do.

Versus ICE:

-Flip the screen to set it on the baseline side (important that it is set as close to the middle of the floor as possible to keep it away from the sideline where a ball screen trap by the screener's defender would be dangerous). A "snake dribble" off this step-up can be very effective.



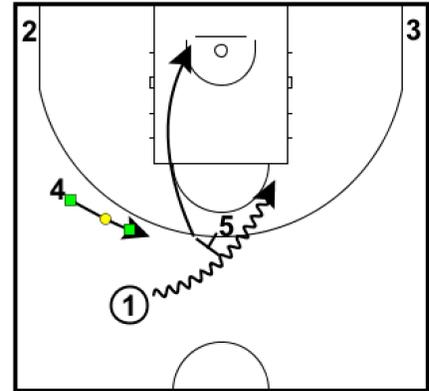
-Engage the screener's defender by the ball-handler dribbling at him before throwing back to the screener. On the screener's catch, 4 cuts.



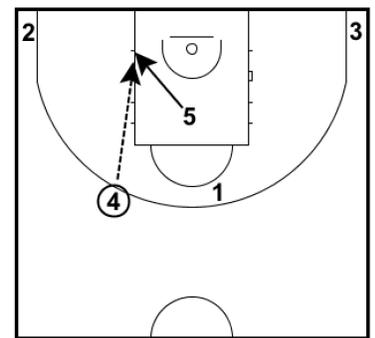
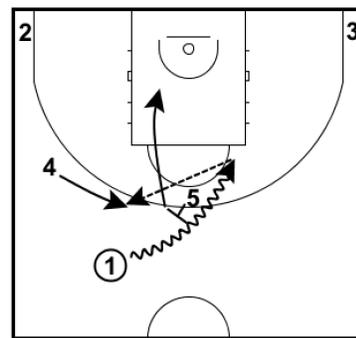
-The only thing you mustn't allow is to lose the advantage that the pick & roll created.

-It's important that you have good shooters behind the ball screen to fill up on the screener's roll.

-High pick & roll: two players behind the ball. Screen must be set in the middle of the floor. Put your smartest player (4 in diagram) behind the ball because he is the guy that is most often going to receive the basketball with the advantage created.



-You wouldn't believe how good Trinchieri's teams are getting the ball to the screener on his deep roll + seal out of this spacing (in the 15-16 season it was Nicolò Melli rolling hard to the rim on this action). Trinchieri on this dynamic: "The big must come to the ball with hands and box him [his defender] out."

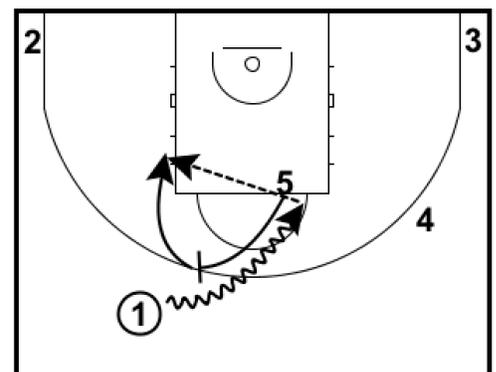


-Passing accuracy out of the pick & roll is so vital because a player having to reach for a bad pass can negate the advantage created by the pick & roll.

-Trinchieri thinks that bigs these days are rushing their screeners and they need to focus on holding their screen a bit longer to make the ball-handler's defender fight over the top.

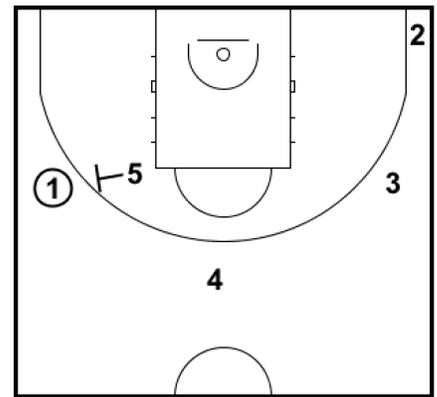
-We must play one idea of basketball together.

-On a high pick & roll with only one guy behind the ball (see diagram on the right), the guy in the corner must hold his positioning to see what kind of roll the screener conducts. If it's a short roll, 2 would hold his positioning in the corner.

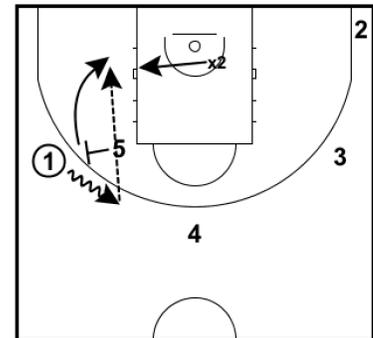


-Side pick & roll: really hard to guard if you have a 4-man that can shoot it because it moves his man (x4) away from the basket and out of rotation. Observe that it will be x2 rotating to the rim on a roll by 5.

- Look to reject the ball screen in this situation (puts two big men behind the ball - bad situation for the defense).



-Trinchieri doesn't want his screener rolling all the way to the rim on this side pick & roll. He wants him instead to roll/pop to a spot 1 foot outside the lane. It's a spot that's just as dangerous, but far easier to get the ball to [than the rim].



-The location in which this side pick & roll is set dictates where 4 is situated. The closer the screen is to the elbow (away from the sideline), the more 4 pushes to the opposite elbow (right elbow in diagram). If the screen is set along the sideline (outside the 3-point line) or deep in the corner, he can position himself in the middle of the floor. 4 is vital in this spacing because he will often be getting the throwahead pass from 1 and have to make a read (hit 5 on his roll to the rim or look skip to 2 if x2 has sucked in).