

SETTING AND RECEIVING SCREENS (PICKS)

Setting screens in basketball is something that every player needs to learn how to do. Not only does a player need to learn how to actually set the screen, but the player also needs to know when and where to set the screens. A team's ability to set screens can and often does make the difference between a very good and a bad offense. In order to ensure a good offense, basketball screen drills should be taught and practiced.

A screen, also called a "pick" is a legal block set by an offensive player on the side of or behind a defender in order to free a teammate to take a shot or receive a pass.

A good screen is a matter of angles and timing. It can be set anywhere on the floor. Once you have played the game for a while, and you know how to screen, you will start to do it naturally. When you see a teammate is in trouble, you will automatically go and set a screen for him. It should be set perpendicular to the direction the defense expects to move.

The moment it's understood that you will set a screen, the teammate that you are screening for should do his part by setting up his defensive man properly. This means that he'll first take him at moderate speed a few steps away from the screen. This relaxes the defender, somewhat. Then, boom! Your teammate will use a change of pace and change of direction and run, or dribble, quickly, close off your shoulder.

COACHING TIPS FOR SCREENING:

SETTING A SCREEN (PICK)

- Set a good base for yourself by spreading your feet wide and slightly bend the knees.
- Establish proper angle and hold the screen, screener can't move.
- Keep both hands in for protection as well as not to reach.
- After the offensive player has ran off the screen, it is very important to pivot and open up to the basketball.

RECEIVING A SCREEN (PICK)

- It's your responsibility to drive your defender into the screen when your teammate screens for you.
- Take your defender in a direction opposite that of your intended cut and make a "V" cut prior to using the screen.
- Give the screener time to get set. Be sure not to go too early. Then drive your defender into the screen, making shoulder contact with the screener as you cut.

It's important that your teammate comes close to you on the screen. If he makes the mistake of going a step or two away from you, the screen will lose most of its effectiveness, especially when a good defensive man is guarding him. A foot of space is all that's needed for the defense to slide in between you and your teammate and pick him up again.

The effectiveness of the screen depends not only on the screener, but also on the player who receives the screen. This player must be able to read the defense and react accordingly without predetermining which way he will go. It is the defensive alignment which actually dictates this. There are four basic ways to take advantage of a screen:

The Front Cut: If your defender is properly screened make a front cut over the top of the screen.

The Back Door: If the defensive man tries to slide over the top of the screen, make a fake and go over the top of the screen with your outside foot and then quickly change your direction and cut down to the basket.

The Pop Cut: If your defender drops off or tries to go between you and the screener, pop out to receive the ball. To signal this play to the screener, push him on his hip. As he feels you moving away from him, he will know that he should then cut to the basket to receive the pass from you.

The Fade: If your defensive man is making it difficult for you to use the screen by playing you high on the top side or toward the middle, move quickly toward the screen, push the screener on his hip, and then drop back toward the baseline.

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