



# Mario DeSisti

## 4 out 1 in

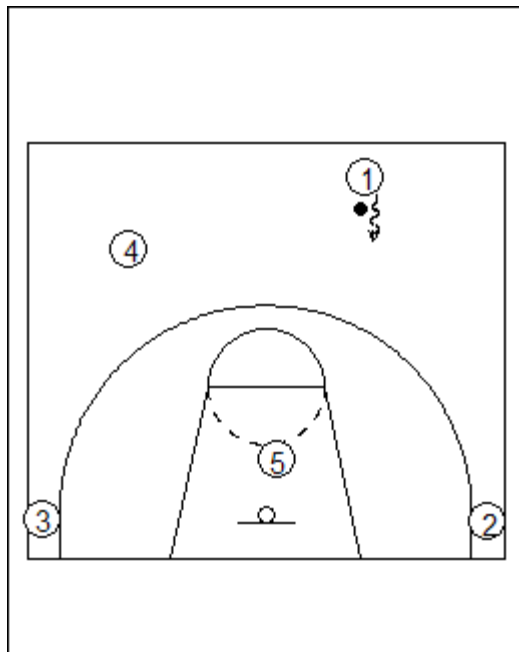
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### 4 out 1 in passing game

Concepts:

1. Enlarge the defense
2. Penetration
3. Passing - diagonal, horizontal, skip, interior
4. 3 sec rule
5. Rules for #4 and #5

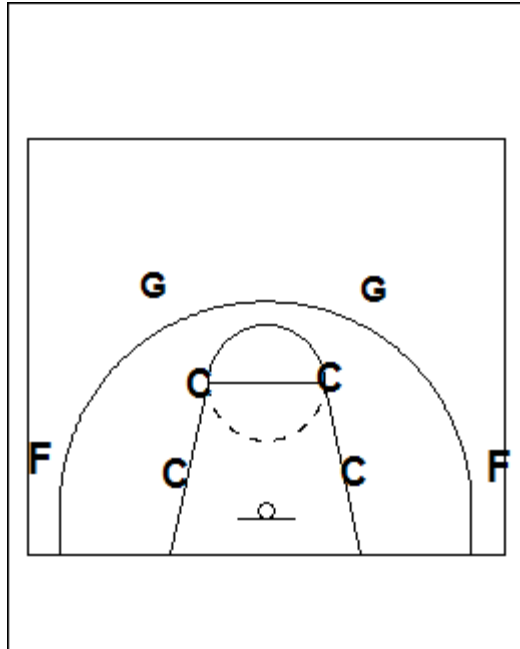
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### Concept #1 Enlarge the defense

In transition the wings run hard to the corners to create space for penetration. The first post goes to the rim and seals. The opposite post trails up into the other guard spot.

The important concept to teach is how to move into the proper spacing and the timing of the movement. Never start in static drills where the athletes are aligned in perfect position. As much as possible use drills where the athletes must move into the proper spacing with the correct timing.

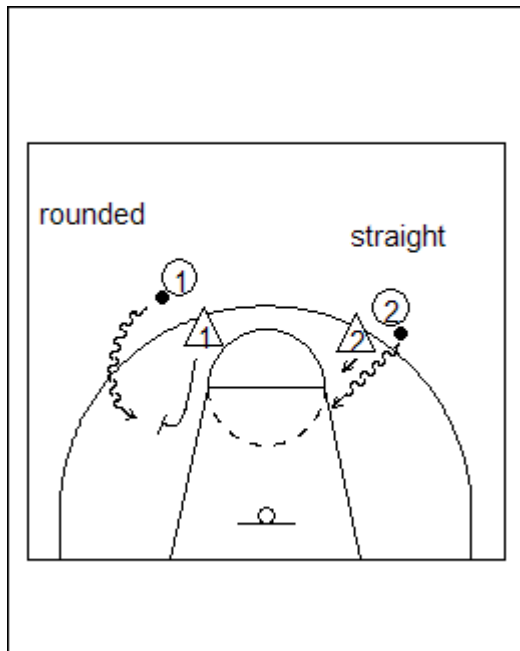


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Once the offense begins players want to occupy the following spots:  
**Perimeter players** - can fill the two guard spots or the two forward spots.

**Interior** - the centre can fill any of the four spots. A lot will depend on the shooting ability and 1 on 1 ability of the centre.

**NOTE:** With young athletes everyone can play all positions. We do not want to label young athletes by position. It is recommended that until 16 years old we do not specialize the athletes. They learn to play global basketball.

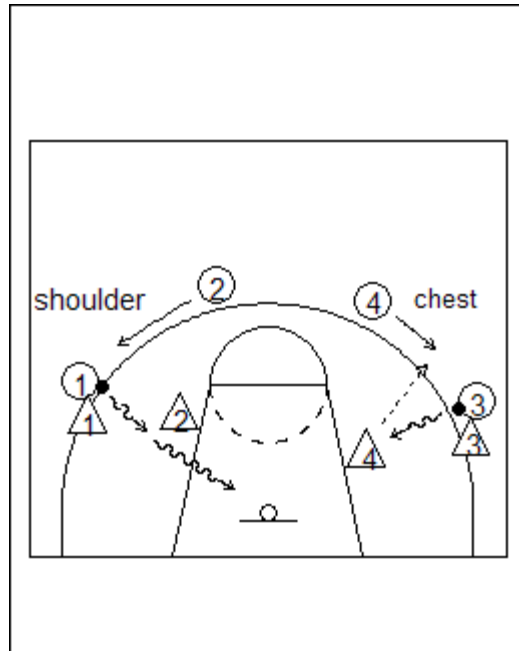


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### Concept #2

#### Penetration

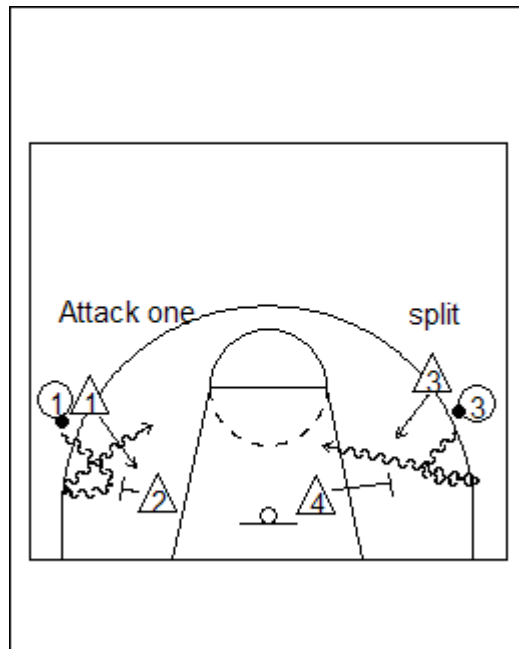
The concept is to attack the basket by dribbling hard by the shoulder of the defender. Do not take a long rounded path as it allows the defense to slide and recover.



### Help defense

"Read the defense"

If you see the **shoulder** of the help defender keep driving to score. If you see a **chest** think pass.

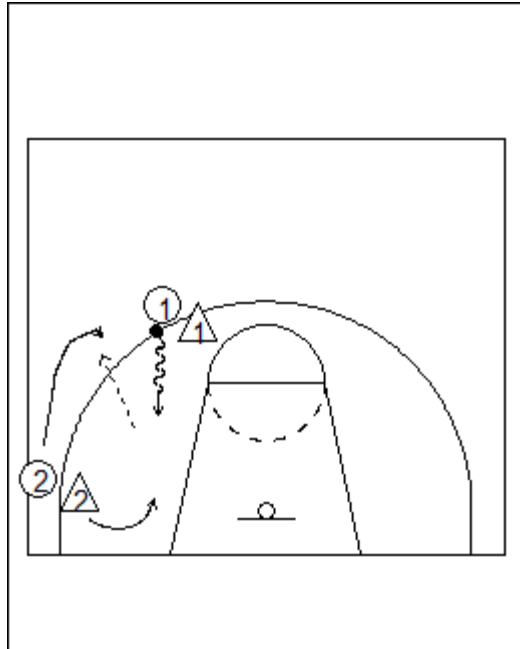


### Advanced concept:

Hesitate or pull back against the help. This is especially important when penetrating baseline.

Keep your dribble alive:

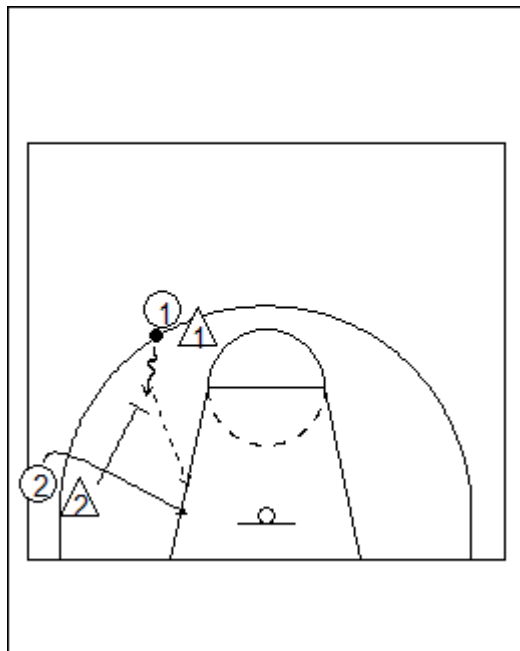
- attack the split if the gap appears between the two defenders
- attack one of the two defenders if they stay together
- shoot if they stay back
- keep looking for the pass



**Movement without the ball - perimeter**

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The other perimeter players must move behind the ball on penetration. Stay 30 cm off the three point line and step into the ball on receiving the pass. Coaches must work hard to make sure the players catch the ball moving into the basket not horizontally to the sidelines. Players should see the whole floor upon receiving the ball.



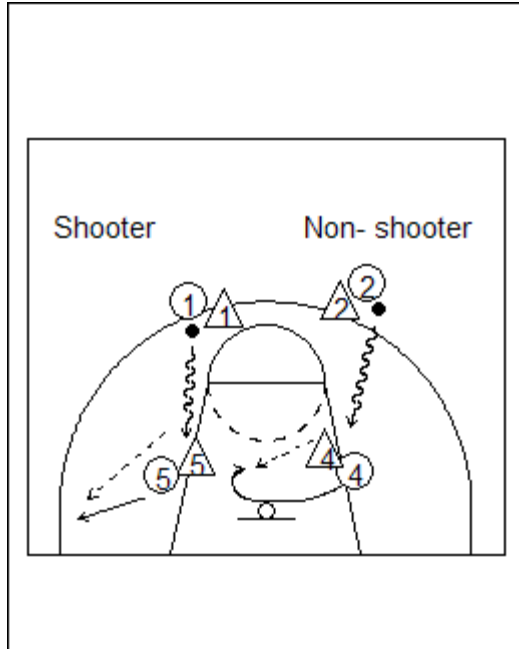
**Back cut**

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If the defense presents his/her back to the offense the player cuts to the basket.

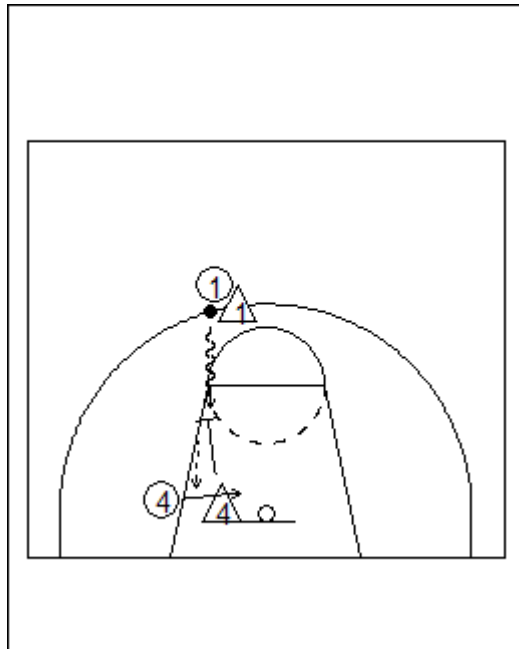
**Interior players**

Inside players can enlarge the defense if a shooter and move to space if a non-shooter.

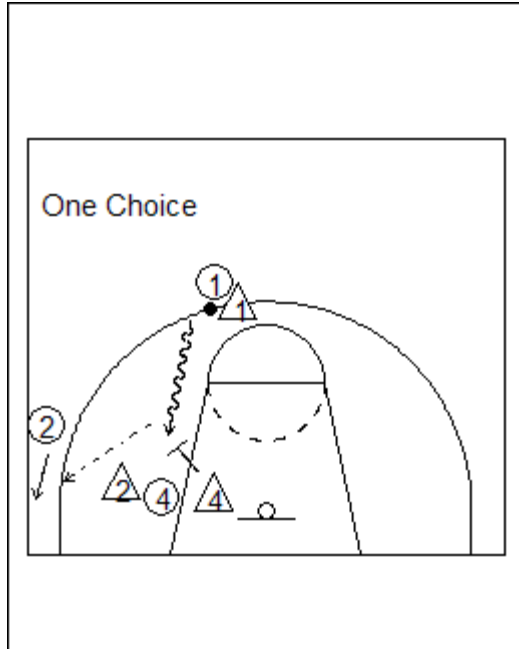


**Go to the rim**

If the defense presents his/her back by stepping up to attack the penetration go to the rim

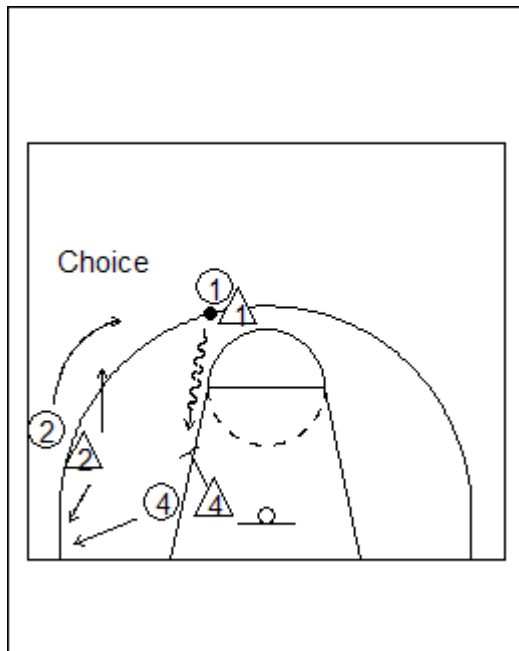


**Why we don't teach the slide to the corner?**



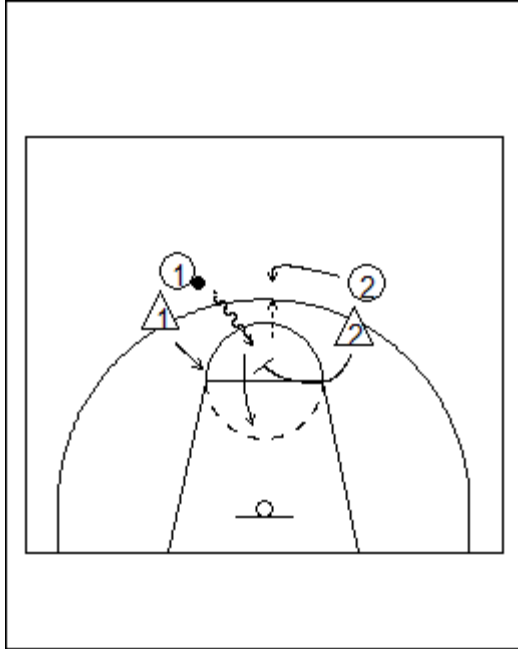
The post defender can help and the wing defender can rotate to help the helper. The point guard has only one option which is to pass to the corner. This is an easy recover for the wing defender.

If we enlarge the defense on penetration the wing defender must choose who to cover. The distances create tougher recovery.

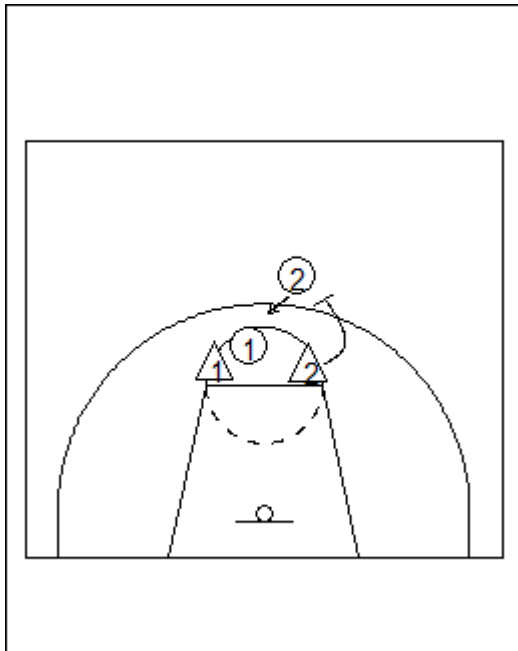


**Split the defense**

After passing the ball the passer looks to split the defense. This can set up a give and go.

**Don't stand after penetration**

If the passer stands the recovering defense can force the player back into the crowd.



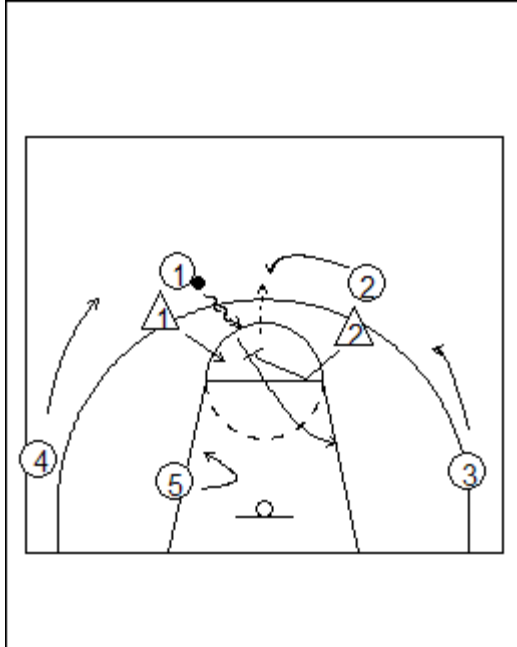
### Top Penetration

#### Guard to Guard (horizontal)

The player attacks the foul line.  
The player in the opposite guard spot rotates behind the ball. Pass using a two handed rugby pass. Split the defense after passing.

Remember to read the shoulder (drive) and chest (pass) of the help defender.

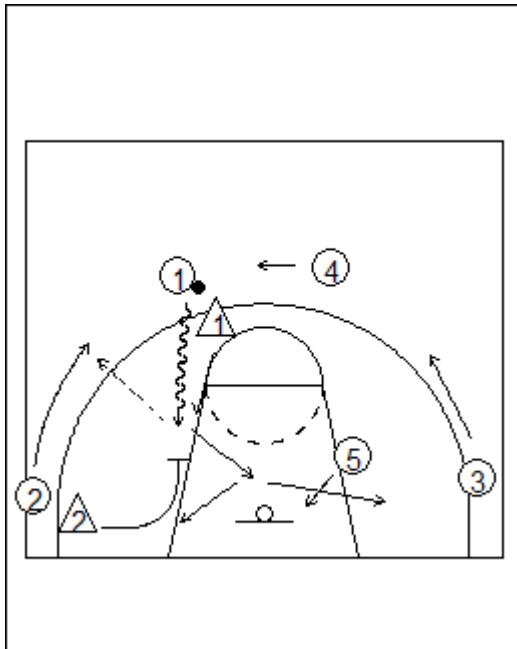
The other players must adjust their positions off the penetration.



### Vertical penetration (open post)

The player in the guard spot attacks the basket. The forward rotates behind the ball. Use a two handed rugby pass to pass the ball. Split the defense and read the open space.

The other players adjust their positions off the penetration.

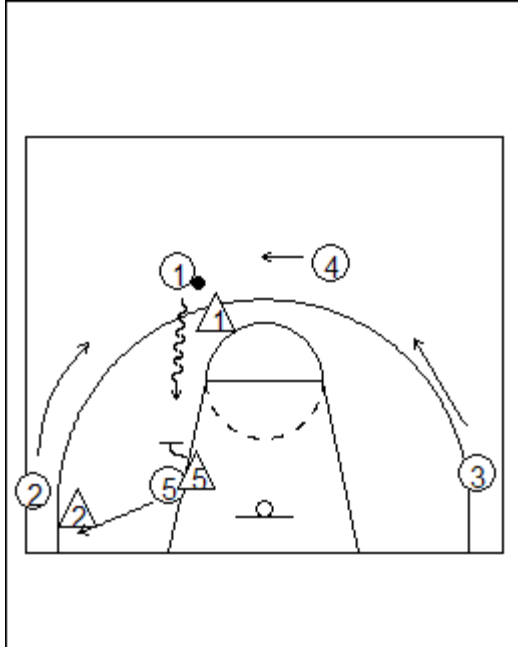




**Vertical penetration (at the post)**

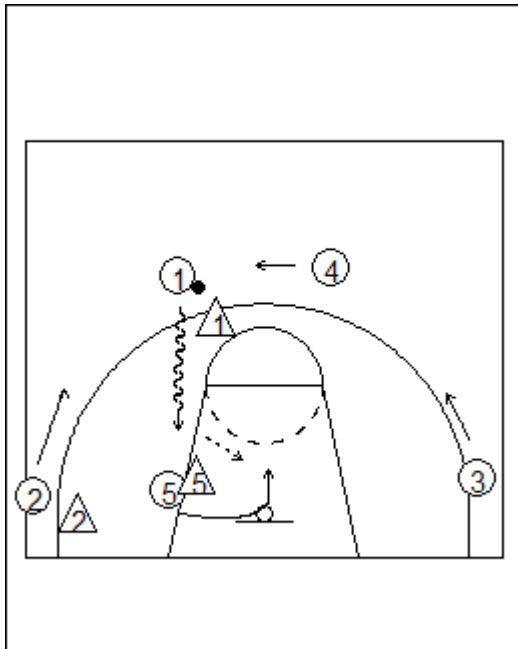
In this instance the post is a good shooter. He/she steps to the short corner to enlarge the defense.

The others players get behind the ball.

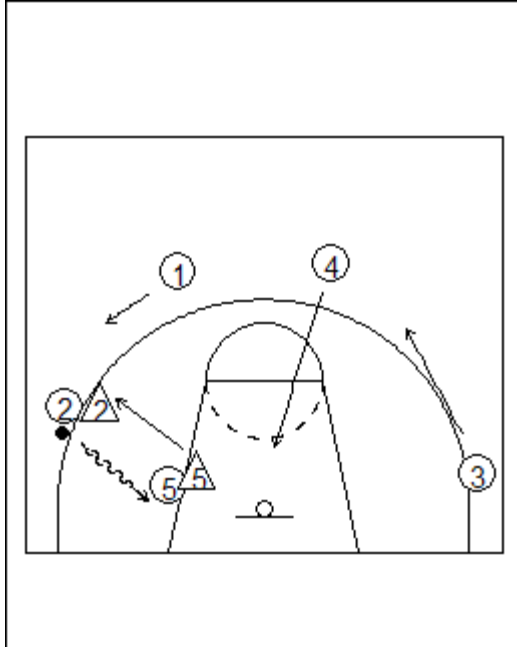
**Vertical penetration (at the post)**

In this instances the post is a non-shooter. He/she steps to the front of the rim to enlarge the defense.

The others players get behind the ball.



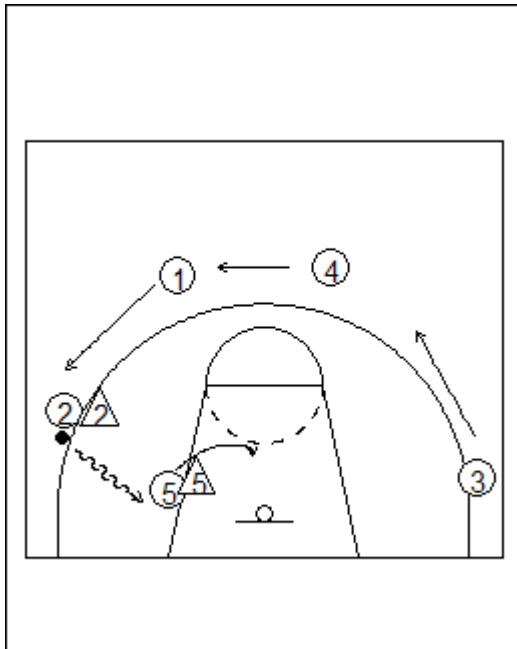
### Side penetration (baseline at the shooting post)



In this situation the post steps behind the ball. The opposite forward gets in the diagonal. The other post dives to the front of the rim.

Remember: if this is a smaller player do not pick up your dribble. Pull back and read.

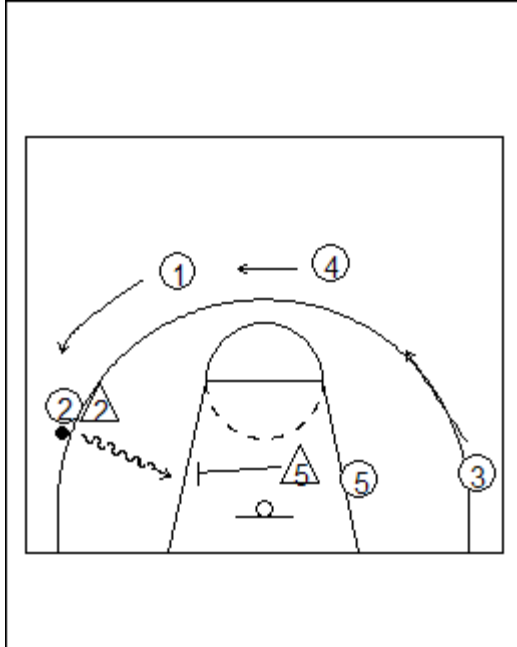
### Side penetration (baseline at the non-shooting post)



In this situation the post slides to the front of the rim facing the basket. The opposite forward gets in the diagonal.

Remember: if this is a smaller player do not pick up your dribble. Pull back and read.

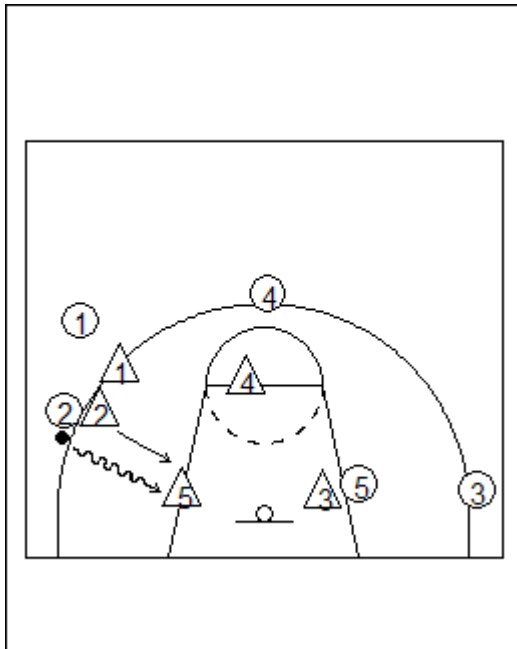
### Side penetration (baseline with an open post)



Regardless if the post is a shooter or not he/she will post hard on the opposite side of the rim. Attempt to seal off the rotating defense. The key move is the rotation to the diagonal and not the corner by the offside forward.

Remember: if this is a smaller player do not pick up your dribble. Pull back and read.

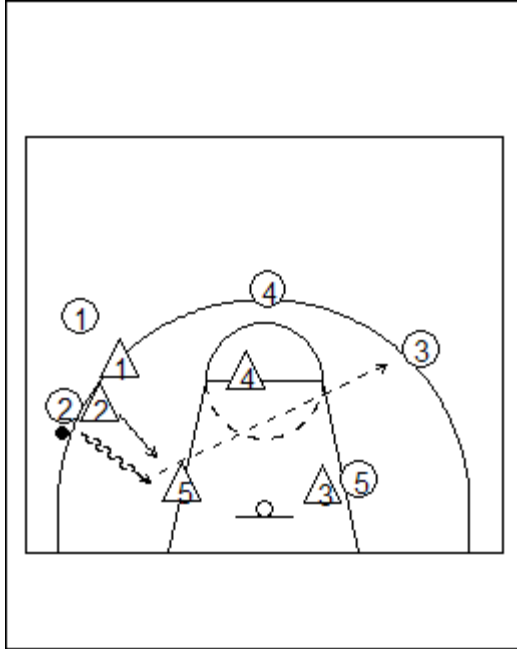
### No corner drifts



For a smaller player this is a very difficult pass to complete. It is usually through two defensive players and one offensive. It is very difficult to see.

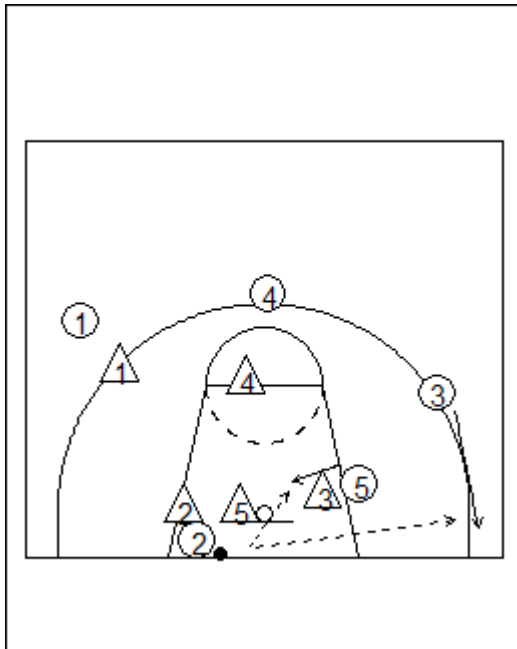
### Diagonal

It is much easier to see this pass and also it is a shorter pass and therefore can be delivered faster and more accurately. Therefore the defense has tougher recovery.



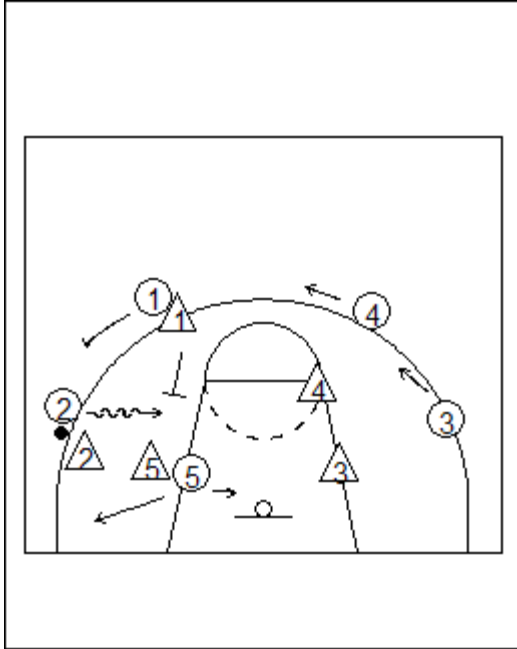
### Corner drift

The only time a corner drift is used is if the penetrator can get into the key. This now allows for an angle and distance to complete the pass. The backboard blocks off the diagonal pass.

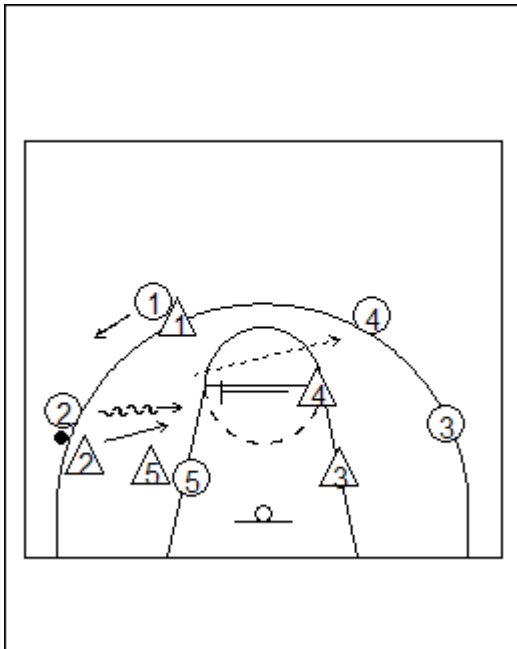


### Middle penetration

This situation is the same. Look to attack and read the shoulder and chest of the help defense. The perimeter players look to rotate behind the ball. Depending on whether the centre is a shooter or non-shooter will dictate his/her movement.



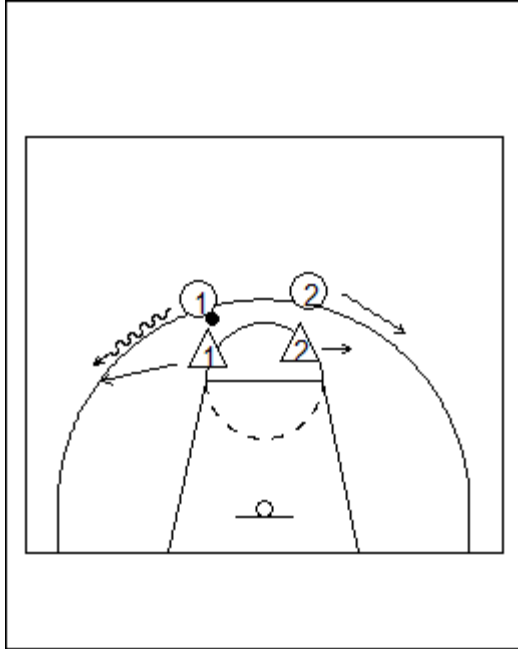
If the help side defense helps look for the skip pass. This is especially effective vs. zones.



## Penetration drills

### 2 on 2

Offense defense start in tight at the top. The player with the ball dribbles to enlarge the defense. The opposite players move away.



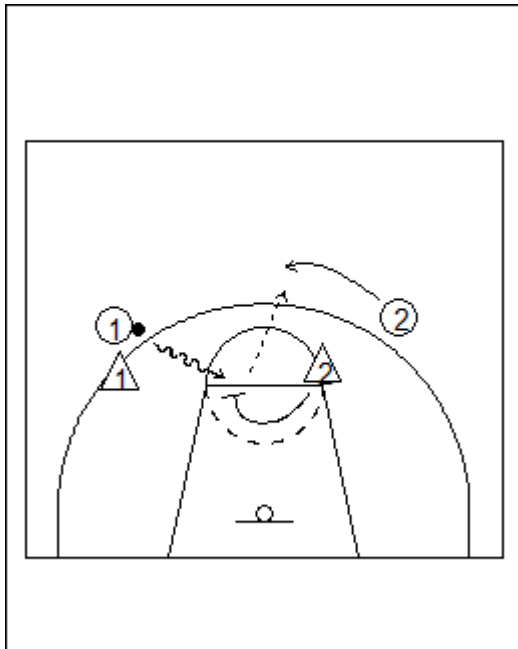
The ball handler attacks the middle and looks to read the shoulder or chest of the help defense.

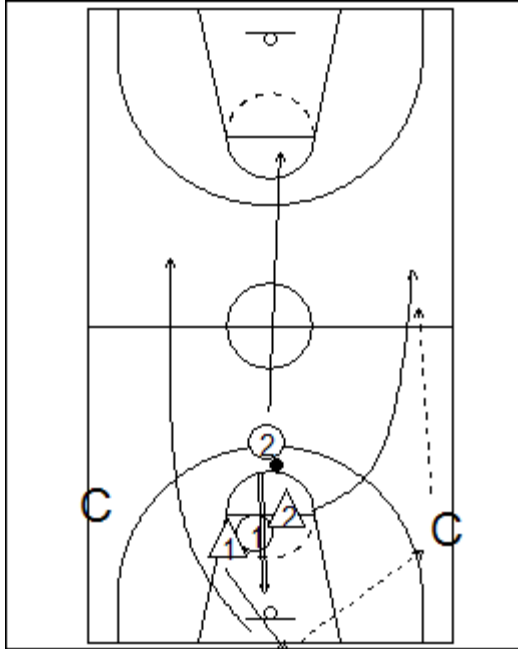
Work on catching the ball ready to shoot.

After the shot work on defensive balance. Anyone above the foul line extended returns as safeties for defense. Below the foul line extended goes for an offensive rebound.

The players should stay on offense and defense three times in a row. Give three guided defensive reads:

- chest - pass for shot
- shoulder - drive for lay up
- choice of chest or shoulder





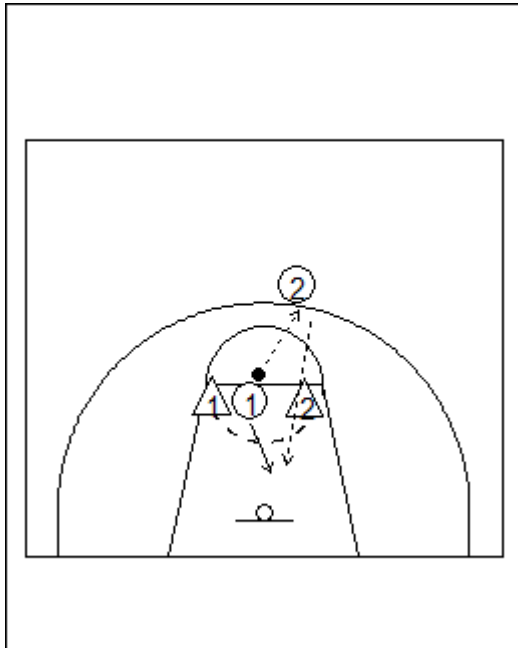
### Transition

After the third repetition add transition. The two defenders must outlet or inbound the ball to one of the coaches. And attack the other basket.

You can play:

- 2-1
  - 2 on 2
  - 2 on 2 on 2 (the two coaches would be offensive player who have an advantage on the defense)
- This now allows the next group to set up the drill.

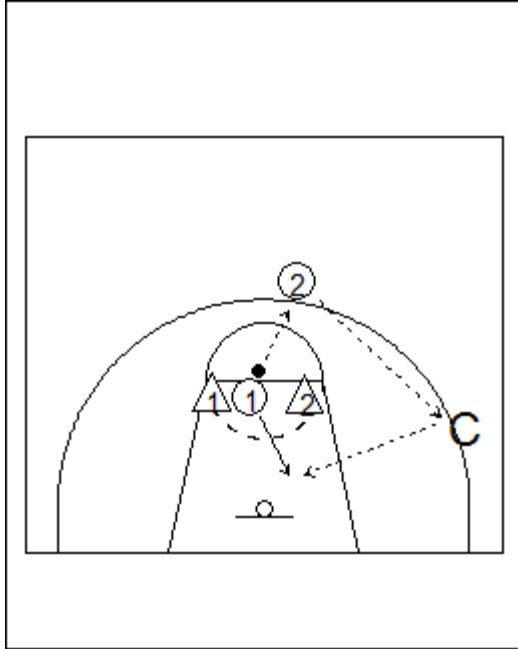
Remember this is only if you want to add transition and conditioning. Early in the teaching process this is not always necessary. It is important that the coach lead the guided defense so that the players are getting the required reads.



### Next progression

Have the players now think about passing to the player who has just split the defense after passing behind.

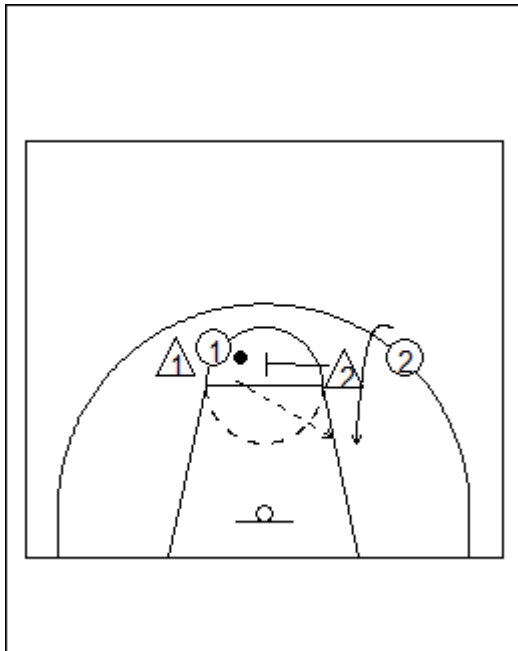
Add a coach to teach the relay pass.



### Next progression

If the help defense present his/her back to the offensive player back cut to the basket.

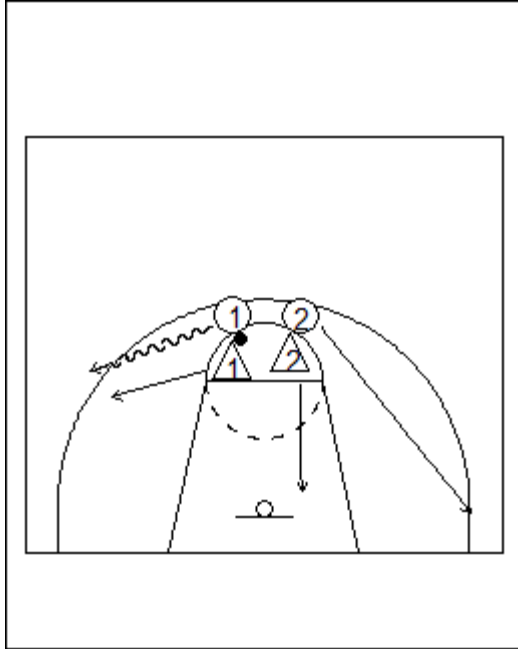
It is important not to present all of the options at one time. Allow the athletes to master one decision before adding the next. Give lots of reps with guided defense.



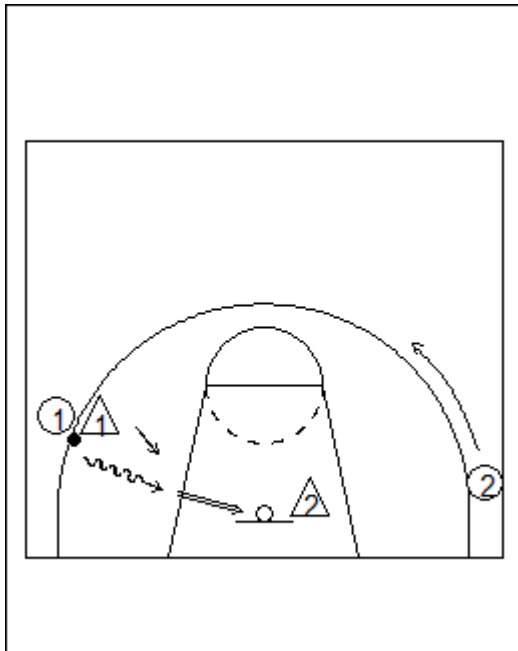


**2 on 2 baseline**

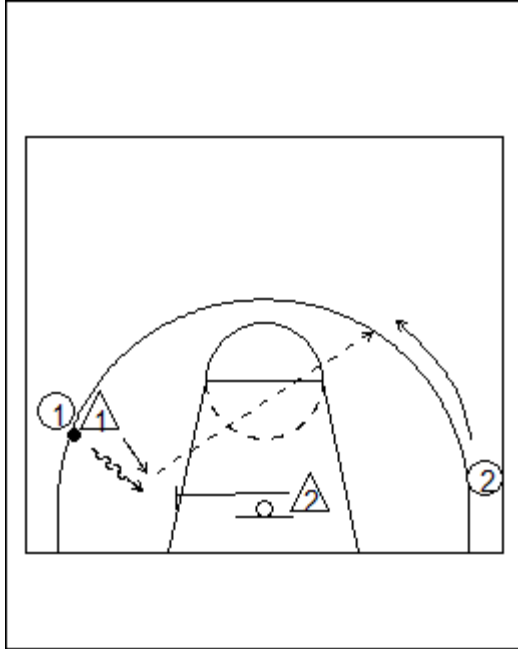
Start in the same starting positions. The ball handler dribbles to the forward spot and the other offensive player goes to the corner. The defense positions themselves appropriately.



The ball handler drives to the basket. If no help appears score the basket.



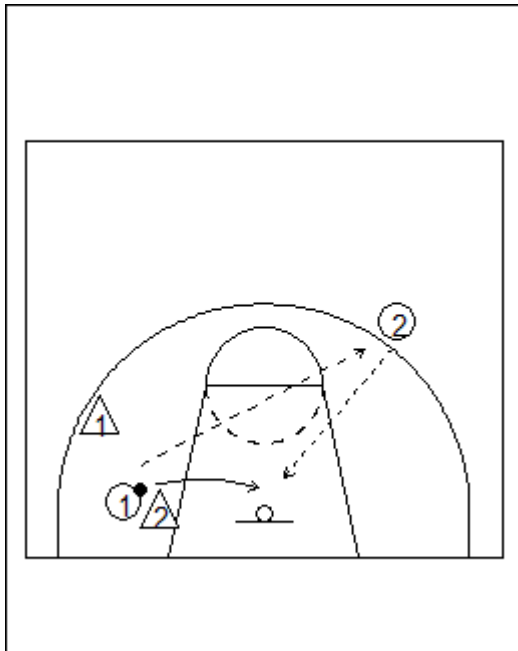
If help arrives throw the diagonal pass. If the player is small and cannot see he/she can also use the pullback options



### Split the defense

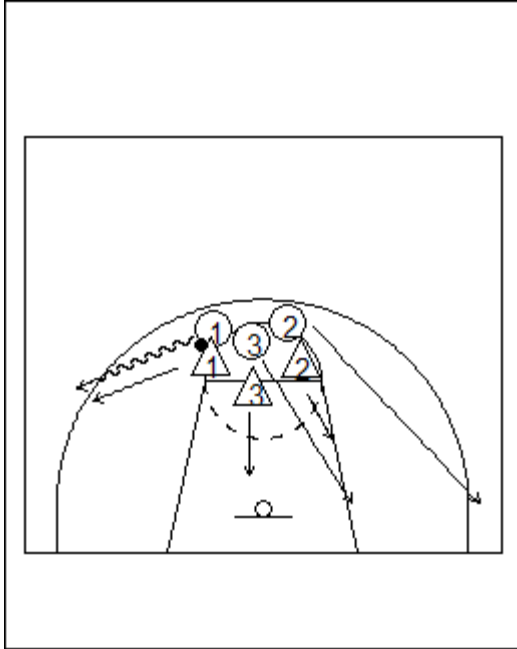
After passing the ball look to split the defense with a contact cut.

Remember you can add the transition to all of these drills.

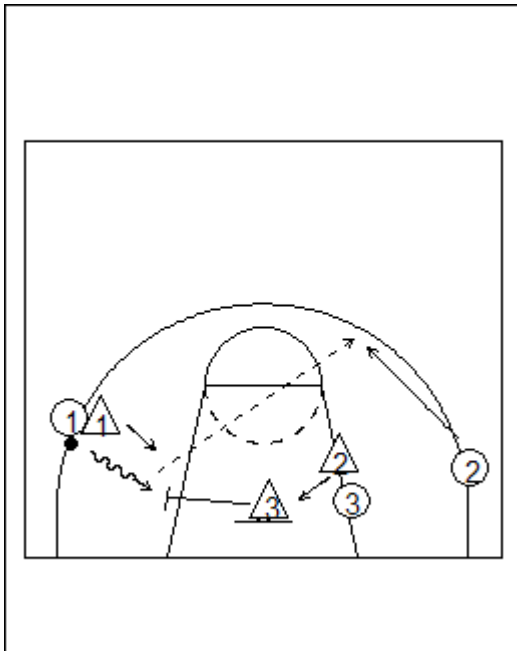


**3 on 3 baseline**

The players start bunched at the top. When the ball handler dribbles to the forward spot one player goes to the corner and the other the opposite low post from the ball. The defense matches up accordingly.

**Help defense rotates**

In this situation the defense helps and the forwards player rotates to help on the helper (go move). This leaves the diagonal pass open.

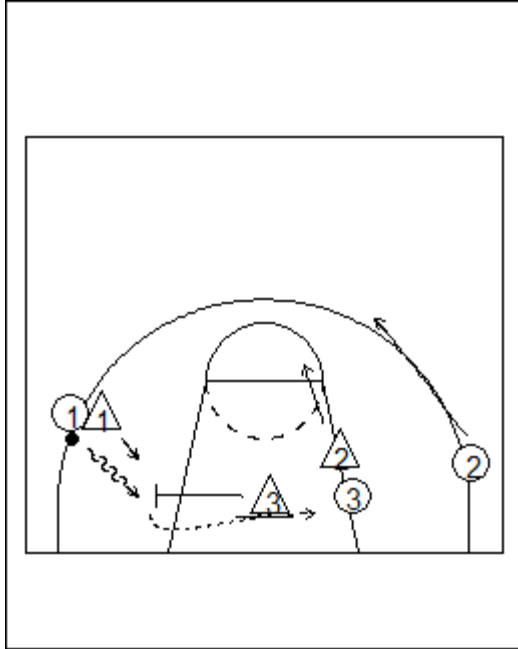


**No rotation**

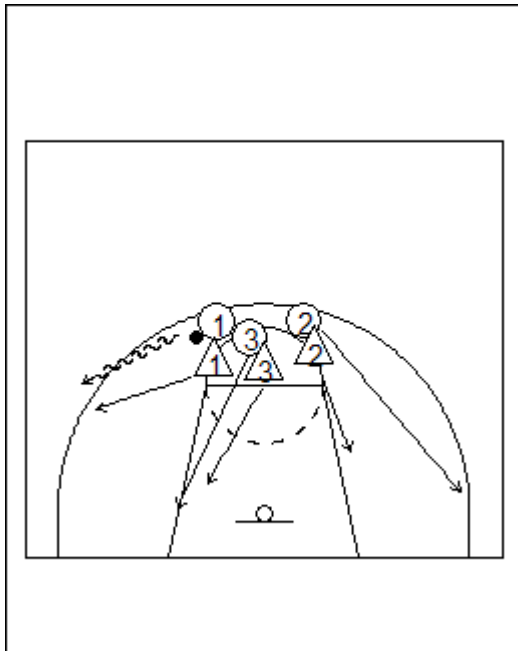
In this example there is no helping the helper (go move). The pass is made to the open post.

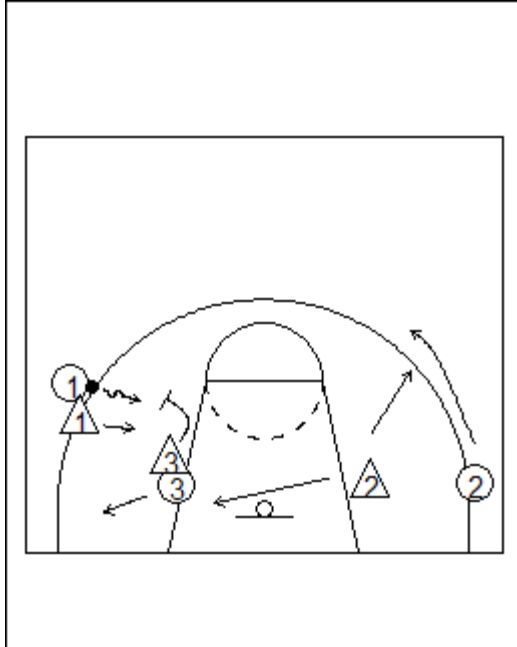
other option:

- no help- drive to the basket
- drive at the ball side post - play as a shooter / non-shooter
- Drive at the ball side post have the help side forward help.
- add the split after passing
- add a coach to work relay passes
- add transition - 3 on 2, 3 on 3, 3 on 3 on 3

**Middle penetration**

The drill starts the same.



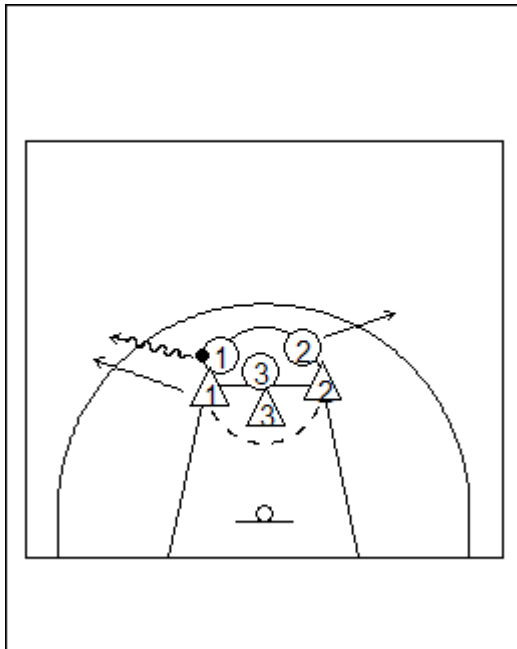


The forward now penetrates the middle. The coach must guide the defense with many options:

- post help with rotation
- post help no rotation
- forward help
- coach for relay passes
- Post on the help side
- split the defense
- pull back options
- Transition

Remember to allow the offense to play in the same position for a number of consecutive times to learn. By switching positions the athletes do not get the opportunity to learn immediately from success and failures.

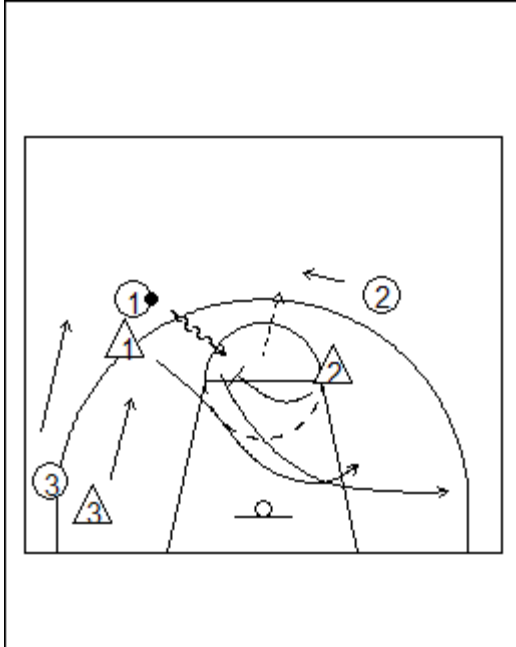
### 3 on 3 continuous



The drill begins the same as before with players moving into the proper positions. It is important for coaches to note how important this part of the drill is in the development of the players. By moving into the proper spacing players learn to keep the proper positioning. If we start the athletes in the proper position they never properly learn how to move into position in relation to other players, the ball and defense.

### Middle penetration

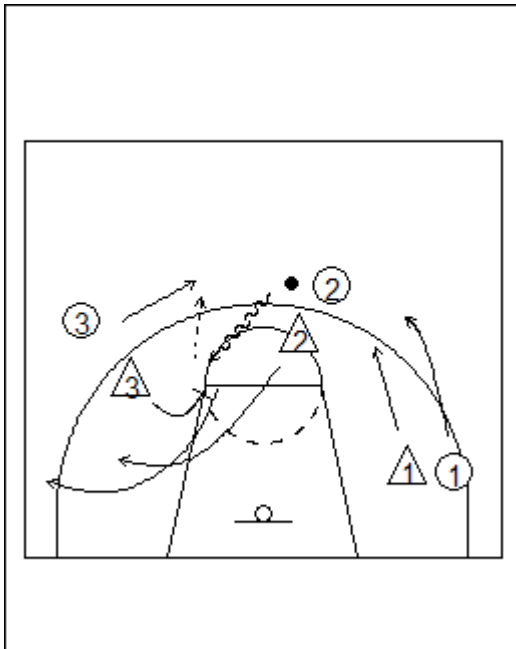
The ball handler attacks the middle with the other perimeter players moving to adjust their position.

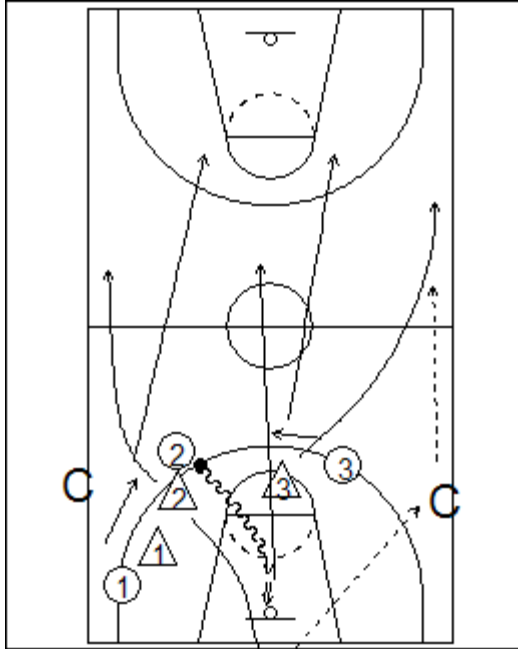


### Continuous action

The movement now continues with the offensive players keeping the action going. After three passes the players play live looking for the best scoring opportunity.

Keys: read the defense. On the first three penetrations the defense should show chest. After that mix it up.



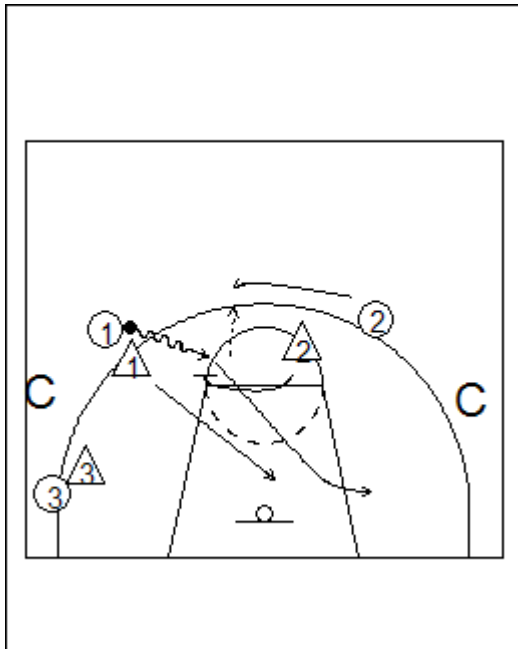


### Transition

If you want to add conditioning. On all shot attempts add rebounding and balance. Below the foul line rebound, above the foul line defensive balance.

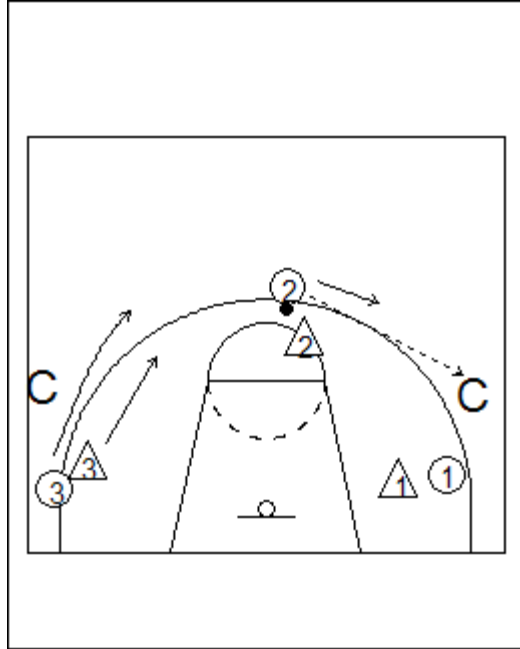
This could be:

- 3 on 2 - the person who shot the ball or turned it over does not go back
- 3 on 3
- 3 on 3 on 3 - have another group ready to go that has an advantage. Puts tremendous pressure on the transition defense.

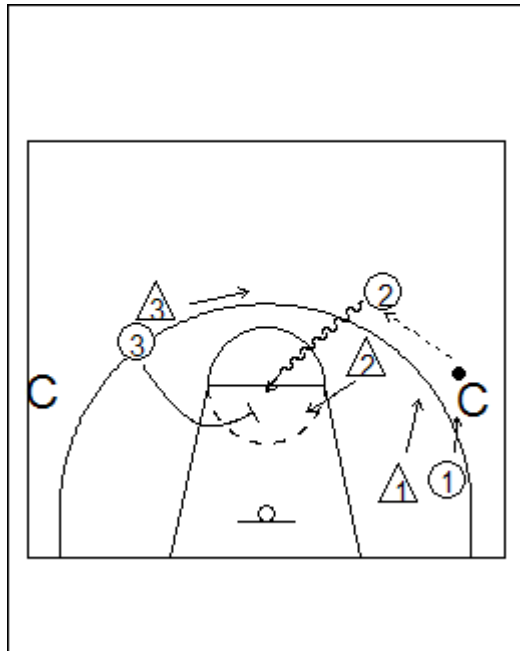


### 3 on 3 pass to the coach

Start in the same bunched formation and move into the proper positions. Attack the middle and rugby pass behind.



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The top player now passes the ball to the coach in the direction he/she came from.

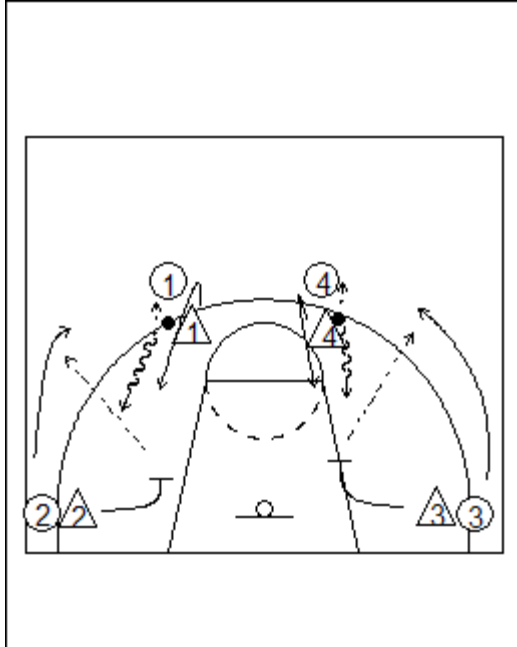


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The players balance the floor in the proper position to receive a return pass from the coach. He/she now penetrates the middle.

This drill works on passing after receiving the penetration pass as well as keeping proper spacing. Play guided defense for three passes and then play live.

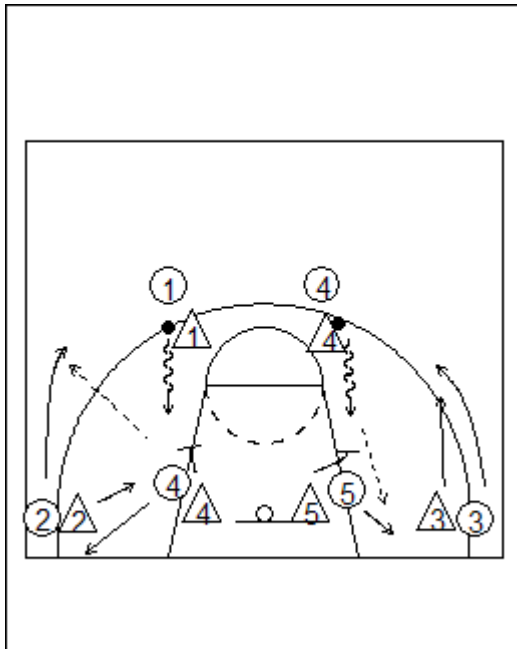


### Continuous vertical penetration



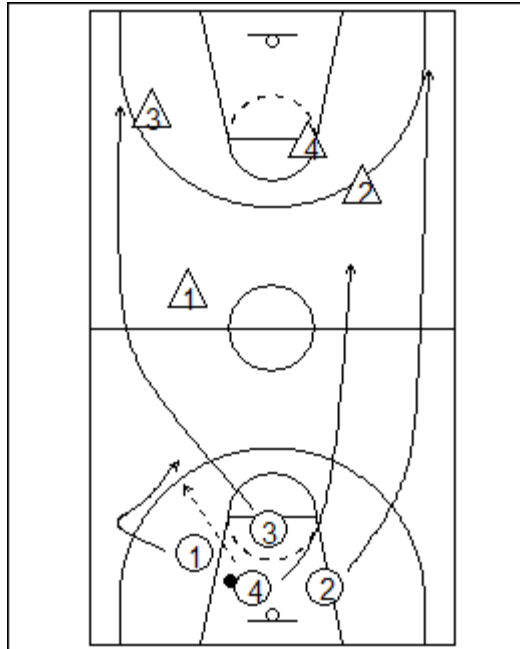
The defense starts with the ball and passes it to the offensive player and takes one step past the offensive player to allow for penetration. The top player penetrates to the basketball and reads the defense. If he/she reads chest she uses a rugby pass to pass to the player rotating behind the ball. The players balance the floor and continue. Allow for two repetitions with guided defense and then play live. Two groups can go at one time.

### Vertical penetration with a post



Now add the post player. The drill starts the same as before with the defense passing the ball and taking one step past the offense. The penetrator must now read the defense. Does the post help or does the wing. Does the wing defender help the helper if the post helps? Is there no help and the shot is open. The coach will need to guide the defense by giving many different ways for the defense to play.

Keep the same player on offense for a minimum of three repetitions in a row.

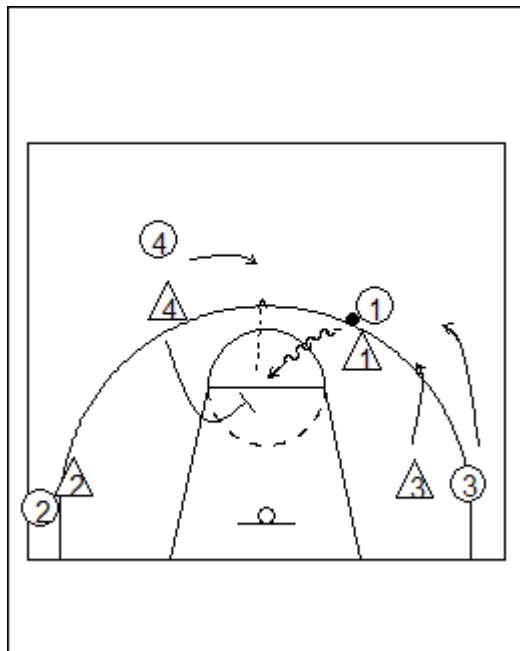


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**4 on 4**

The drill starts with a rebound at one end and the offense moving up the floor filling the four perimeter spots.

Note; you could start from a sideline inbound or a foul shot.

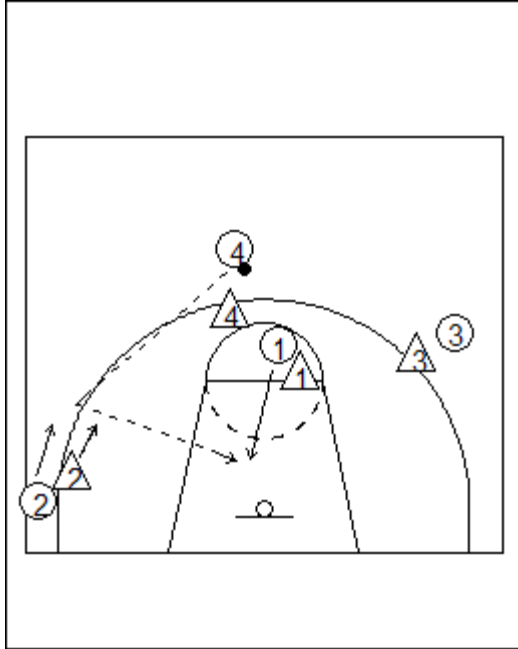


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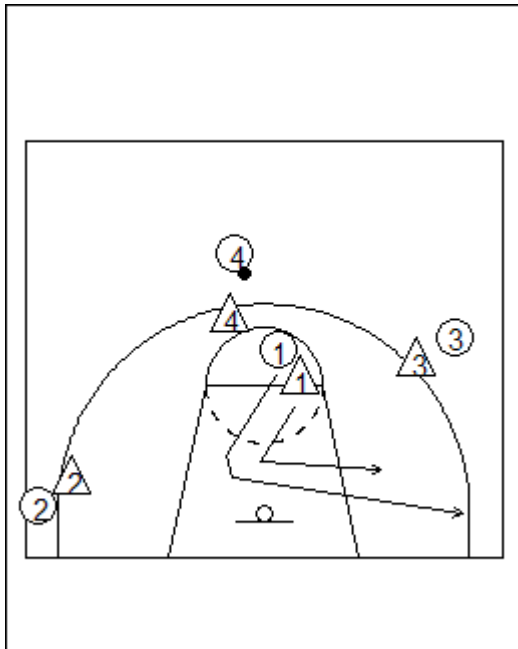
The ball handler now initiates the penetration. The players work to read the defense and keep appropriate spacing. At first the coach may want to guide the defense and call for chest help defense to encourage the rugby pass. After a certain number of passes mix up the defense.

**Screen after cutting**

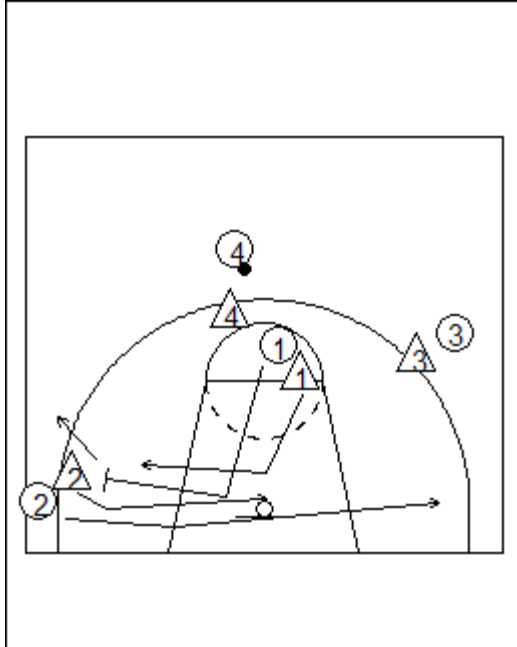
As the players progress a screen can be added by the perimeter players. When the passer splits the defense watch for the ball. You may be open.

**Fill the open space**

After cutting the player fills the open space as the other players rotate.



### Setting a screen



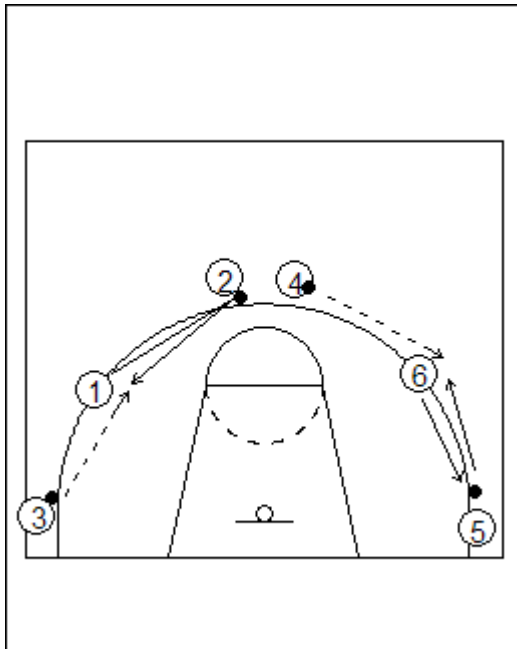
The player can also go and screen for a forward who will cut to the open space. This is a more advanced option that should not be used with younger players. It works best as a back screen where the screener faces the basket and has his/ her back to the player receiving the screen.

Remember to call names when setting screens. Read the defense.

Transition

- 4 on 3
- 4 on 4
- 4 on 4 on 4

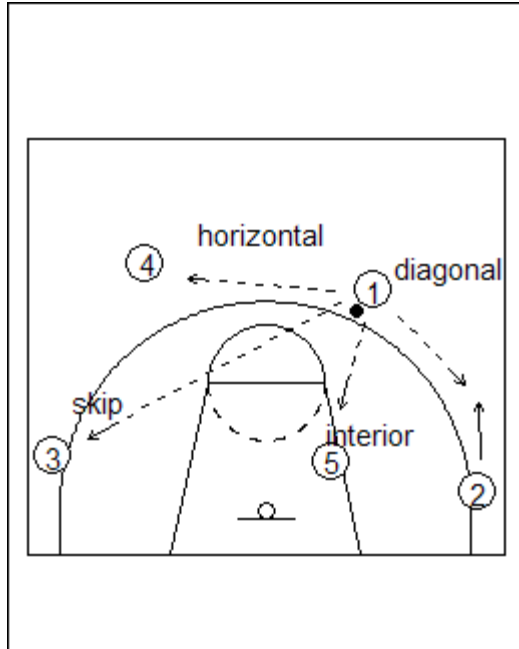
### Young player drill for footwork and balance



The player runs and touches the ball with a hand and then runs back to receive a ball from the other player. The player has their hands up to receive the pass and works on a good balance stop that has them facing the basket. A jump stop on the toes is preferred. After gaining balance and having the ball protected, the player passes the ball back to the same player. Run and touch the ball you just passed. Change direction and run back to receive a pass from the other player. This allows the player to work on receiving passes from both directions. Give a number of quality reps until you switch.

**Concept #3****Passing**

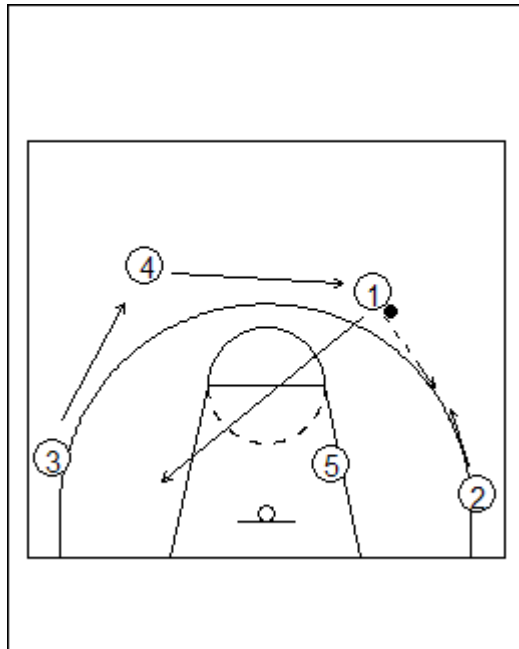
- a) diagonal pass
- b) horizontal pass
- c) skip pass
- d) interior pass



The offense can be initiated by a pass to any of the four other players.

**a) Diagonal pass**

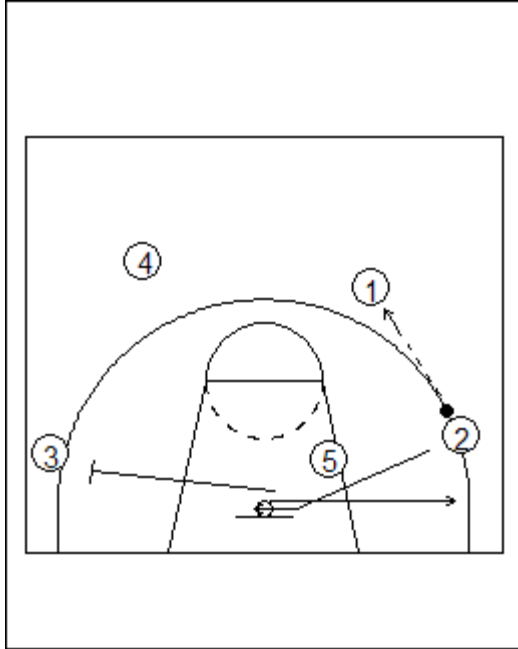
This is a wing entry pass. It is made immediately off the dribble. We do not want the guard freezing his/her dribble while the wing player makes V-cuts and L-cuts to get open. If the wing is not open keep your dribble and penetrate.



After passing to the wing cut away in a diagonal action to the far side of the court. This allows the wing player space to go 1 on 1 or the wing to make an interior pass to the centre. If the player stands the defense will sag and clog the space.

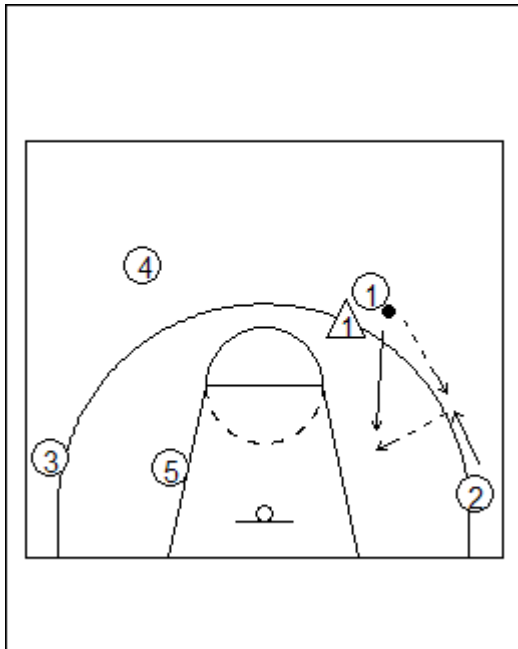
### Forward to guard

The pass from the forward to the guard is also considered a diagonal pass. Cut to the rim hard. The player may return to the same side, receive a screen from the centre or screen across or exchange with the other forward.

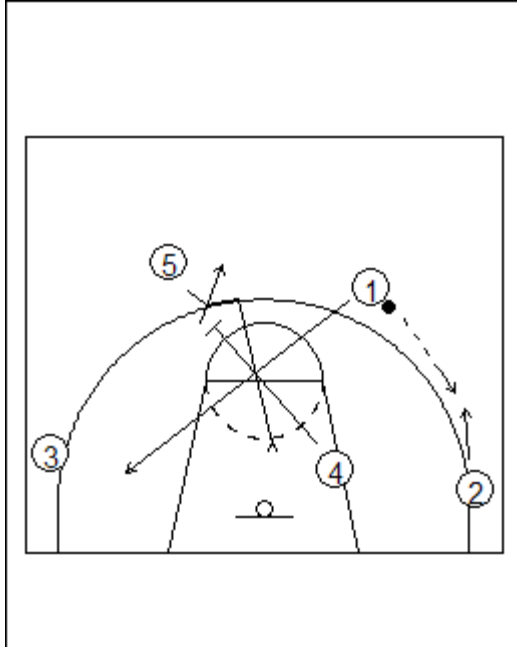


### Give and go

Against over play defense you may occasional get a give and go cut. This works when the centre is away from the pass and the defense is playing in an extreme force position. At younger ages this is a good option. As the skill level of the help side defense improves this option is not as good.

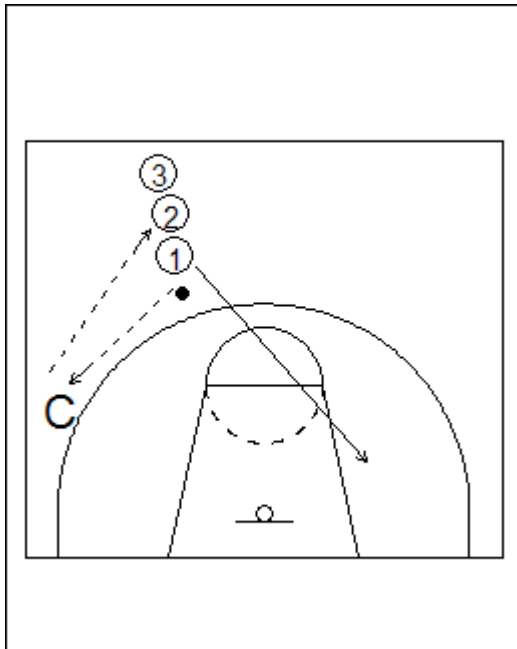


### Diagonal pass, diagonal cut, diagonal screen

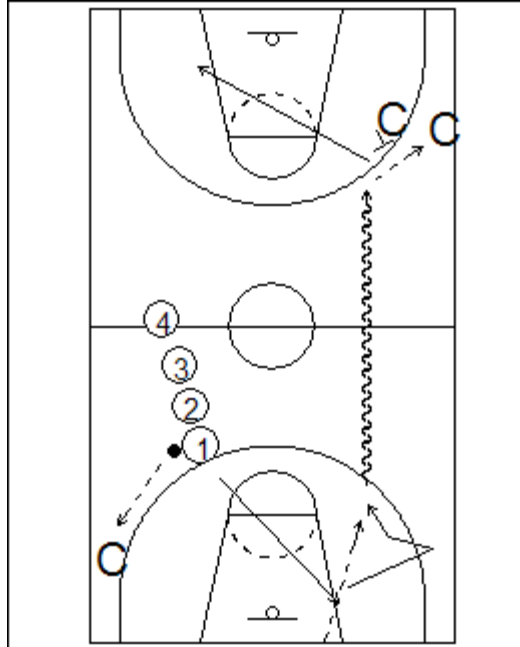


Often the first player down the floor is not a good one on one player in the post. On the diagonal pass to the wing the posted player sets a diagonal screen to bring the post into the key. The diagonal cut by the guard keeps the one on one open.

### Drills



Players line up with one ball and pass to the coach and make a hard diagonal cut after passing.

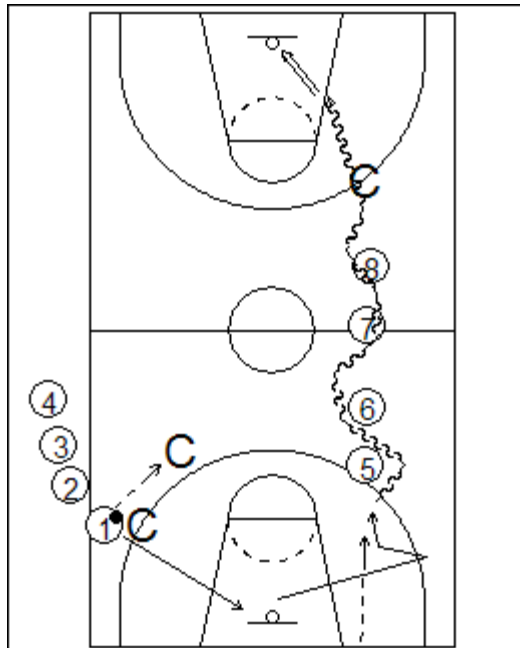


### Transition

After cutting through to the other side the players can now do a number of drills to return to the end of the line. In this example the player pretends to box out go to an outlet and then banana cut to receive a pass. He/she then pushes the ball to the far end where she reads the wing getting open. If he or she is open make the pass; if the wing is denied keep your dribble and penetrate for the score.

There are many option you can do up the back side:

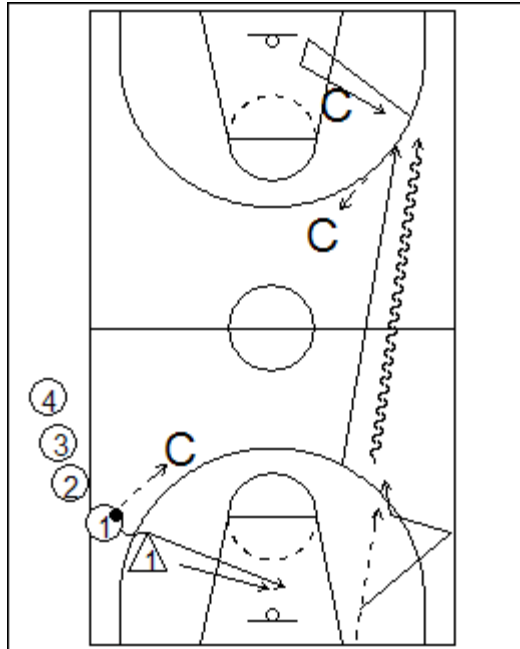
- dribble full court through people
- dribble full court, hesitate read the defense
- play 1 on 1 full court
- play 2 on 2 live read the wing entry



### Forward to guard diagonal

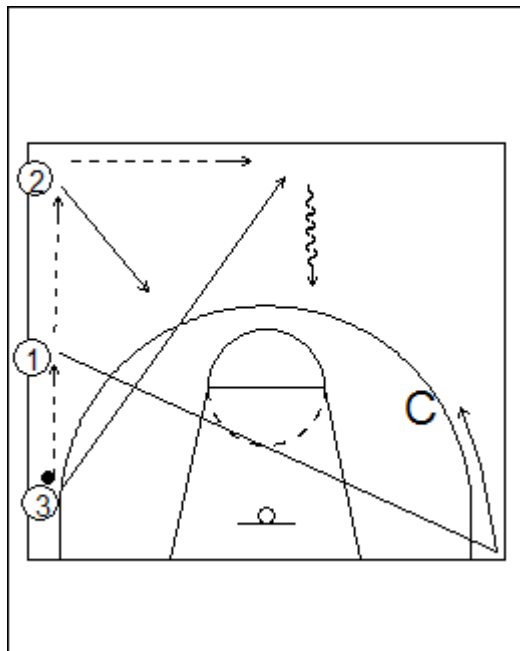
This drill the forward passes to the coach and cuts hard to the basket reading the guided defense by the coach. If the coach is high side cut behind, if the coach sags cut across the face of the coach. Again you can do many different drills up the other side. In this case the player dribbles through stationary defenders. At the end he/she hesitates and receives a read from the coach. The coach signals with an arm. Attack the side opposite the arm. If the coach sags shoot it.





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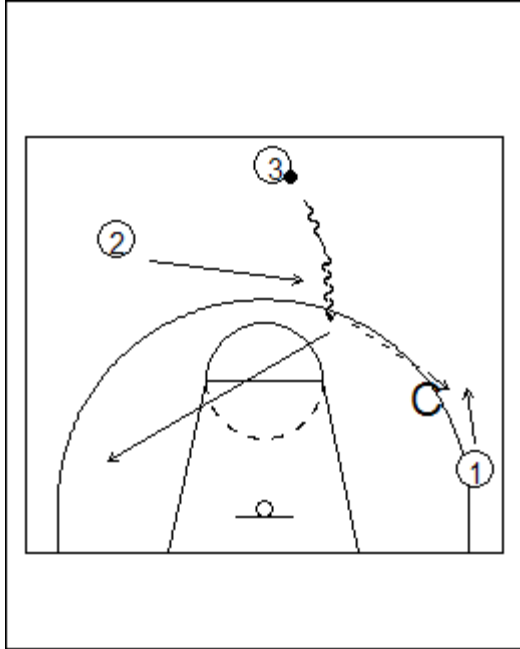
In this example the players play against defense. In the half court the player cuts and exits the other side. He/she then takes the ball one on one full court to a wing. On this pass he/she goes to the rim and then uses the centre to come back to the wing to play 1 on 1. He/she can also go out the other side. Read the defense.



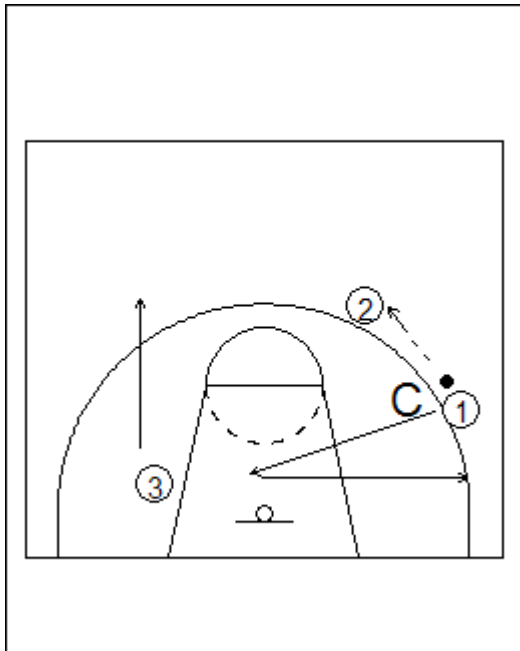
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### 3 on 0 continuous diagonal cuts

This is another way to start the drills. The players use the Korean sideline passing to get into position. The passes are made with a high overhead action.

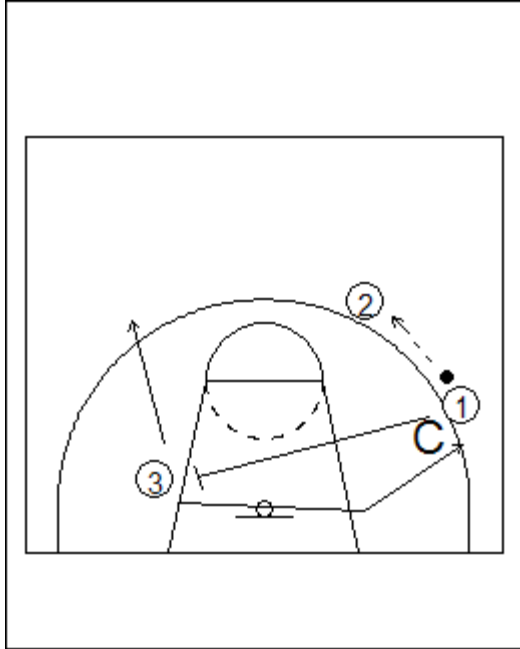


67  
 #3 now brings the ball to the guard spot and makes a diagonal pass to #1 blasting to the wing. After the pass #3 makes the diagonal cut and # 2 fills the guard spot.

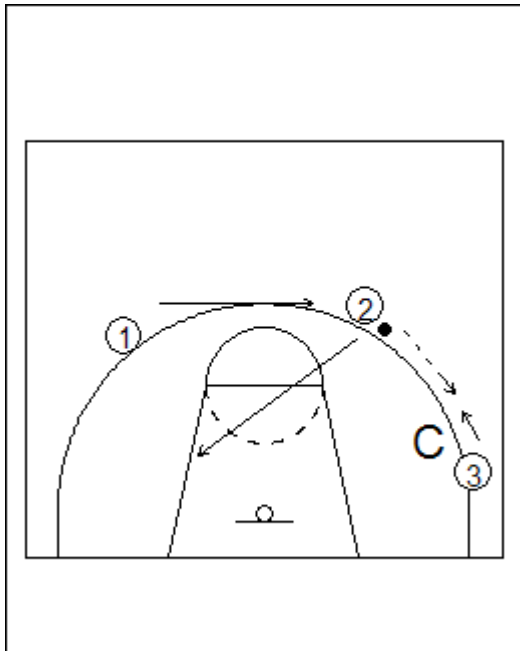


68  
 #1 makes the diagonal pass to #2 and cuts hard to the basket. In this example #1 replaces him/her self in the corner.

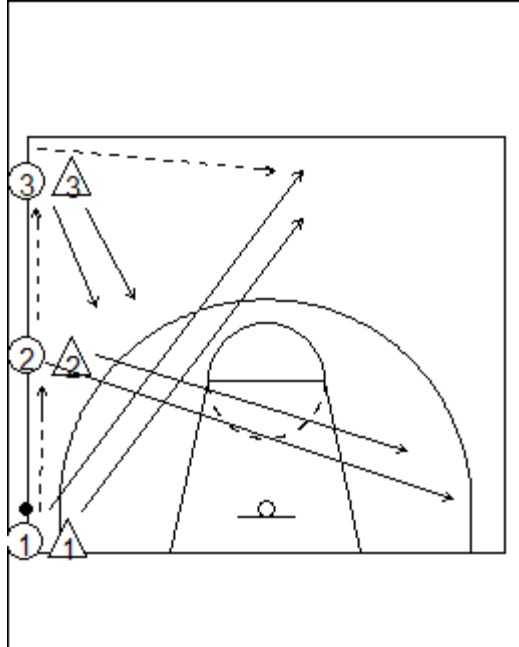
In this example #1 cuts trough and exchanges or screens for #3.



The play now continuous until each player has made a diagonal pass from each position.

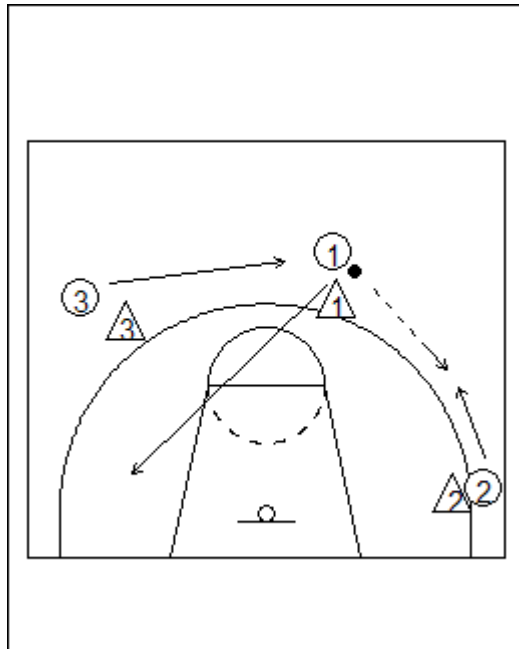


### 3 on 3 continuous diagonal passes



The drill starts as before with the defense allowing the passes to occur.

The players now play 3 on 3 using only diagonal cuts.



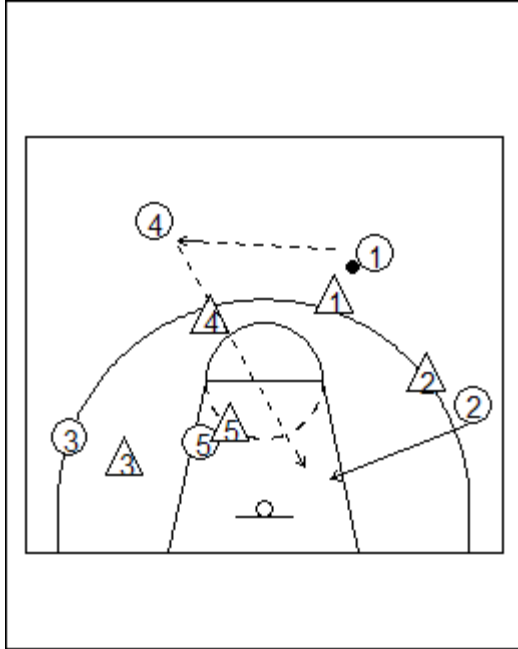
Remember to add transition

Note: it is important to allow the backdoor cut by the wing if the defense over plays (denies with an elbow). This is covered in the one on one section.

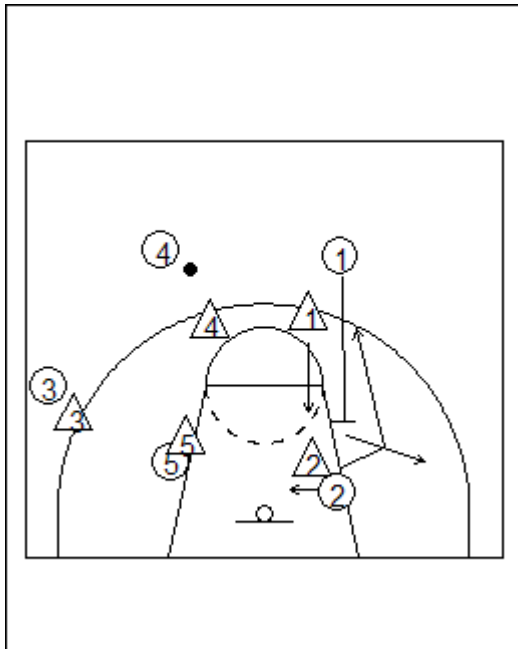
Remember to allow transition.

### b) Horizontal pass

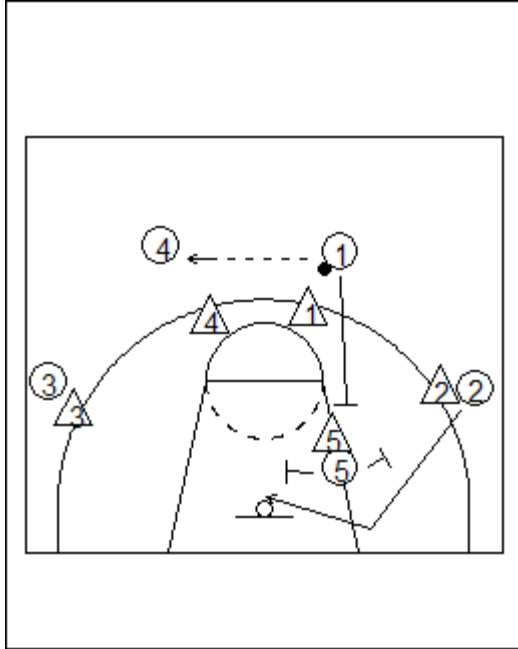
Very often when the wing is denied a quick horizontal pass followed by a hard contact cut will allow the wing to be open at the basket. It is important to cut off the shoulder of the defender to prevent recovery.



If the defense recovers it now sets up a great angle for a vertical screen by the guard.

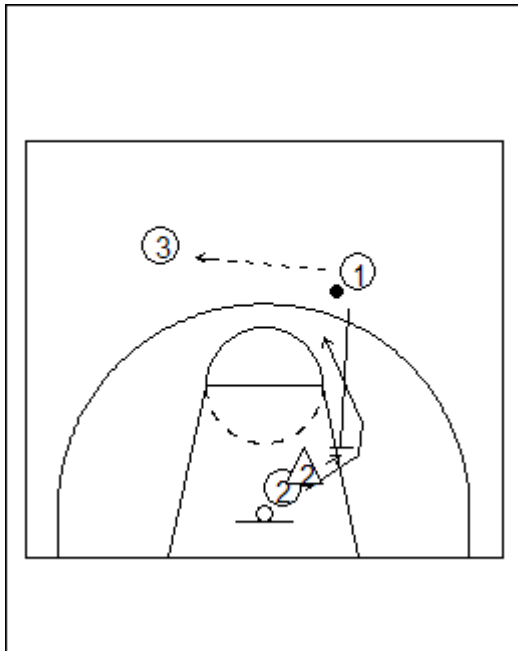


If the post is involved he/she may receive a screen from the post plus a screen from the guard.

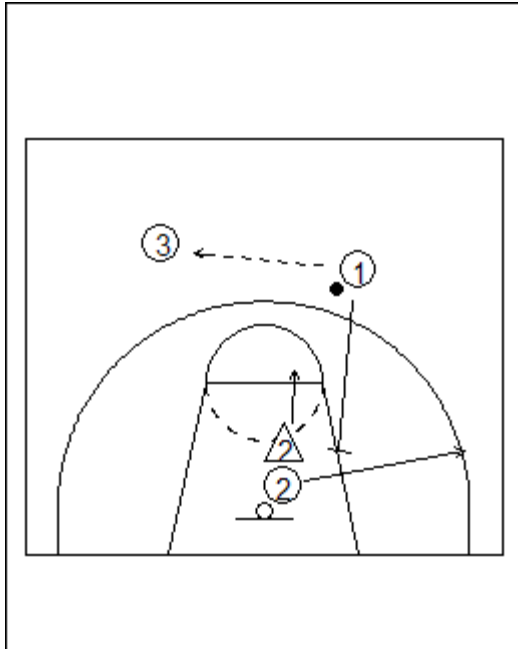


Read the defense.

Give a catch fake (show your hands) at the basket to freeze the defender. When using the screen watch the defender and not the ball. If the defender trails curl and cut to the top.

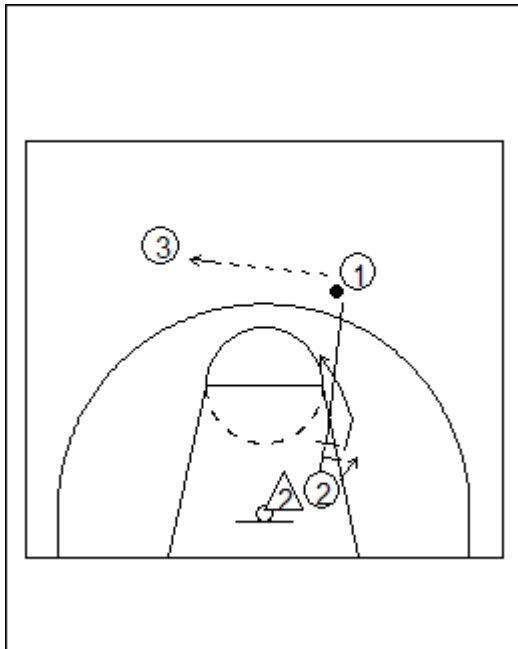


If the defense takes the short cut and slides inside the screen fade to the corner.



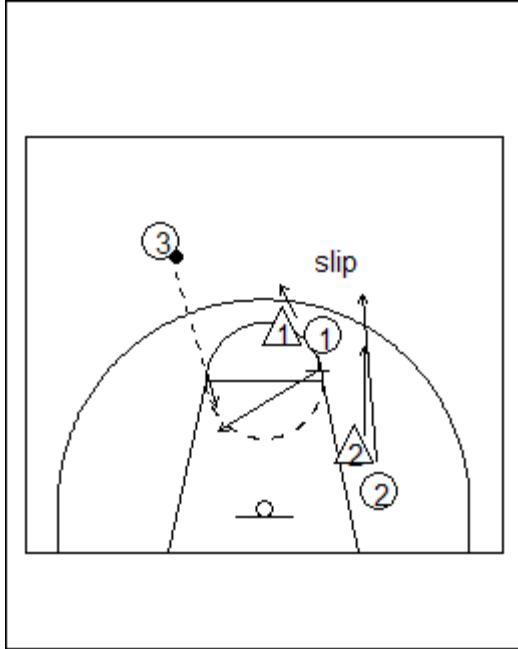
**High level moves**

For advanced players you can sometime stop just before using the screen and do a butt push (bend at the waist to bump the defenders thighs) then quickly use the screen. It gets a tight defender off you for a brief second.

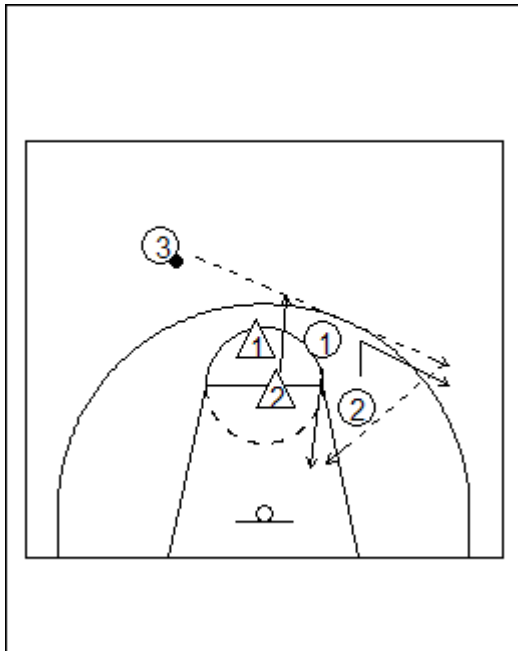


### Advanced screen angle

The elbow vertical screen works very well against team that like to switch or extend in defending. This angle allows for the screener to slip to the basket.



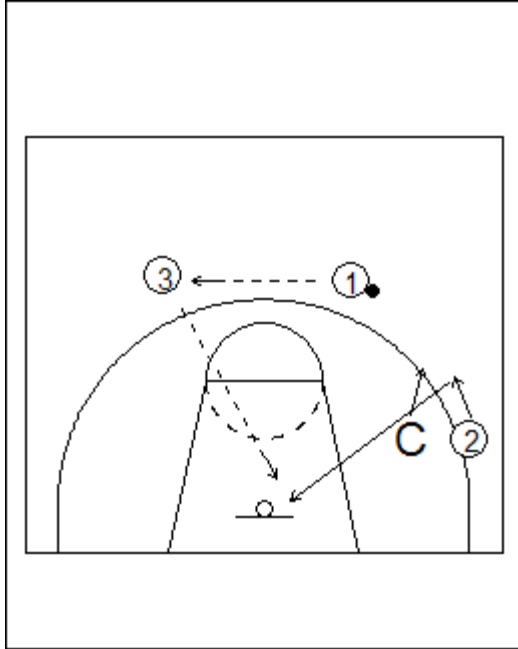
If the defense cheats in side the cutter fades. If the skip pass is made we now follow our rules and #1 dive to the rim with a contact cut.



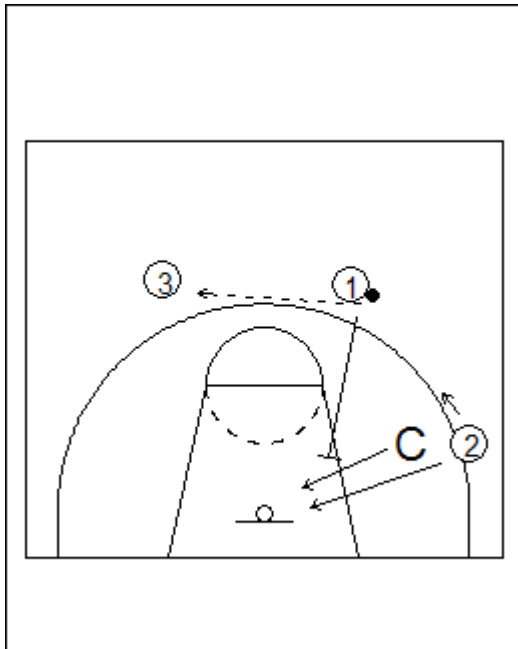


**Drills****3 on 0 with guided defense**

#2 cuts to receive the pass. #1 makes the horizontal pass to #3. If the coach stays up #3 makes the pass to #2 at the rim.

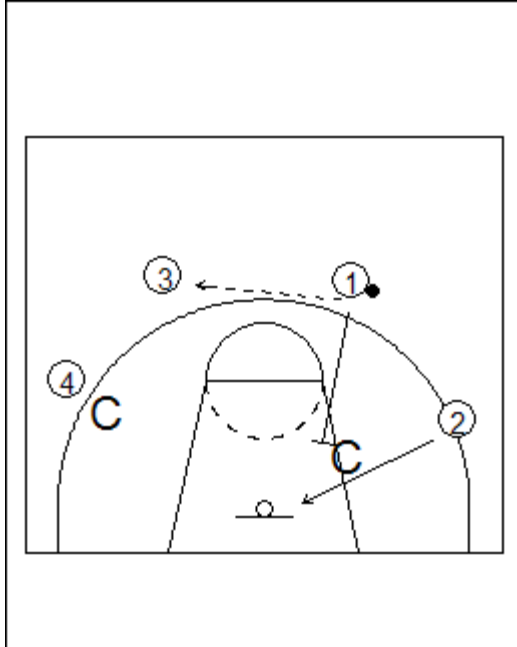


If the coach sags #1 will set the down screen for #2.

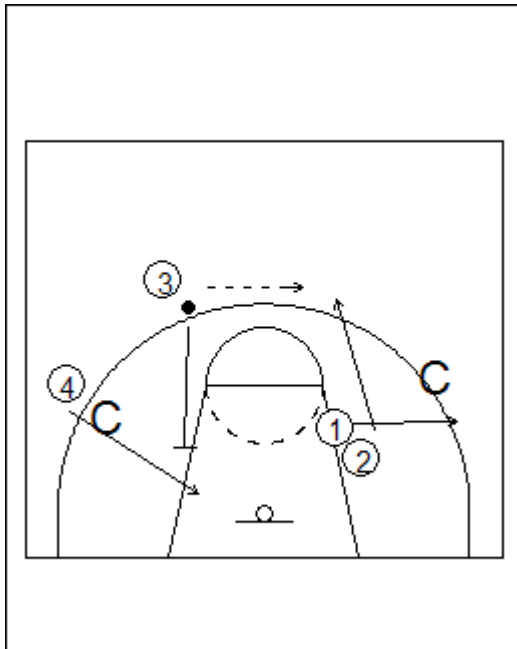


**Continuous horizontal passes**

The 4 offensive players pass the ball making only horizontal passes.

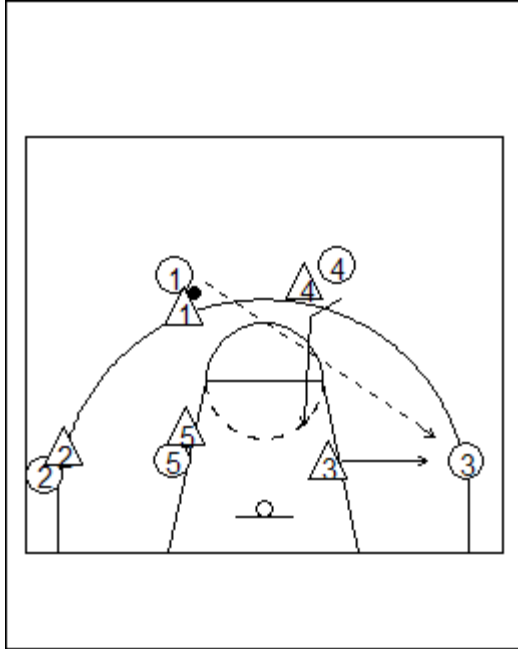


After 4 horizontal passes the players read the coaches to score. Remember transition positions for balance.

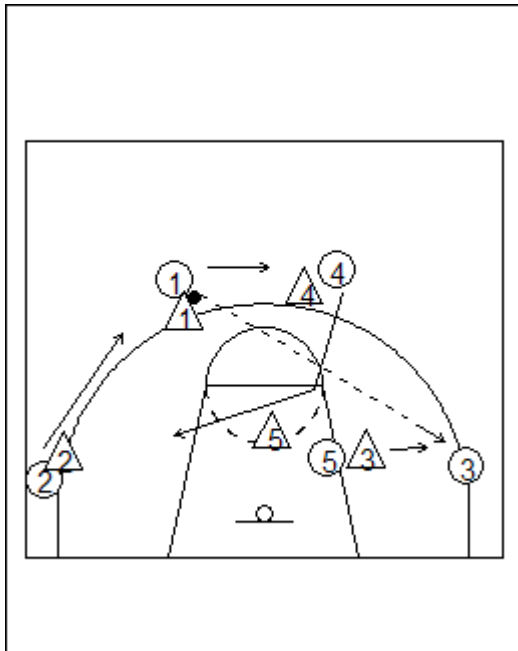


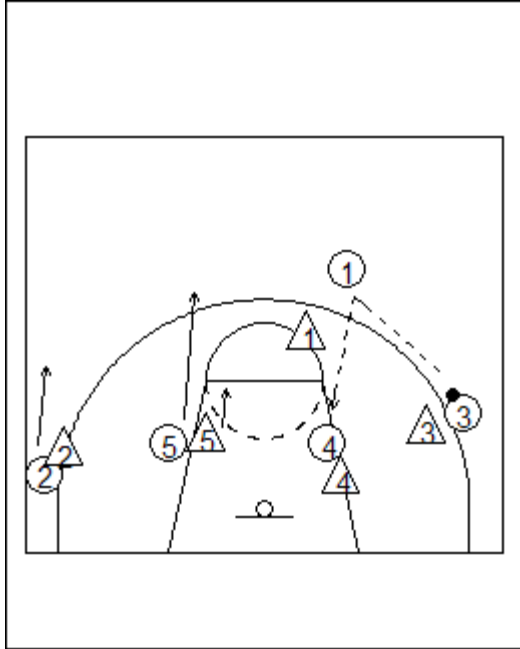
### c) Skip pass

Very often the defense will deny the horizontal guard to guard pass. Traditional help defense will sag off the help side forward. #1 will skip the ball with a high overhead pass to #3. #4 will use a contact cut to cut to the rim.



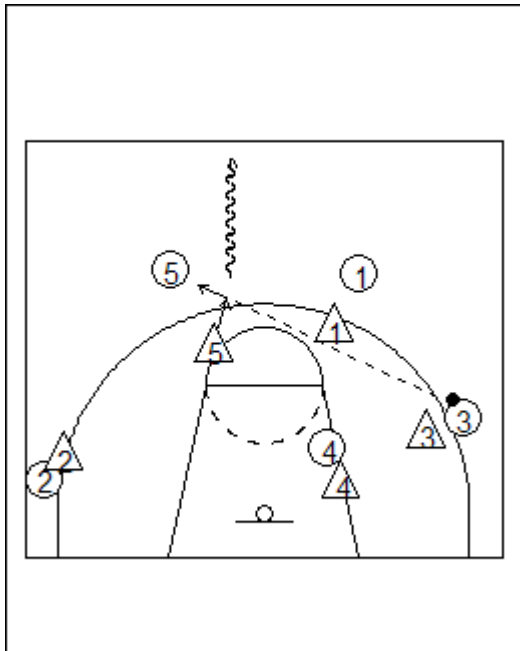
If the centre is involved break off your cut into a diagonal cut. We will look to relay the ball into the centre.





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If X4 recovers to take away the relay pass from #3 he/she holds position to set up a second consecutive relay pass from the top. It is very important to have the centre rise up out of the post to take away the help defense.

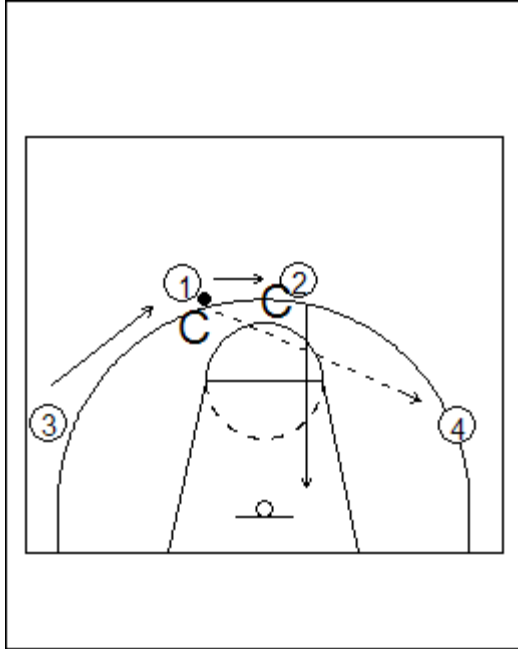


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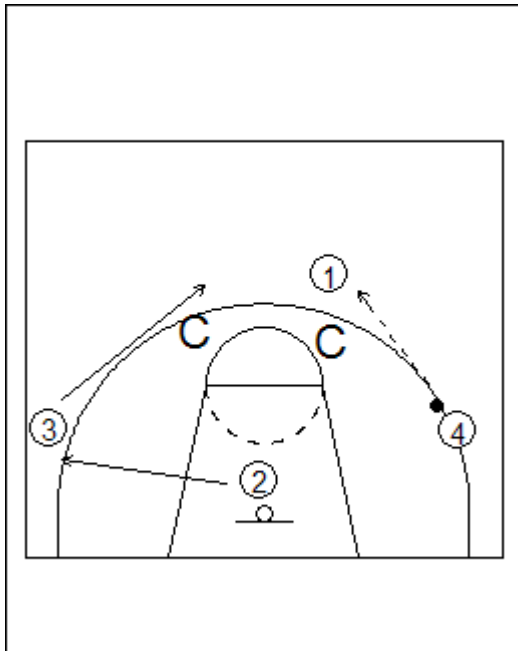
The forward to guard skip pass is not encouraged since many teams can steal this pass for an easy uncontested lay up.

**Drills****Continuous skip passes**

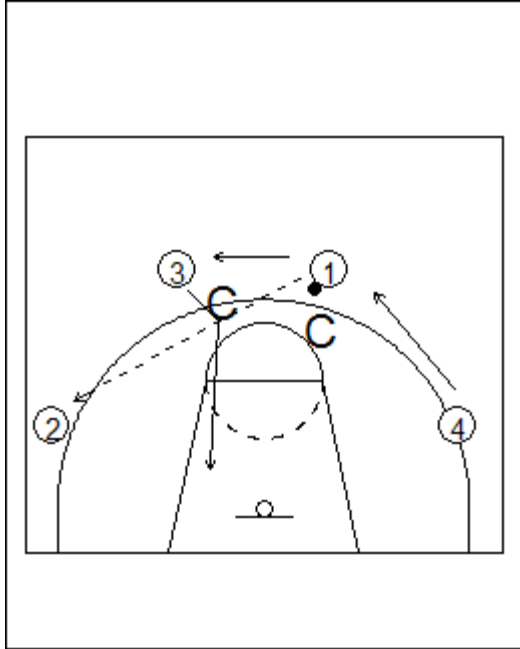
Set up in the four spots. The assistant coaches apply pressure. On the skip pass #2 cuts to the rim.



The other players rotate to fill the spots. Hold the ball for a two count.

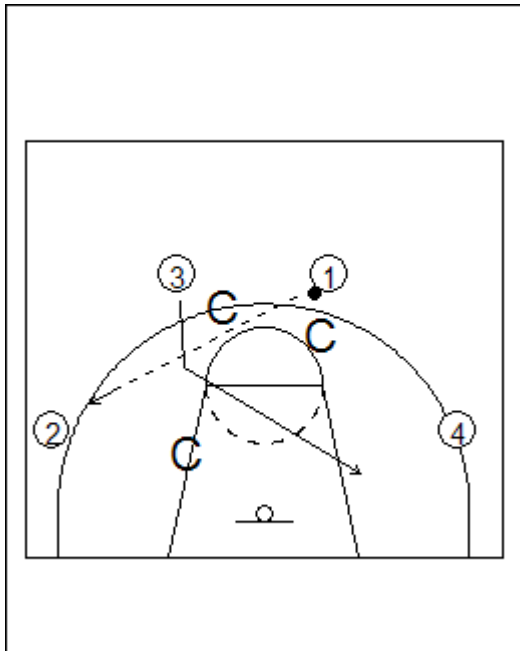


The action now continues. Make 4 consecutive skip passes then score. Be sure to start in a different position the next time.



**Progression**

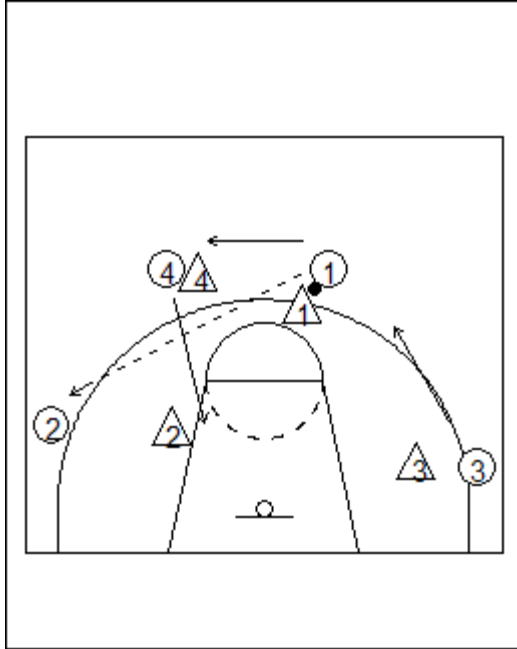
Occasionally have an assistant coach step in to play the centre spot. This is a signal to break off the cut.



#### 4 on 4 using skip passes

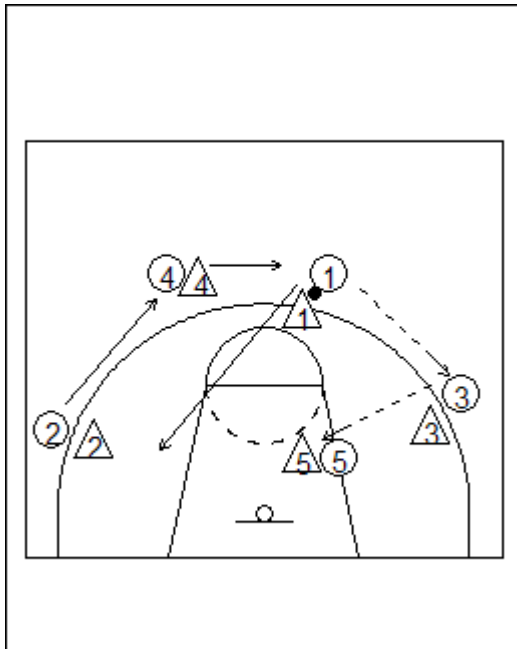
The offensive players come in from a defensive rebound at the other end of the floor. The defense must deny the guard to guard horizontal pass and sag on the help side to start the drill.

Remember the transition.

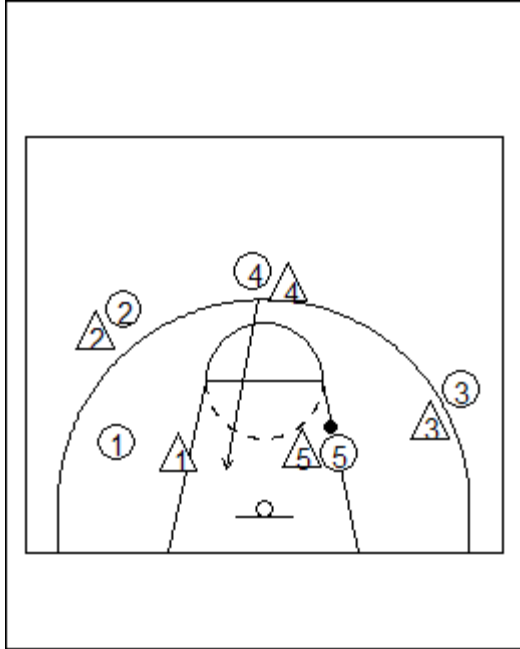


#### d) Interior pass

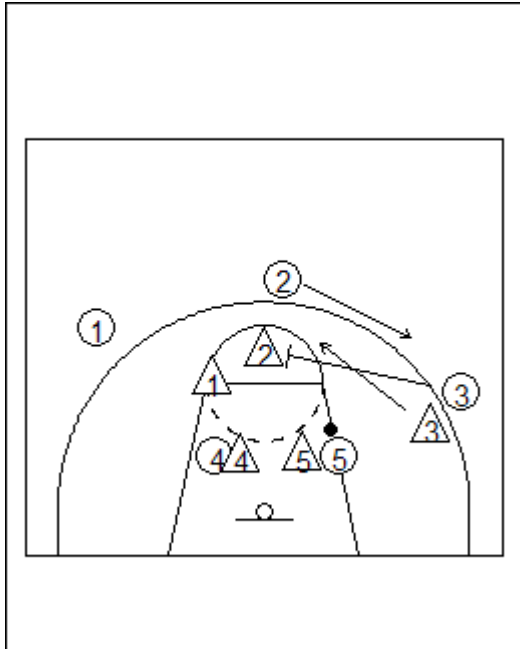
On passes to the interior the perimeter players must move to prevent sagging defense.



#4 dives the rim. This prevents double teams by the other post player.



The perimeter players must raise themselves above the ball. The passer can go and screen for the next perimeter player. The other players spots up in the diagonal.

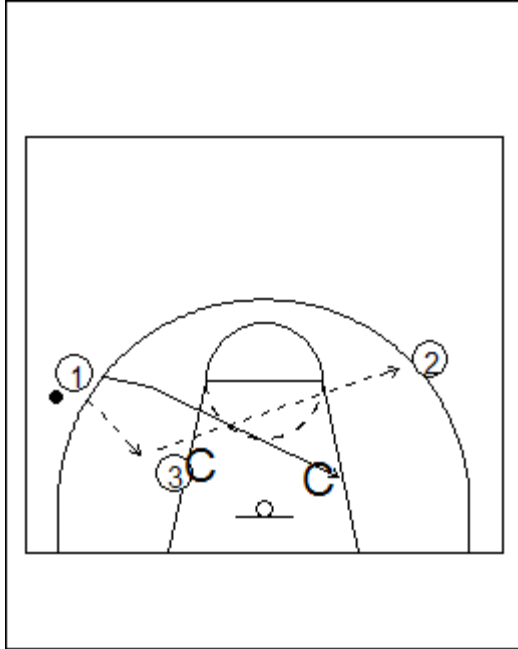




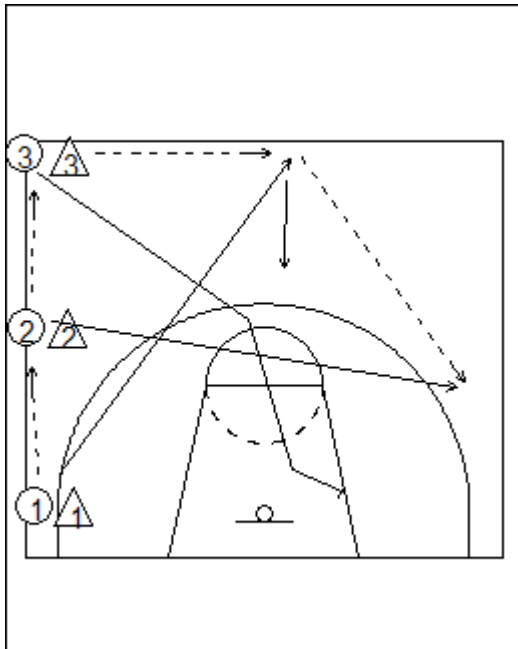
**Drills****Interior passing**

#1 passes the ball to #3 inside and then cut diagonally to the other post. #3 passes the ball diagonally to #2 and then cuts to the opposite post.

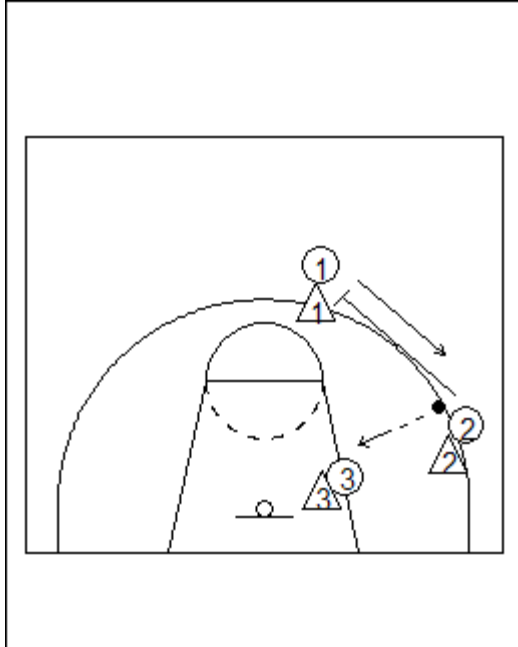
The action is continuous until each player has completed each pass.

**3 on 3**

The players run Korean passing until they enter the ball to the wing.

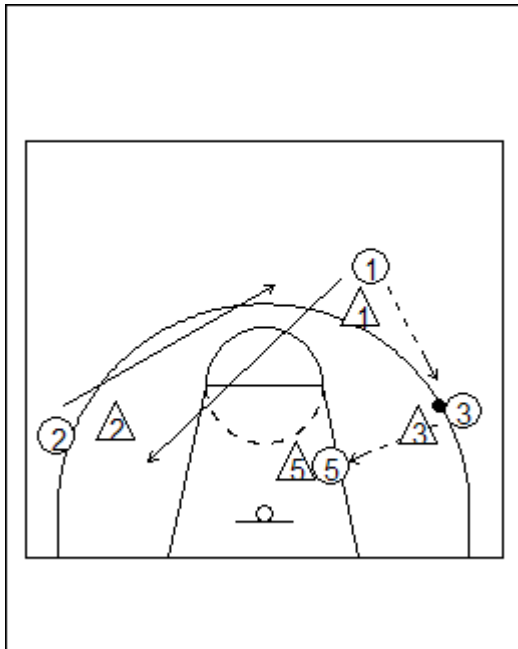


The ball is entered to the centre and the two perimeters must screen. Use relay passes to get the ball to the post.



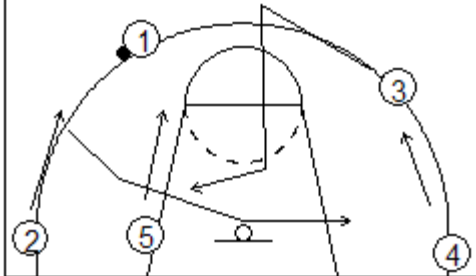
**4 on 4**

Start with a rebound. The players must now get the ball inside before a score can occur. Work on movements after passing inside.

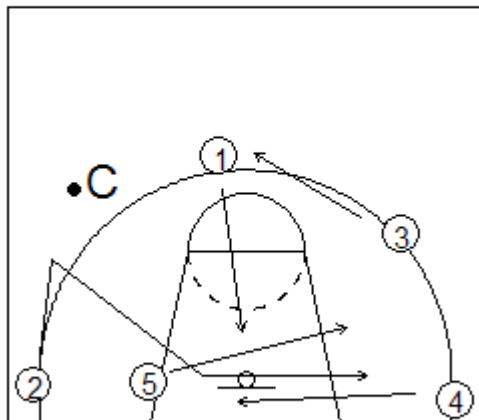


**Concept #4****3 second rule**

Players exchanging positions after not receiving the ball.



Players need to learn to move when they do not receive the ball. Very often players will cut to the ball and then stand after not receiving the pass. This breaks down the offense and allows the defense to build a ball side and a help side. The player with the ball must also understand that after three seconds if the ball has not been passed he/she must look to penetrate.

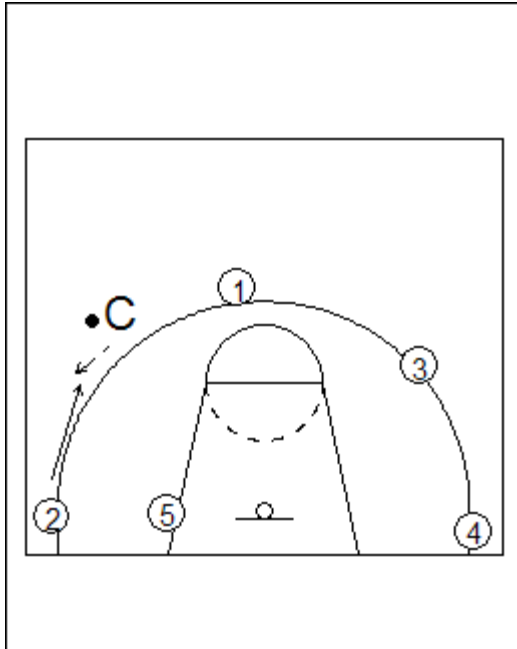
**Drills****5 on 0 move with out the ball**

The players move without the ball exchanging position. The coach counts 1, 2, 3 to help the players understand when they need to exchange positions.

With younger players all 5 positions are interchangeable. As players start to specialize the centre stays as the centre.

**Progression**

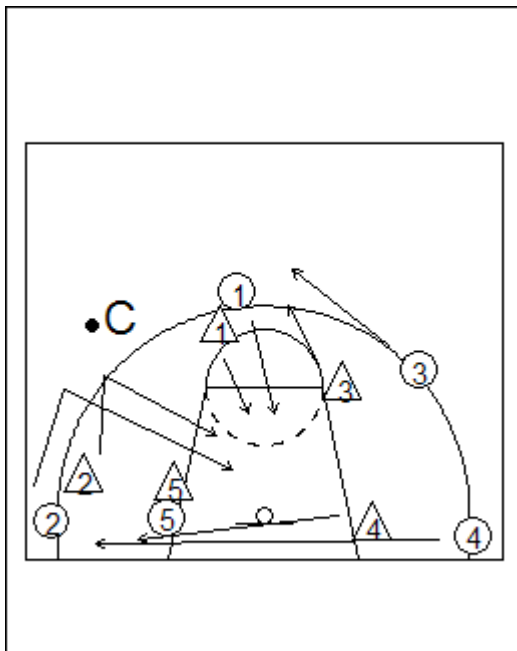
After the players have moved to the coach's satisfaction he/she passes the ball to one of the players and the players move into the passing game principles using penetration or the various passes.

**Progression**

In this progression the coach starts the count for the players, 1, 2, and 3. After the first couple the coach no longer counts to see if the players understand on their own. You could make the players count out loud at first.

**Progression**

Play 5 on 5 with the defense allowing the passes at first. When the coach is satisfied with the movement he/she passes the ball and allows the players to play.



**Concept #5****Rules for #4 and #5**

These are advanced rules that should not be used with younger players. This is when specialization starts to take place; which should not occur until late in a player's development. Yugoslavia this does not occur until 18 years old. This is one reason that they have produced so many skilled big players who can play away from the basket. Coaches are urged to forgo the temptation to put the tallest player as a post at a younger age. Many of these players never develop the skills to pass the ball or dribble the ball. They only know how to receive the ball.

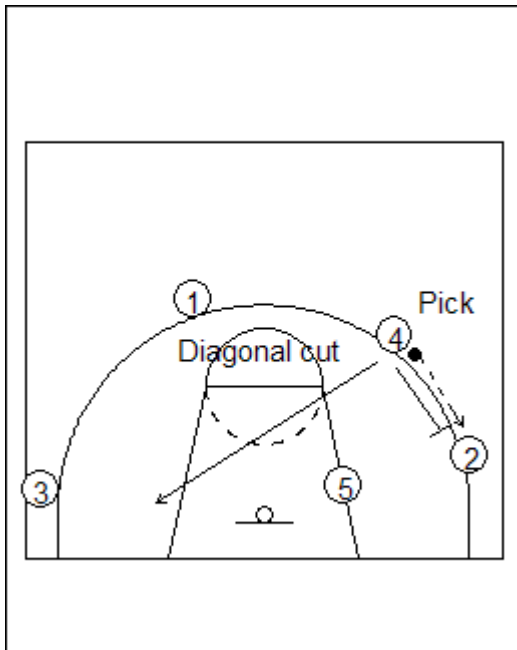
When the #4 and #5 players play as perimeter players they are given options:

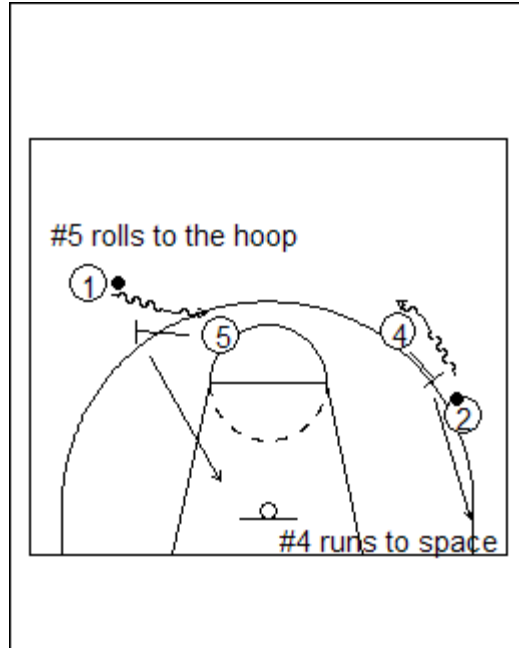
- follow the rules already outlined
- follow your pass and set a pick (If #5 is a non-shooter, this is the option he/she should choose)

For example: When #4 is in the guard spot he/she makes a diagonal pass to the wing player. In the normal passing games rules he/she should run a diagonal cut. His/ her option is to go and set a pick for the wing.

We do not want picks set between players of the same size since defenses can easily switch these picks with no apparent mismatches being created.

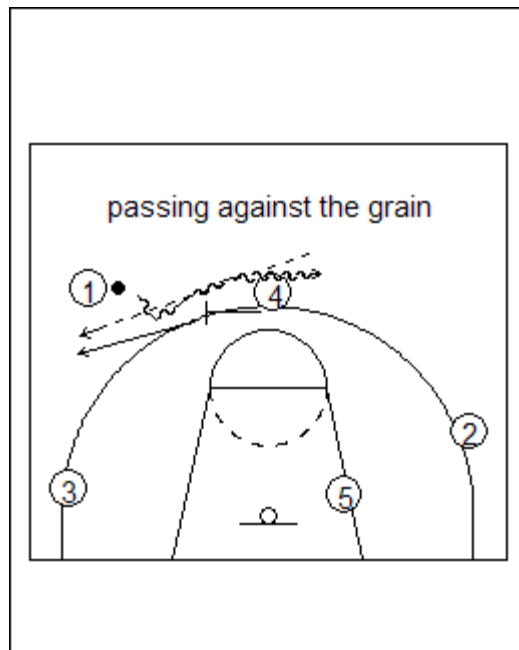
This random movement by the #4 and #5 makes the offense very difficult to scout. Opposing coaches and players cannot predict when the picks will occur making them more difficult to defend.



**Shooter vs. Non-shooter**

In Mario's offense the #4 is considered an outside shooter and #5 is not considered a shooter. Coaches must take into account the abilities of the players playing in these positions and adapt the offense accordingly. For example both #4 and #5 may be able to step outside and shoot. This will change the roles they can play.

Using the rules stated above whenever #4 sets a pick he/she will run to space to shoot. #5 will roll to the basket after setting a pick.

**Pass against the grain**

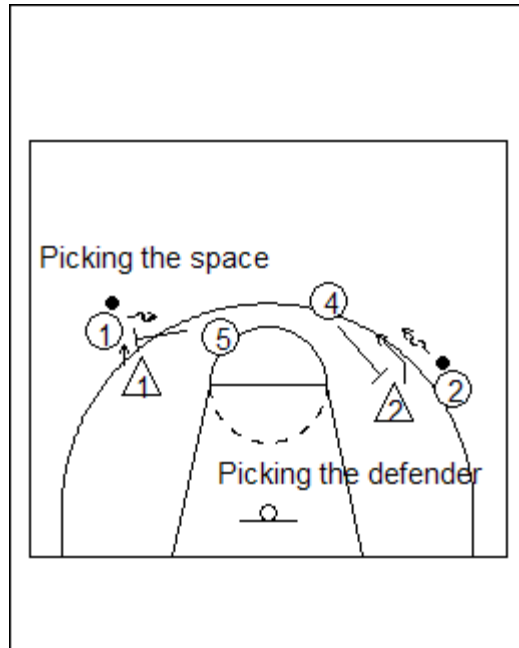
In order to affectively run pick the ball handler must be able to throw the pass back against the grain of the defense. This is a high over head pass and very often a jump pass.

### Setting picks

Pick the space between the offensive and defensive player.

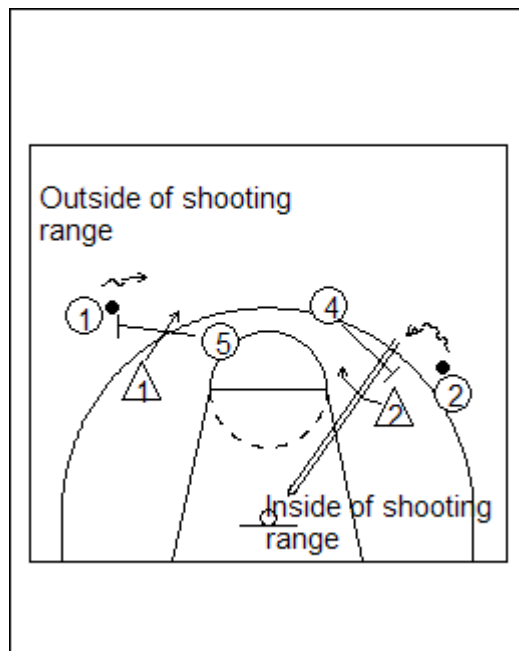
If you pick the defender very often the defender can fit through the space left between the offense and defense. It allows the defense to go over the top.

If you pick the space it is very difficult for the defense to go over the top to defend.



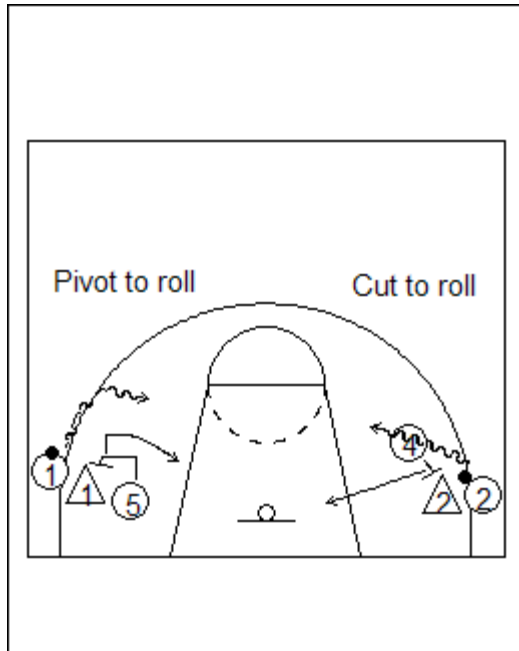
### Picks in shooting range

Set the picks inside the shooting range of the offensive player.

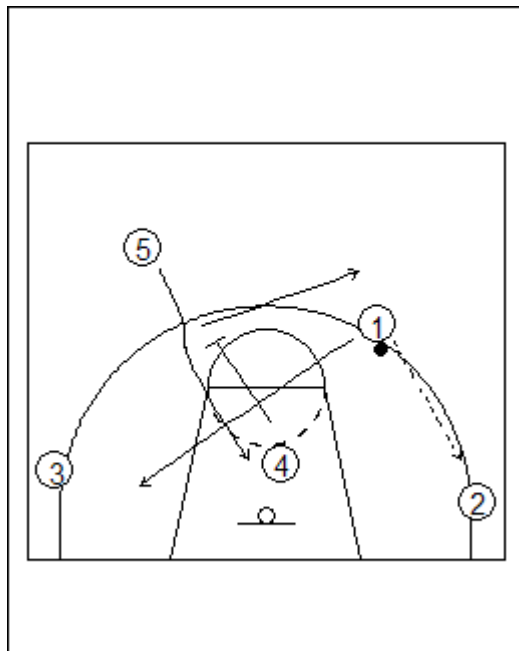


**Corner picks**

Picks in the corner should be set with the picker's back to the ball and facing the basket. This allows the player to see the help defense and make quicker decisions to shoot or pass. The drop pivoting to roll takes time and makes the player blind to the help defense.

**#4 and #5 in transition**

If #4 has a good post up he/ she may hold position. If not look to screen for #5 on the first pass to get #5 inside and #4 outside.



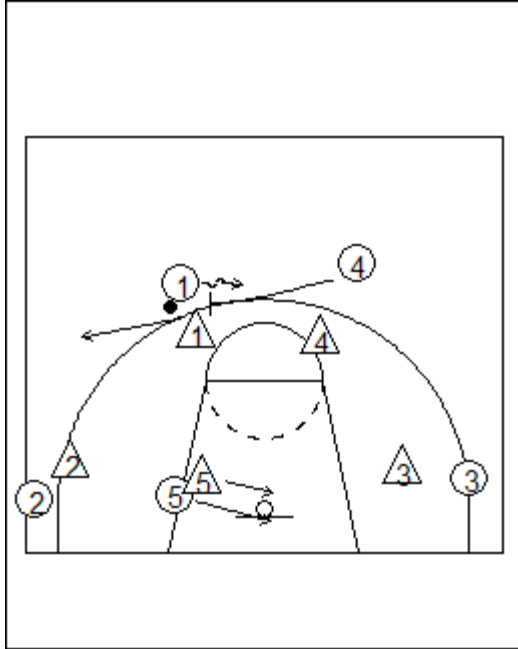


**Top picks****#1 call for the pick in transition**

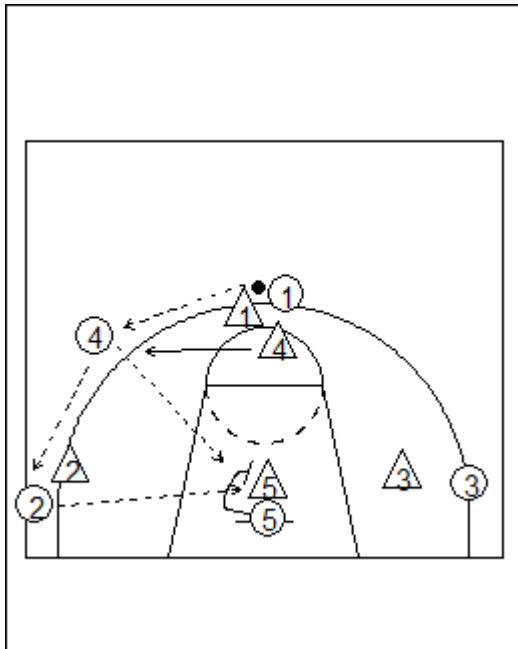
Very often #1 can call for a pick from the trailing post player. This is an excellent way to start the offense.

#5 seal strong calling for the ball from #1. #1 signal for #4 to come and set the pick. #5 then sets his/her man up by moving down to the basket on the dribble by #1.

#3 and #2 must enlarge the defense and not allow their defenders to help.



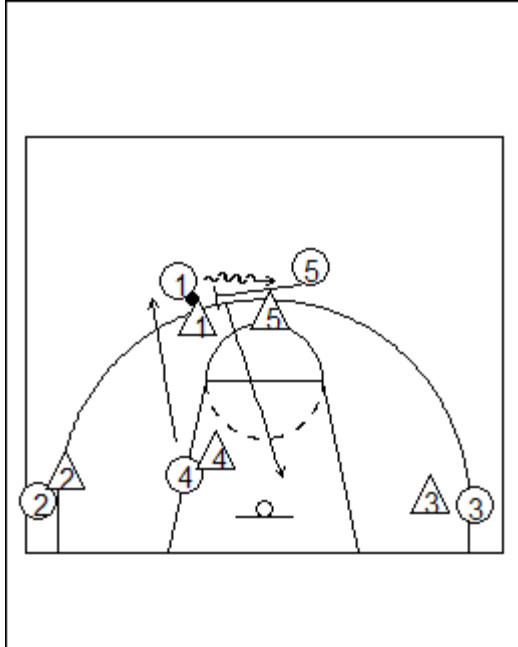
Since #4 is a shooter he/she runs to space after setting the pick. #5 uses a quick change of direction followed by a long block out step to seal his/her man in the key. If #4 does not have the shot he/she looks for relay passes to get the ball into the post.



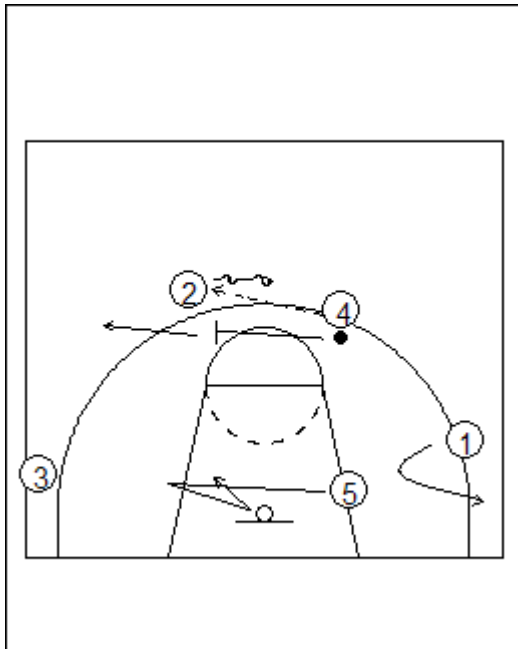
**#5 trailing**

In this situation when #5 sets the pick he/she rolls to the hoop. #4 vacates the key and runs to the top for his/her shot or the relay pass.

Only one player is inside at a time. This makes it very difficult to defend the basket and the shooters on the perimeter.

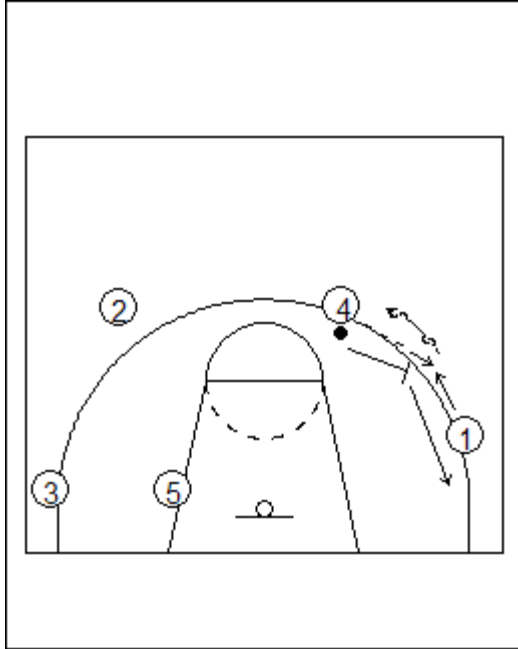
**Top pick after a horizontal pass**

If #4 makes a horizontal pass he/she also has the option to set a pick for the perimeter player. The action is the same as described in the transition pick.

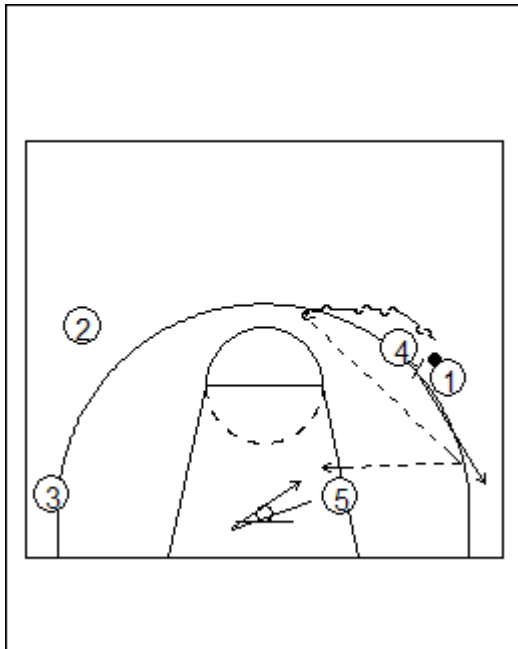


**Side picks**

These usually occur after making a diagonal pass. #4 will run to the corner after making the pass. The action of #5 will depend on his/her positioning (ball side or help side) and on his/her ability to play 1 on 1.

**#5 is a good 1 on 1 player**

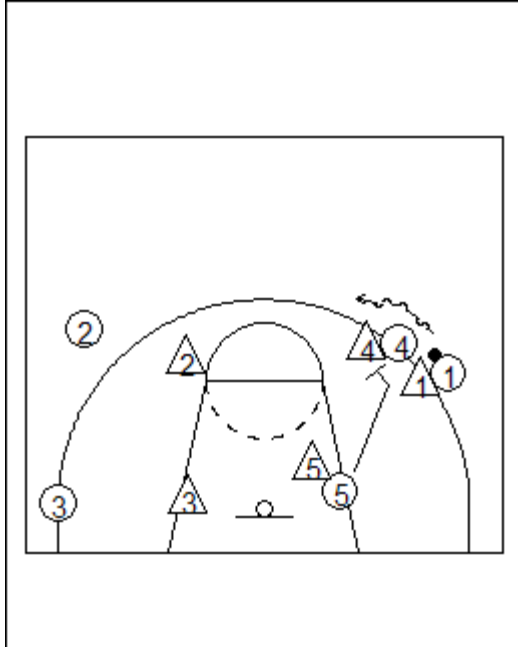
If #5 can score inside he/she uses the same move to set up the defender. He/she takes the defender down and away and then looks to seal on the return pass to #4.



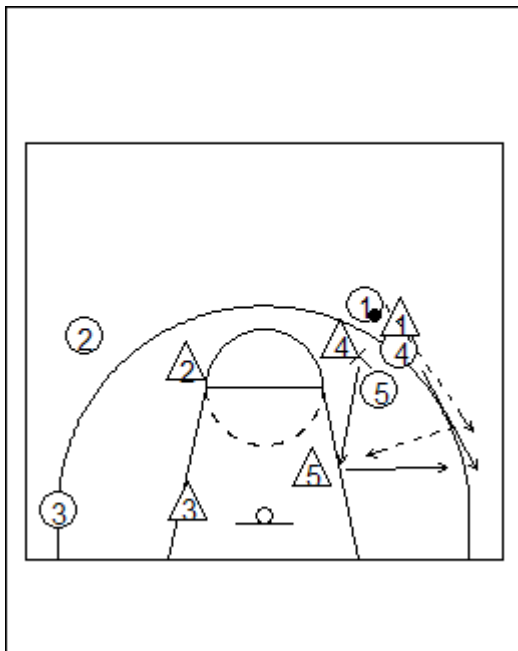
### If #5 is not a good scorer

For younger players he/she can just move to the other side to keep space open.

For advanced players he/ she can screen the picker's defensive player. I call this a **NASTY** screen.

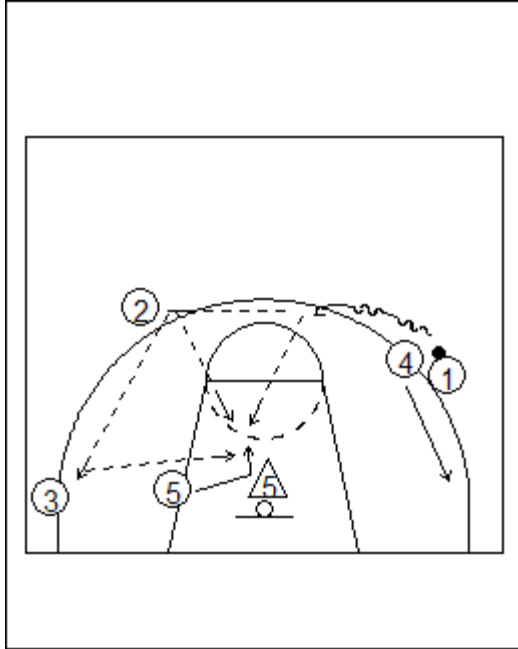


When #4 runs to the corner #5 looks to cut to the basket. This is a very difficult move to cover for the defense.

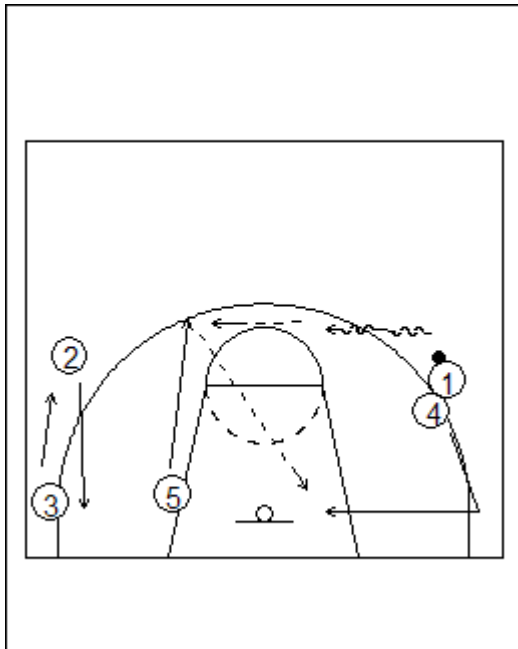


**#5 is away from the pick**

#5 can look to duck in as #1 uses the screen. Read the relay passes.

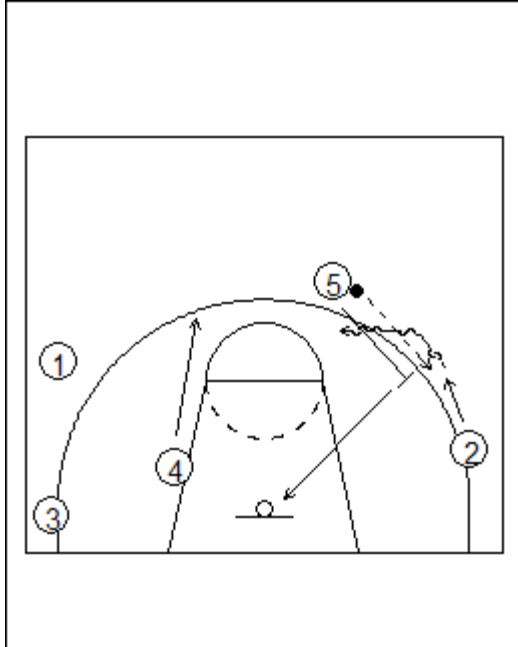
**Option**

Sometime #5 can raise up from the key. This sets up a nice back cut by #4 when the defense tries to deny the shot.

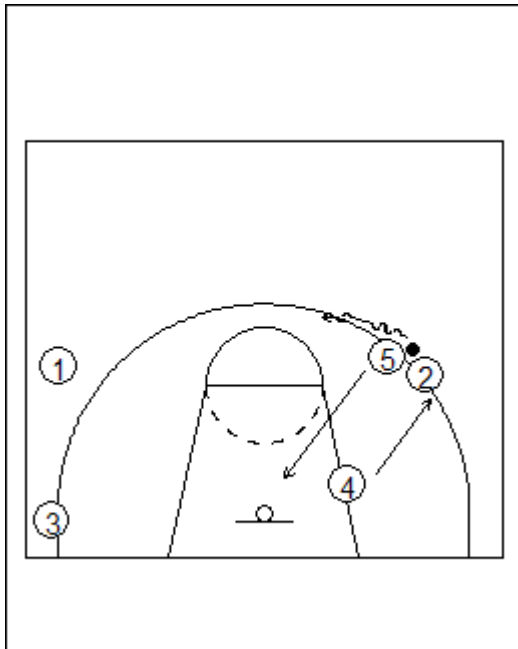


**#5 sets the side pick**

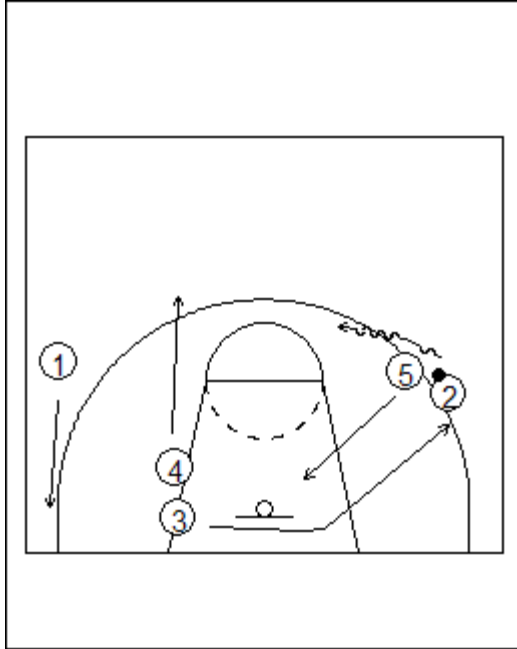
When #5 picks he/she rolls to the basket. #4 must rise up from the middle to prevent help.

**#4 on the same side as the pick**

If #4 is on the same side as the pick he/she runs behind the ball. Remember only one player inside on picks. It makes it more difficult for the defense to help and recover.

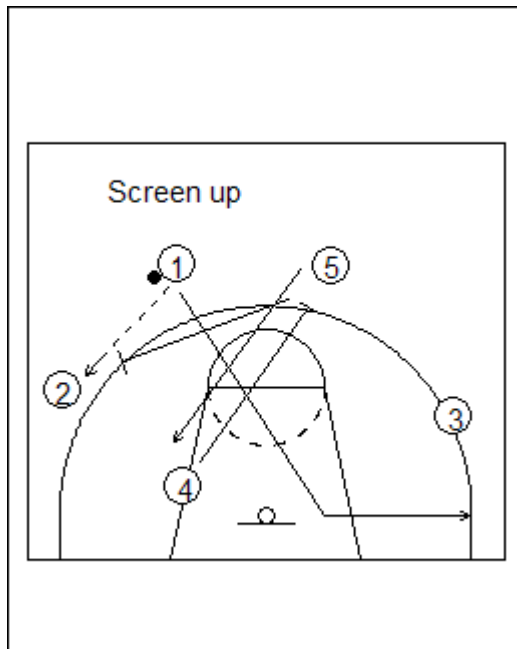


### Bring a shooter out behind the pick



As #5 rolls to the basket #3 a shooter fills the vacated space. This is very difficult to cover. If #5 is not a good 1 on 1 player inside he/she can screen for the shooter instead of rolling.

### Play action picks



For advanced players you can use screens that flow into picks. This prevents the defense from having a second defender involved in defending the pick. It usually creates penetration for the ball handler.

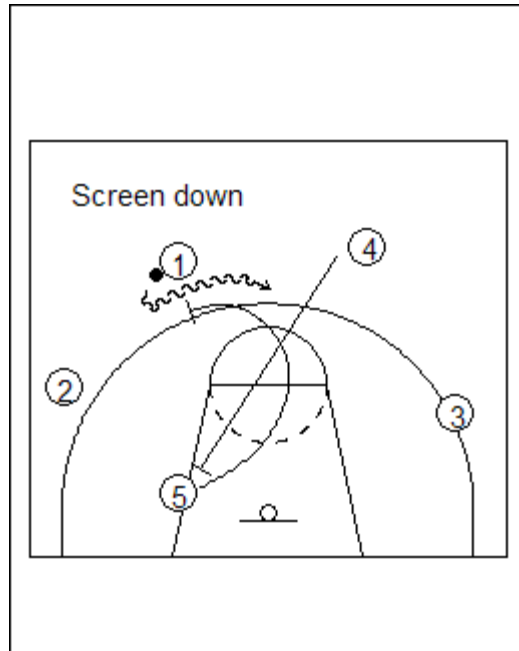
These are usually called by the point guard  
 a) screen up  
 b) screen down  
 c) side screen

### Screen up

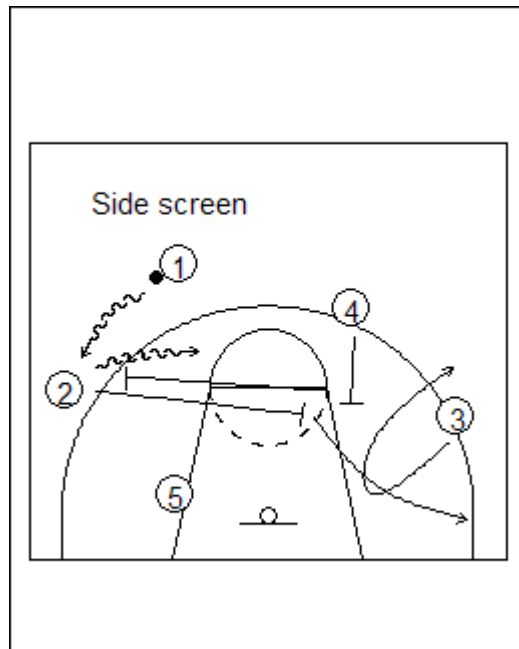
On the diagonal the post set a diagonal up screen for the trail post. He/she immediately runs the side pick with the wing.

**Screen Down**

In this option the trail post immediately goes and sets a down screen for the first big. This player comes hard to set a pick for #1.

**Side screen**

#4 fakes like he/she is setting the vertical screen for #3. #1 dribbles at #2 who goes and sets a screen for #4. #4 comes immediately and sets the pick for #1.





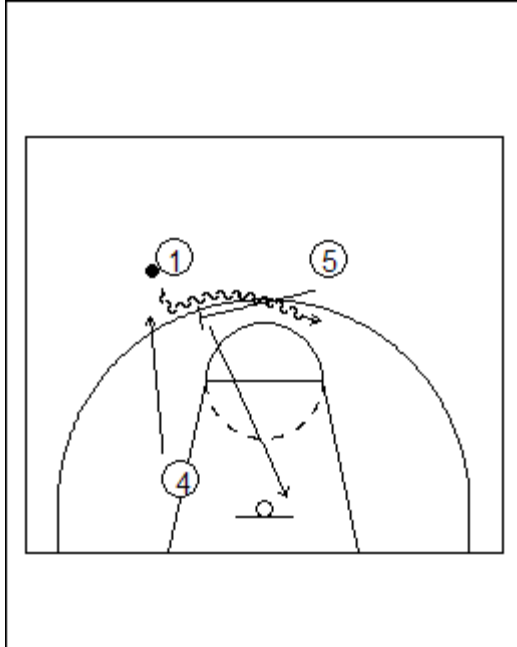
### Drills

Teaching picks and the proper use of picks is takes along time. This is why it is recommended for older players after they have mastered the other parts of the passing game.

Many hours must be spent with the ball handler on proper use of the pick and reading the defense.

There is an entire section dedicated to these drills.

Many 3 on 3 drills can be used with the #4, #5 and a perimeter player working on the movement and reads.

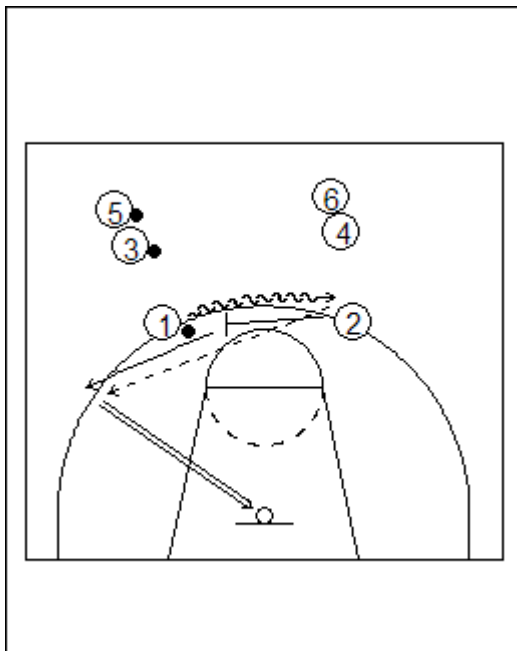


### Shooting drills

Set up many shooting drills working on the pass against the grain and the run away to the shot.

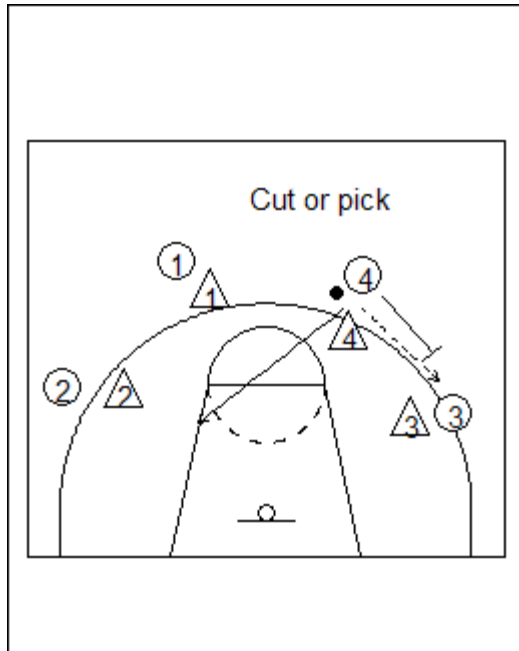
Add guided defense

These can be done from the top, side and corner.



**4 on 4**

Play 4 on 4 and encourage the #4 player (#5) to use the options when playing. Sometimes stay within the rules, sometimes set the pick.

**5 on 5**

When playing 5 on 5 remember the follow teaching point:

- You will have to remind the players of their options
- Proper spacing and timing are crucial
- Know when to stop the action and know when to coach on the fly.
- Never start static, make the players flow into the offense
- Guide the defense

