



New Berlin Athletic Association
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MOVING STRATEGICALLY

BASKETBALL DRILLS

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8 MOVING STRATEGICALLY

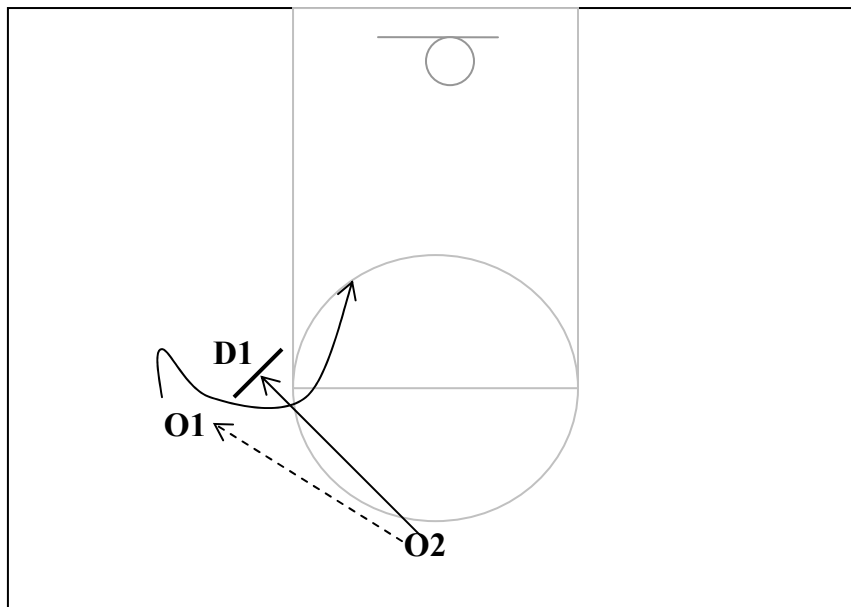
8.1 Screening

Level: Beginner

When teaching the concept of screens, the coach needs to stress the importance of close contact as a player comes off the screen. By passing the screener “shoulder-to-shoulder” the teammates protect themselves from defenders coming to block a pass or steal the ball. Tell the cutter going around the screen that it is their job to make the shoulders “kiss.” The cutter should always set-up the screen by first taking a jab-step away from it, then peeling around the screen.

Teach the screener to set the screen right where the defender is rather than leaving room. The screener should jump into the screen coming to a two-footed stop, keeping feet wide, shoulders square, and hands in their lap. Often, young players will reach their hands out and grab the defender, or continue moving as if blocking in football. The coach must emphasize the importance of the screener staying “set” and not leaning into the defender.

Have player O2 start with the ball, and pass to player O1. Player O2 jumps into a screen on D1, and says “Use me Johnny,” or “Use me Jenny.” Player O1 jab steps away, then peels around the screen shoulder-to-shoulder and proceeds to the basket for a lay-up.

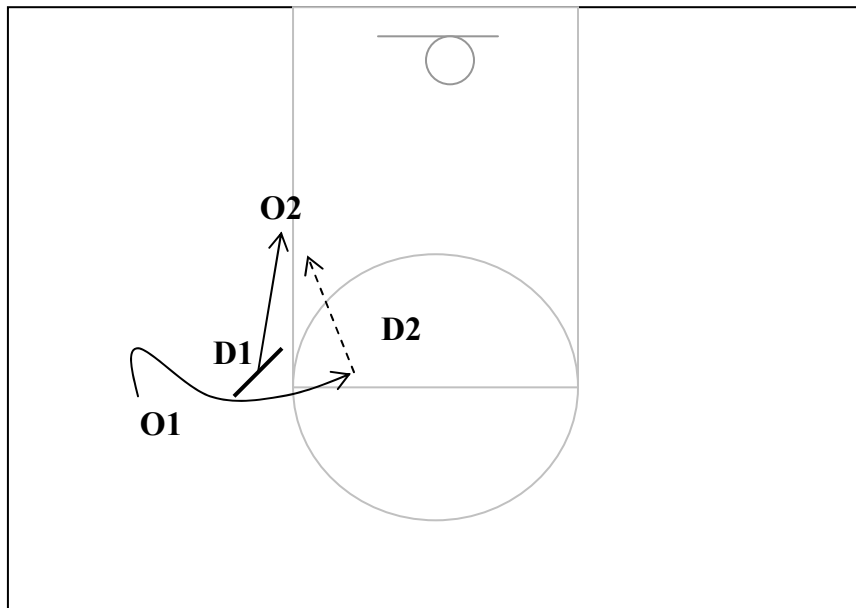


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8.2 Screen & Roll

Level: Beginner

Same as previous drill, except we introduce another defender D2. The drawing below starts after O2 has passed to O1 and set the screen. After O1 uses the screen, teach Player O2 (the screener) to take a big drop step toward the basket and “belly-up” to the ball. This has the effect of sealing Player D1 on their back. For this drill, have Player D2 “switch” and cover the ball when O1 comes around the screen. Player O1 will no longer have an easy drive to the basket. Player O1 will need to bounce-pass to O2 “rolling” to the basket. The diagram below depicts the situation after O2 rolls to the basket.



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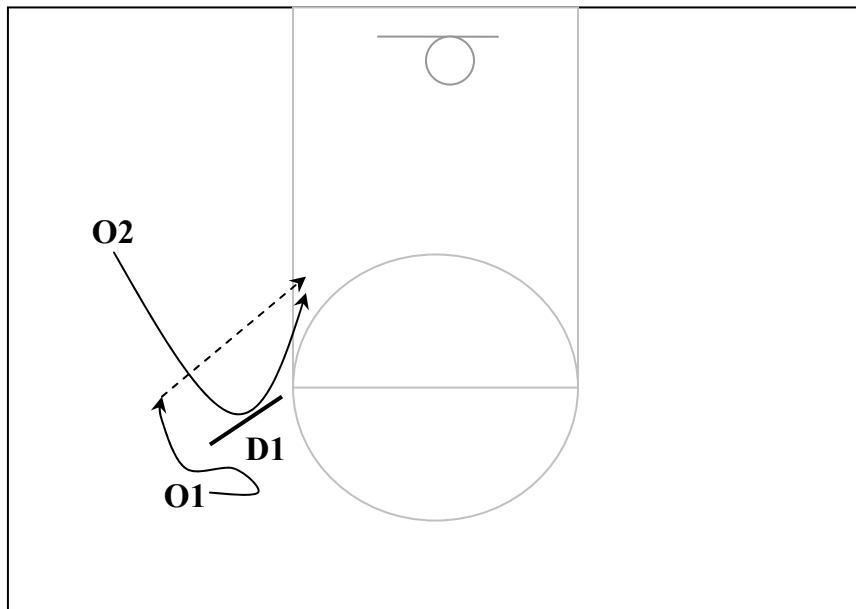
8.3 Slip Screen

Level: Intermediate

The slip screen is really a fake screen. It is a very effective move against teams that “switch” on screens. The idea is to trick the defense into getting caught with two players covering O1 and no one covering O2.

Have O1 start with the ball covered by D1. O2 sets a “slip screen” on D1 by coming right up next to her as if to set a screen, hesitating momentarily, then bursting toward the basket. As O1 begins to go around the “screen” she picks up her dribble and makes either a bounce pass or an overhead pass to O2.

The slip screen will work if O2’s defender is getting ready to switch her defensive responsibility and cover O1.



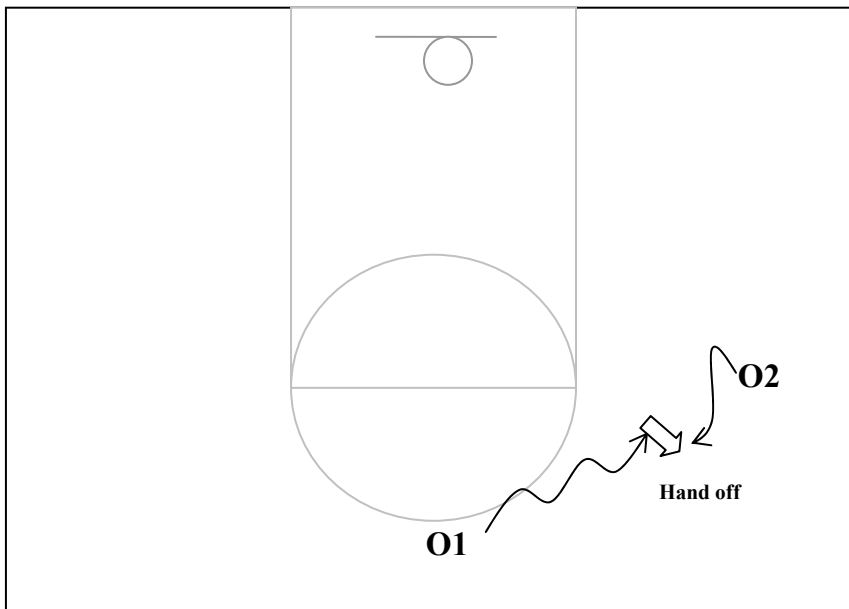
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8.4 Screen to Handoff

Level: Beginner

The idea of this drill is to teach the players how the *person with the ball can become a screener*.

Divide the players into two lines, with one at the point (O1) and one at the wing (O2). Player O1 dribbles at Player O2. Player O2 comes right up to player O1, shoulder to shoulder, and Player O1 can just hand the ball off. Player O2 continues around O1 to the basket for a lay-up. Player O1 needs to jump in the path of the defender.



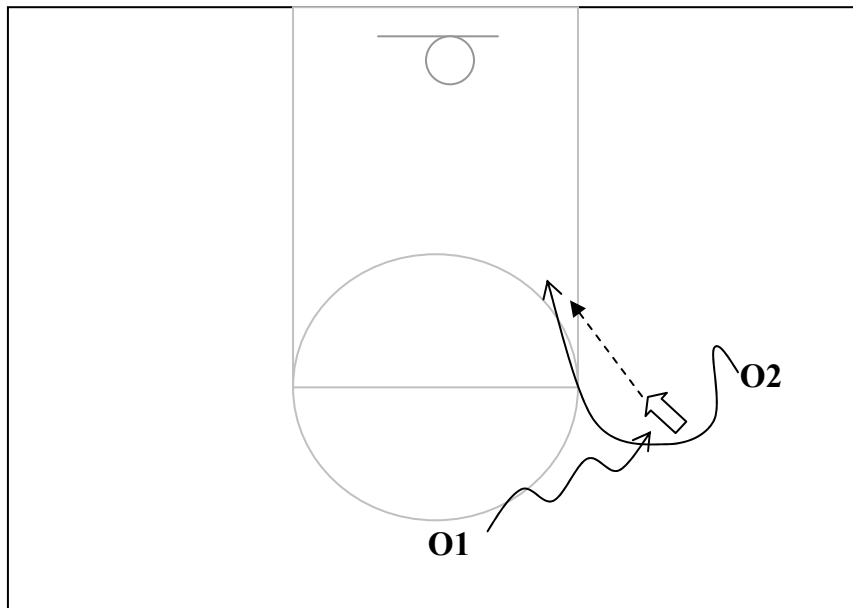
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8.5 Run Around

Level: Intermediate

This drill is an extension of the “Screen-to-Handoff” drill on the previous page.

Divide the players into two lines, with one at the point (O1) and one at the wing (O2). Player O1 dribbles at Player O2. Player O2 comes right up to player O1, shoulder to shoulder. This time, Player O1 can *not* hand the ball off because a defender has managed to get between the two offensive players preventing the hand-off. Player O2 should go around Player O1 and then cut to the basket to receive either an overhead pass or a bounce pass. Going to the basket this way is called a “runaround.”



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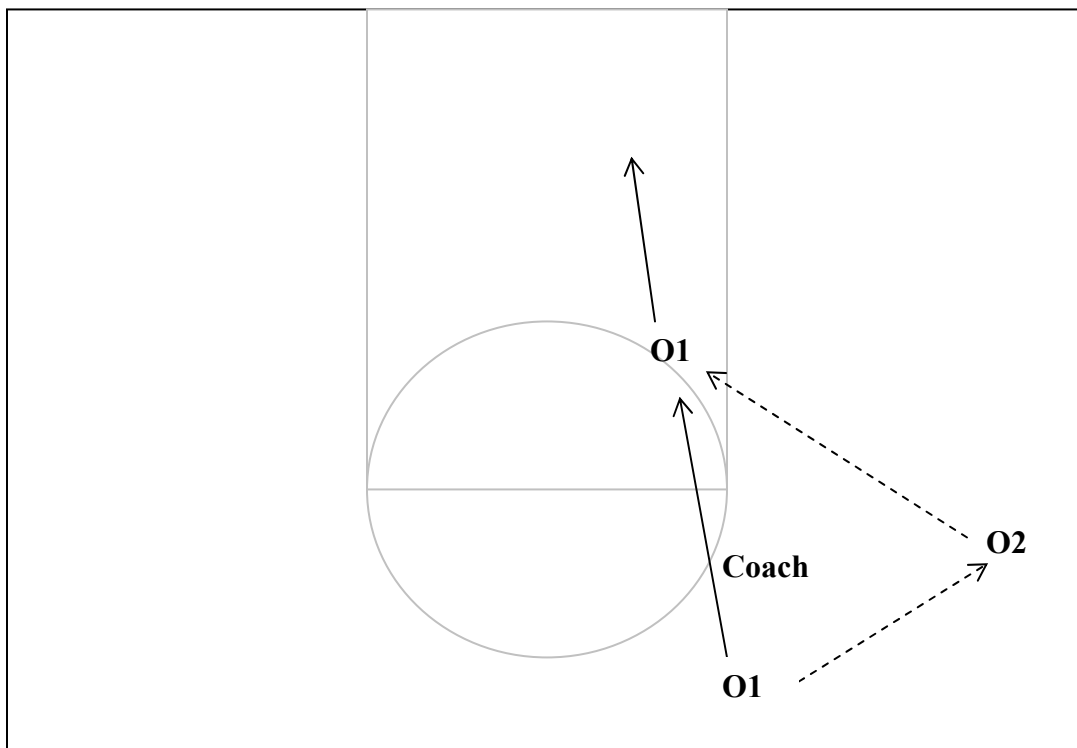
8.6 Give-n-Go

Level: Intermediate

The concept of this drill is really explained by its name. I give you the ball, and you give it back to me as I cut to the basket.

Divide the players into two lines, with one at the point (O1) and one at the wing (O2). Player O1, who is at the top of the circle, passes the ball to Player O2, who is on the right wing. The coach can simulate the defender guarding Player O1. This defensive player (the coach) guarding O1 will typically take a peek at where the ball went on the first pass. Immediately after making the pass to the wing, Player O1 should use this “peeking” moment to cut behind the defender to the basket. Player O2 returns the pass to Player O1 who goes to the basket for a lay-up.

Player O2 rebounds the ball, dribbles all the way out to the top of the circle and goes to the end of the shooting line. Player O1, who shot the lay-up, now goes to the end of the receiving line. The next two players repeat the drill. The drill should be run on both sides of the floor.



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8.7 Back Door Cut

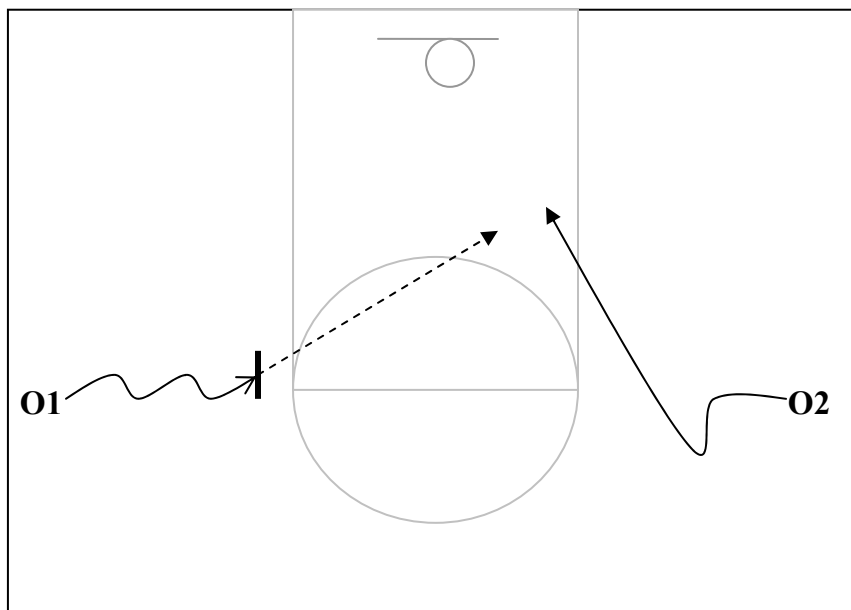
Level: Intermediate

The purpose of this drill is to teach one of most strategic movements in basketball, the V-cut or back-door cut. Have one group of players, each with a basketball, start on the sideline extended from the free-throw line (O1). Have the other group of players, each without a basketball, start on the opposite sideline (O2).

The player without the ball should move toward the middle of the court and then execute a back-door cut. They should do this by making a jab-step toward the middle of the court, faking in that direction with their head and shoulders, then cut in the opposite direction toward the basket.

The player with the ball should dribble toward the player without the ball. This player is to come to a two footed stop securing the ball in both hands. When the cutter fakes away, the passer should also give a pump fake. The ball should then be *bounce-passed* to the cutter moving toward the basket.

The cutter/shooter should get their own rebound and go into the line with the other players with a ball. The passer should also go the opposite line.



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8.8 Pass and Screen Away

Level: Advanced

The Pass and Screen Away drill is designed to free a teammate without the ball so that the player will become open to receive a pass. Divide the players into two lines, with one at the point (O1) and one at the wing (O2). The coach goes to the opposite wing.

1. Player O1, who is at the top of the circle, passes the ball to the coach, who is on the right wing.
2. Player O1 then moves to set a screen against Player O2's (pretend) defender, jumping into the position with both feet so he or she is not moving.
3. Player O2, moving at the same time as Player O1, peels around the screener's shoulder to shoulder and cuts toward the basket looking for a return pass from the coach.

The screener, Player O1, should call the name of Player O2 and say "Use me Jimmy!" or "Use me Sally!" so that Player O2 knows they have the opportunity to use an "off-ball" screen and cut to the basket.

