

Developing Offensive Understanding

The following drills demonstrate how to structure a build-up sequence of practice in order to develop an aspect of team play. The drills progress from an initial focus on developing the individual fundamental skills players require to be successful at executing on-ball screens, onto improving players' tactical understanding of half court offensive concepts, to finally working on the players' ability to execute aspects of team play featuring on-ball screening. It is important to note that although each stage of the drill *focuses* on a particular aspect of the game (individual fundamentals, tactical understanding or team play) the drills are designed so players *practice* other elements of the game within each drill.

Secondly as players' understanding and technical/tactical ability develops, the drills progress from simple, unguarded and controlled tempo drills through to complex, guarded and game tempo drills.

Stage 1: Individual Fundamental Base	
<ul style="list-style-type: none"> Controlled tempo to game-like tempo Unguarded Simple decision making 	
Cross Ball handling: Ball Carrier Breakdowns	
Stage 2: Tactical Understanding	
<ul style="list-style-type: none"> Moderate to high tempo drills Both unguarded and guarded Moderate to complex decision making 	
2 man/ 3man Stretch Drills	3 v 3 Breakdowns
Stage 3: Team Play	
<ul style="list-style-type: none"> Game-like tempo Guarded Complex decision making 	
Team Play Drills	

KEY OFFENSIVE CONCEPTS

Make the defence guard the whole court

Offensive players must establish spacing that makes the defence have to guard the whole court.

Watch and Read

Watch you team mates they tell you where to go, read the defence to determine what to do.

Make the defence decide

Get distance from team mates so the defence have to make a decision to help on ball or stay with their player. For example by getting distance between the screener and the ball carrier following an on-ball screen the defence have to make a decision who and what they are going to guard.

Take a defender out of play

Attack until a help defender commits, this takes them out of the play leaving an open player

KEY ON-BALL SCREENING CONCEPTS

3+ Reads

Players have '3+' reads when executing an on-ball screening action.

1. 'Distance Dribble' equivalent to a straight cut
2. 'Corner Dribble' equivalent to a curl cut
3. 'Stop and pop' equivalent to a flare cut

Plus: The screener can 'slip' the action; the ball handler can 'onside' (fake using the screen).

One in, one out

Following the screening action one player should attack the basket ('one in') one should pop to the perimeter (out).

KEY POINTS OF EMPHASIS

'Whole Court'	Make the defence guard the whole court
'Stretch'	On penetration help defenders players must stretch the defence
'Watch your team mates'	This dictates where to go
'Read the defence'	This dictates what to do, including challenging the defence
'2 Paces'	Work at two paces to beat the defence
'Foot advantage'	Get your foot (+head and shoulders) past the defenders foot
'Distance dribble'	Cover ground with your first dribble after a move

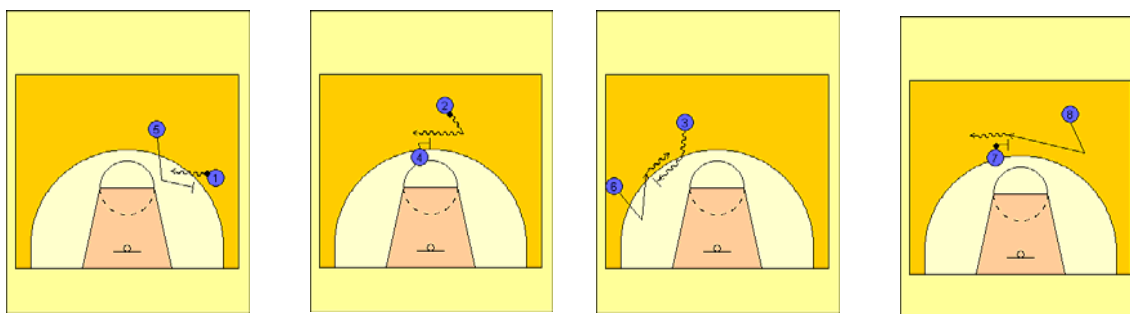
Most effective if the screener's defender 'shows hard' or the on-ball defender 'gaps' the screen (defends one man removed)

'Turn the corner'	Turn tight on the screener and get foot advantage over the defender
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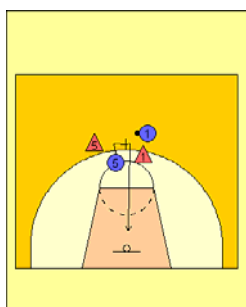
Most effective if the defender trails the ball handler; Also effective if there is a switch made to defend the screen or if the ball handler can split and/or beat the defender

- 'Pop back' Stop behind the screen looking to shoot over the screener
Most effective if the defender goes under the screen
- 'Slip' Screener slips the action
Most effective if the defender shows hard too early
- 'Onside' Ball handler fakes using the screen and attacks the onside
Most effective if the on ball defender cheats over the screen early
- '1 In; 1 Out' Following the screening action one player should attack the basket the other becomes a perimeter threat
- Stretch the help If a third defender helps guard the screening action the player they are guarding must stretch out the help

i. Utilising on-ball screening actions



The tactical understanding of how to utilise an on-ball screen applies in all on ball screening scenarios. Including when the screen comes to the ball (05 screening for 01), when the ball comes to the screen (04 screening for 02), when the ball handler screens for a cutter in a dribble cut (03 screening for 06) or dribble hand-offs (07 screening for 08).



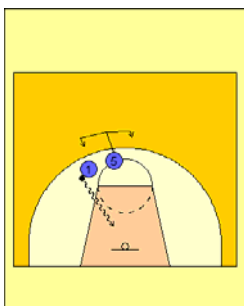
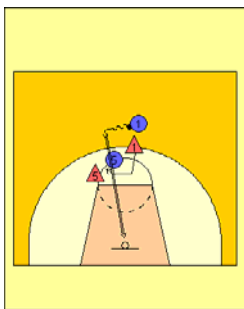
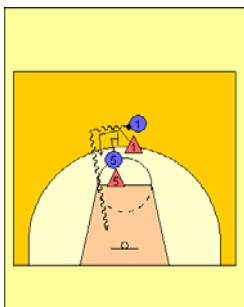
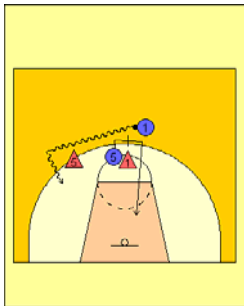
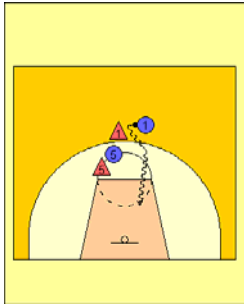
Reads before the screening action

'Slip'

If the player defending the screen (X5) shows hard the screener has an open cutting lane and should look to 'slip' to the basket receiving an early pass or establishing inside positioning.

'Onside'

If the player defending the ball carrier (X1) cheats over the screening action the ball handler (01) has an open driving lane, they can fake using the screen and attack the on side.


Reads after using the screening action

'Distance'

If the player defending the screener (X5) shows to help defend the ball or if the defenders switch on the screen the ball carrier should look take a distance dribble putting space between the ball and the screener.

This will force the defence to make a decision between guarding the ball or the screener quite possibly forcing a 'big-little' mismatch for 05 to post up X1 or allowing 01 to penetrate against the bigger X5.

If the defenders choose to stay with their man and fight over the screen 01 should have an open jump shot/penetration (a hesitation dribble may be effective in this situation).

'Turn the corner'

If the player defending the ball (X1) trails the screen. The ball carrier (01) may have the opportunity to 'turn the corner' and penetrate off the screening action. The key in this situation is for the ball carrier to get 'foot advantage' on the defender.

This is more likely if the player defending the screen (X5) 'squeezes' the screener (stays tight on the screen trying to push the screen as high as possible).

If the player defending the screener (X5) does show hard (as in the diagram above) the ball carrier may be able to get 'foot advantage' by splitting the two defenders or by 'turning the corner' outside X5.

'Stop and pop'

If the player defending the ball (X1) goes under the screen (one or two man removed) the ball carrier may have the opportunity to stop behind the screener and shoot the ball.

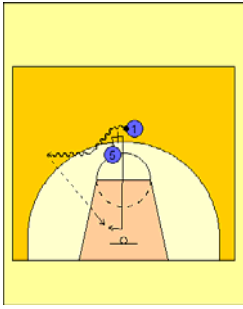
If the screener pivots toward the basket may help the ball carrier get free for this shot.

Following the screening action

'1 In; 1 Out'

Following any screening action one player should attack the basket (In) and one should become a threat on the perimeter (Out). In this situation players should watch their team mates as this will show them where to go.

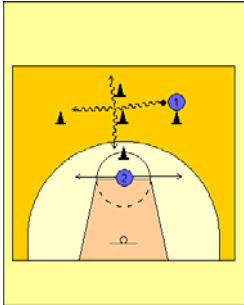
For example if the ball carrier 01 turns the corner (In) the screener 05 should clear that space and establish a perimeter threat by spotting up (1 Out).

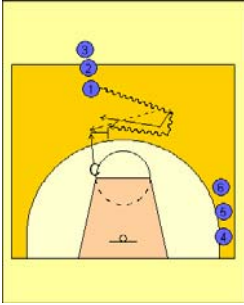


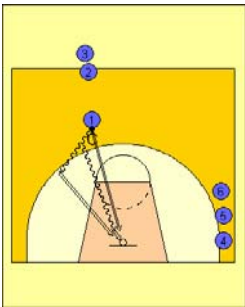
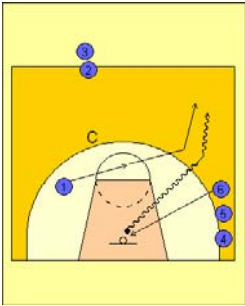
However if the ball carrier (01) distance dribbles (Out) that creates space for the screener to dive to the basket (In).

This read may create an early pass to the screener (05) usually off the dribble; a post entry to the screener (05); or a jump shot for the ball carrier (01).

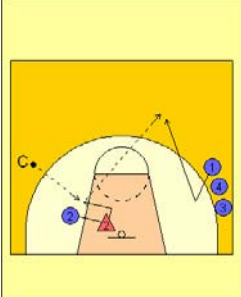
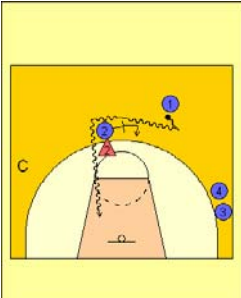
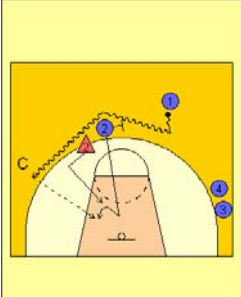
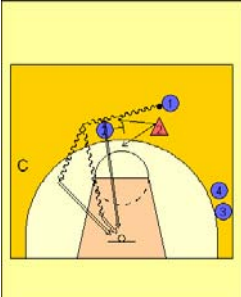
BUILD UP SEQUENCE – ON BALL SCREENING ACTION

Cross Ball handling			
<i>Purpose</i>	The purpose of this drill is to work on the ball handling skills players require to effectively use on-ball screening actions.		
	<p>Ball handler works between the cones for 30 second block. Player should 'hold up d' at middle cone then work on the ball handling move to make the 'reads' off an on ball screen (on-side, cross over and step back then distance dribbles or turning the corner). Players move depends on the coach's calls.</p> <p>Defensive player mirrors the offensive players movement.</p>		
<i>Transition and Rebounding Element</i>	<ul style="list-style-type: none"> • When coach call's live the drill becomes 1 v 1. • On getting the rebound the defensive player breaks to halfway again in a 1 v 1 situation. 		
<i>Scoring and Timing System</i>	<ul style="list-style-type: none"> • Players get 1 point for each made shot and each rebound • Defensive players can also get 1 point for each time they turn the offensive player in the transition phase, offensive players for getting to the jump circle in three dribbles or less. 		
<i>Player Cues</i>	<ul style="list-style-type: none"> • On ball defence during the transition phase – 'ball' • After shot – 'shot' & 'box' 		
<i>Coaching Cues & Key Teaching Points:</i>	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p><i>Ball Carrier</i></p> <p>2 Paces'</p> <p>'Foot advantage'</p> <p>'Distance dribble'</p> <p>'Turn the corner'</p> <p>'Stop and pop'</p> </td> <td style="vertical-align: top; padding-left: 20px;"> <p>Work at two paces to beat the defence</p> <p>Past the defence</p> <p>Cover ground with your first dribble after a move;</p> <p>Turn tight on the screener -get foot advantage</p> <p>Stop behind the screen looking to shoot</p> </td> </tr> </table>	<p><i>Ball Carrier</i></p> <p>2 Paces'</p> <p>'Foot advantage'</p> <p>'Distance dribble'</p> <p>'Turn the corner'</p> <p>'Stop and pop'</p>	<p>Work at two paces to beat the defence</p> <p>Past the defence</p> <p>Cover ground with your first dribble after a move;</p> <p>Turn tight on the screener -get foot advantage</p> <p>Stop behind the screen looking to shoot</p>
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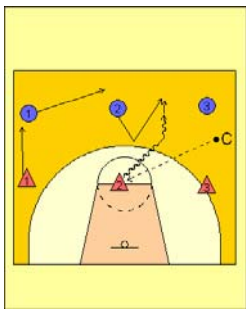
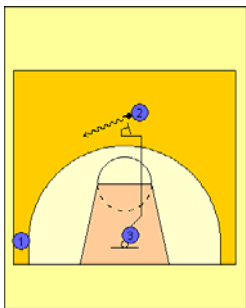
Ball Carrier Breakdowns	
<i>Purpose</i>	The purpose of this drill is to teach players the reads off on-ball screening action as well as to read to verbal cues.
	<p>1 line of players start at halfway with a ball, rebounding line starts in the long corner. Active coach starts at the pinch post area.</p> <p>Drill starts with the offensive player dribbling away from coach. Following this action the coach will call out 'on-ball' or 'rub'. When an 'on-ball' screen is called the ball carrier dribbles the ball to the screen. When a 'hand-off' rub is called the ball carrier passes the ball to the coach, fakes a back cut and gets a hand-off screen from the coach.</p>

	<p>Following the on-ball screening action (screen or rub) the coach calls one of four cues and the ball carrier reads accordingly:</p> <ul style="list-style-type: none"> 'Distance' – Ball carrier distance dribbles into a jump shot 'Corner' – Ball carrier turns the corner and attacks the rim 'Distance Corner' – Ball carrier gets distance then turns the corner 'Pop' – Stop and pop behind the screen 'Re-screen (plus cue)' – Coach re-screens <p><u>Variation</u></p> <p>Coach steps into a receiver position (1 In; 1 Out) after the screening action with the option to call for a pass; this allows players to practice reads after a screen.</p>		
	<p>Once the player shoots the ball they fill their rebounding coverage responsibility; At this time the rebounding line enters the drill and the transition element becomes live.</p>		
<p><i>Transition and Rebounding Element</i></p>	<ul style="list-style-type: none"> • Ball carrier fills rebounding responsibilities – long rebounder on jump shot; rebounding triangle on penetration • Rebounding line competes for the ball, shooter and rebounder compete 1 v 1 to halfway 		
<p><i>Scoring and Timing System</i></p>	<ul style="list-style-type: none"> • Players get 1 point for each made shot • Players can also get 1 point for each time they turn the offensive player in the transition phase 		
<p><i>Player Cues</i></p>	<ul style="list-style-type: none"> • Following the screening action: if the player attacks the ring they call 'In'; if the player goes the perimeter the call 'out' • On ball defence during the transition phase – 'ball' 		
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<p>2 v 1 – 2 v 2 Screening Drill</p>	
<p><i>Purpose</i></p>	<p>This drill primarily focuses on separating the ball carriers & screener's role in on-ball screening actions; players will also work on sealing and post offence fundamentals</p>
	<p>The drill is set up with an offensive and defensive player in the post and a line of ball carriers on the opposite wing. The drill starts with the offensive player looking to establish position in the post in order to receive a pass from the coach.</p> <p>Once the post player (02) receives the ball he turns and makes a skip pass to the perimeter player on the opposite wing.</p> <p>Following this action the post player (02), while still defended, flashes to the high pinch post. The ball carrier can pass the ball to the post player (this initiates a hand-off action) or keep</p>

	<p>the ball alive on the dribble (this initiates a screening action)</p>
 	<p>Phase 1: Screener Defended</p> <p>In the following phases of the drill only the screener can score. It may be necessary for the coach to nominate the way that the defender guards the screen ('squeeze', 'show' or 'switch')</p> <p>The player defending the screen is the key to the drill as their defensive reads determines the actions of the offensive players.</p> <p>If the defender 'squeezes' the screen high the ball carrier should turn the corner; the screener then steps to the perimeter.</p> <p>If the defender 'shows' the ball carrier should distance dribble, this creates space for the screener to slip to the basket.</p> <p>If the defender shows too early the screener can slip before the screening action takes place.</p>
	<p>Phase 2: Ball Carrier Defended</p> <p>The set up for the drill is the same as previously however the defender guards the weak side offensive player (01). When guarding the screen the defence has two choices: go 'over' or 'under' the screener (again it may necessary for the coach nominate the method).</p> <p>The offensive player has 3+reads to score:</p> <ol style="list-style-type: none"> 1. 'Distance Dribble' 2. 'Corner Dribble' 3. 'Stop and pop' <p>Plus: The screener can 'slip' the action; the ball handler can 'onside' (fake using the screen)</p> <p>Phase 3: 2 v 2</p> <p>Add a second defender to the initial set-up making the drill 2 v 2.</p>
<p><i>Extension</i></p>	<ul style="list-style-type: none"> • Quite quickly a second defensive player should be added on the weakside. This simulates a 'hard show' and double switch situation or a single 'switch'
<p><i>Transition Element</i></p>	<ul style="list-style-type: none"> • On a change of possession the original defensive player (X1) attempts to advance the ball over half way against the two defenders (01 & 02). • If the offensive team score the coach inbounds the ball to re-create a game situation.
<p><i>Scoring & Timing System</i></p>	<ul style="list-style-type: none"> • 1 point for each basket scored (team) • 1 point for each knock down or steal in the transition phase

<i>Player Cues</i>	<ul style="list-style-type: none"> • Prior to the screening action: 'On ball' (for an on-ball screen) 'Rub' (for a dribble rub or hand-off) • Following the screening action: player attacking the ring 'In'; player creating a perimeter threat 'Out' 								
<i>Coaching Cues & Key Teaching Points:</i>	<table border="0"> <tr> <td>'Read to the defence'</td> <td>This determines action</td> </tr> <tr> <td>'Watch you team mates'</td> <td>This determines movement</td> </tr> <tr> <td>'Slip'</td> <td>Screener slips the action</td> </tr> <tr> <td>'1 In; 1 Out'</td> <td>Following the screening action one player should attack the basket the other becomes a perimeter threat</td> </tr> </table>	'Read to the defence'	This determines action	'Watch you team mates'	This determines movement	'Slip'	Screener slips the action	'1 In; 1 Out'	Following the screening action one player should attack the basket the other becomes a perimeter threat
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Screening Help Drill (3 v 3/4 v 4)	
<i>Purpose</i>	The purpose of this drill is to work on offensive reads when the defensive team rotate a third player to help guard on-ball screening actions.
	<p>Drill sets up in a 3 v 3 or 4 v 4 alignment; one team starts at foul line extended the other at three quarter court. The drill begins when the coach inbounds the ball to the team at the foul line, they then look to progress the ball to the opposite end.</p> <p>When the coach calls 'change' (or there is a turn over) the teams change possession and the original defensive team now attacks the opposite basket however they are not permitted to score until they have executed one on ball screening action.</p>
	<p>During this part of the team the three offensive players should be encouraged to work on transition offence principles. The first big down the floor runs to the rim (03), the first wing player sprints ahead and outside the ball (01), the ball carrier (02) middles the ball.</p> <p>Following the first action (wing entry or dribble exit) the post player (03) sets a sprint screen for the ball (01). The sprint screen adds variables to the drill in a 3 on 3 situation as the help defender can come from either side.</p> <p>The 'open' perimeter player must get to a position to stretch the defence (deep corner). The goal of the on ball action is engage this players defender either with dribble penetration or a post slip.</p>
<i>Extension</i>	Add a fourth offensive player and fourth defensive player, the second offensive player can space on the strongside (1 player away from the screen) or weakside (2 players away from the screen).
<i>Transition Element</i>	<ul style="list-style-type: none"> • Quick transition between offence and defence (on coaches cue 'change') • Following a shot from the on-ball action screening action the defence must secure the ball outlet it to the coach a receive a return pass to finish the drill.
<i>Scoring System</i>	<ul style="list-style-type: none"> • Offensive players get 1 point for every perimeter shot and two points for every interior score (this encourages the inside action) This also encourages the defence to help on pass or dribble penetration.

	<ul style="list-style-type: none"> Potential to have a 10 second shot clock – this teachers decision making under pressure as well the necessity to score of the screening action. 						
<i>Player Cues</i>	<ul style="list-style-type: none"> Communicate method to defend screen – ‘over’, ‘under’ or ‘trap’ Following the screening action: player attacking the ring ‘In’; player creating a perimeter threat ‘Out’ 						
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