



PICK/ROLL TEACHING POINTS

1. Use the P/R wisely. Don't overuse it.
2. There are 5 P/R angles, but the most effective are the Middle, Angle and Elbow (Horns).
3. Teach the RE-PICK options on P/R. When they use the first one, they can right back and use the second one.
4. To use the RE-PICK as a set play, the first pick is a sloppy one in order to set up the second one that will be in closer. (Wiper)
5. Use plays that use multiple P/R.
6. SLIPS are good by the screener, but the best time is when the screeners defender shows himself into vision too soon in a hard show or trap.
7. Don't overuse Slips or the screener will bail out too often and will set fewer good, solid picks.
8. Often follow a Slip with a second P/R- called "Slip One, Pick One".
9. Teach the screener to change the angle of the pick quickly relative to how the ball defender is playing the ball...."FLIP the SCREEN".
10. If the defense is going under the screen, set the action LOWER.
11. If the defense is BLITZING the P/R, set it higher to give more space to the Slip Man...we call this "SHORT ROLL". It gives him more space to make a play out of the trap, it is usually a 3/2 situation.
12. The ball handler must lower his INSIDE SHOULDER and turn the corner toward the basket when possible to put pressure on the defense.
13. Do not allow LOOPING in a semi-circle by the ball handler.
14. Screeners must SPRINT IN and OUT of Picks.
15. The ball handler should first "Juke" the defenders away from the direction he wants to go to be able to use the pick better, just as a player would do in a 1 on1 game.
16. Utilize the DOUBLE PICKS for the P/R by popping the shooter and rolling the non-shooter.
17. Set a PICK on the SCREENER by the SHOOTER (2/3 man) to free up the picker to set a better pick at the start of the action.
18. Try to avoid using P/R for game winning/tying shots as the defense will switch or trap to prevent an open look.
19. The guards must "PULL" the ball 2 dribbles.
20. Teach the pocket pass with both hands.
21. Create a SINGLE SIDE BUMP as much as possible.
22. The 5 P/R ANGLES are
 1. SIDE
 2. MIDDLE
 3. STEP UP
 4. ELBOW
 5. ANGLE