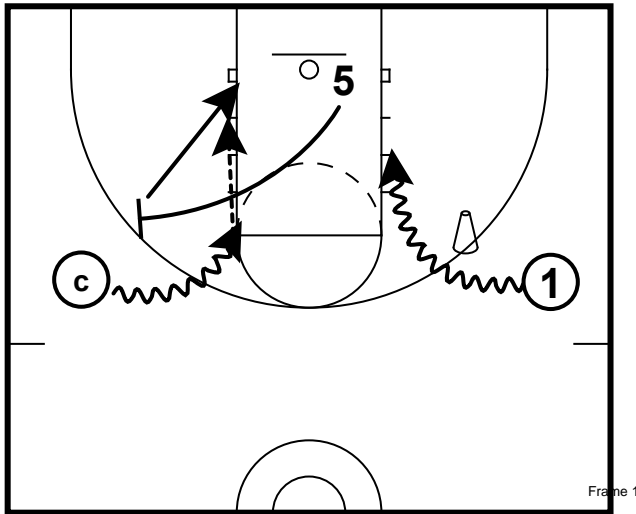


# Ballscreen Breakdown

## Ball screen breakdown

Learning to read defense



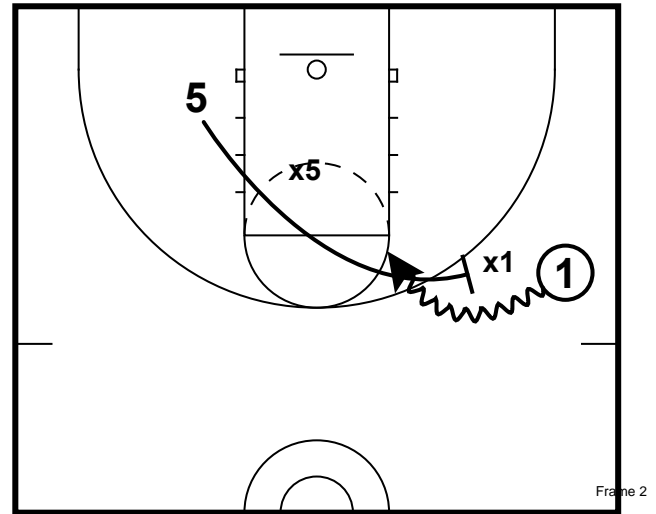
Frame 1

**2 on 0 breakdown.** Guards and bigs separate baskets, working on the following ball screen reads: **Hard Hedges, soft hedges, jam and under, Switch, Drops, Refuse / Ice, Blitz / double team**

## Ball screen breakdown

Learning to read defense

c x4 x2



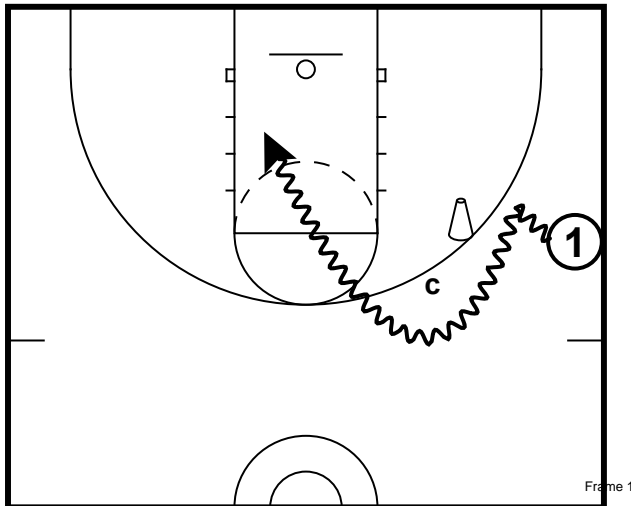
Frame 2

**2 on 2 Live:** Coach chooses from under, hedge, switch, ice, drop, or trap. Offense must read the defense and make the proper play. Offense goes for 2 minutes and switches spots on the court. Next defensive group comes in and plays a different defense from the coach

# Ballscreen Breakdown

## Soft hedge

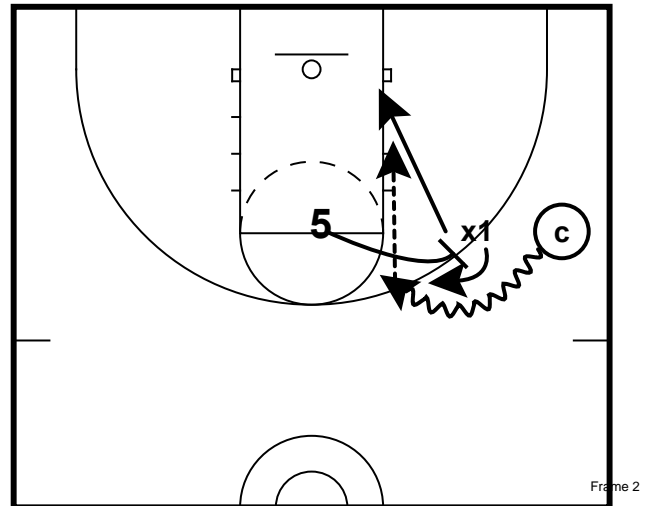
Individual breakdown, 2 on 2 breakdown



**Soft Hedge / swipe:** Coach / Defense shows soft and swipes, ballhandler attacks wide and finishes. Each player goes twice. Vary your finishes (jump shots, pullups, different finishing moves at rim). **Set up screen with misdirection moves on bounce, or jab steps off the pass**

## Soft hedge

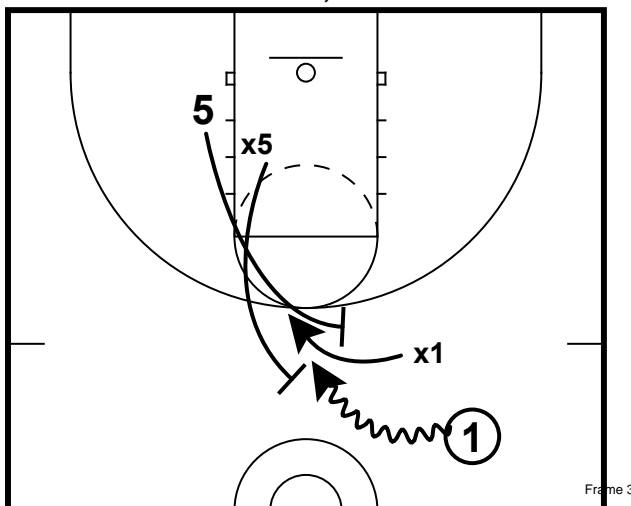
Individual breakdown, 2 on 2 breakdown



**Soft hedge = ROLL to rim.** Big looks for pocket pass from coach. Posts make sure to set solid screen, reverse pivot, and seal. Vary the finishes on the roll. 2 times

## Soft hedge

Individual breakdown, 2 on 2 breakdown

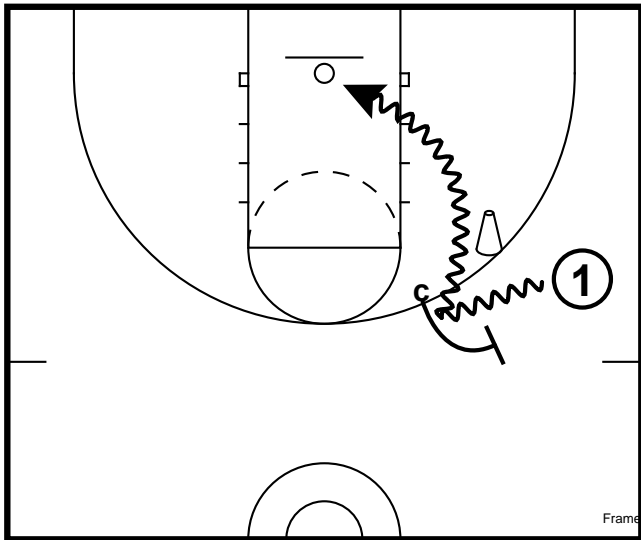


**Hedge and swipe:** x5 steps out and HEDGES and swipes screen, forcing the ball handler to change direction. x5 must then sprint back to 5. x1 fights over top pick and stays in 1 hip pocket. **Give up:** passes to roll man, guards going around swipe, pick and pop. **Take away:** guards shooting off dribble, make players make tough "pocket pass"

# Ballscreen Breakdown

## Hard hedge

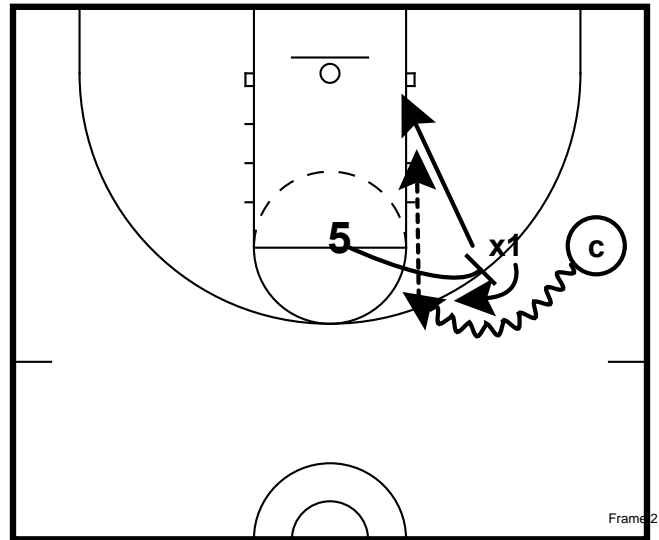
Individual breakdown, 2 on 2 breakdown



**Hard Hedge = split the screen:** Coach / defender shows hard, ballhandler will split the defenders with a cross over dribble and keep the defender on the back. Vary finishing moves with jumpers and finishes with contact

## Hard hedge

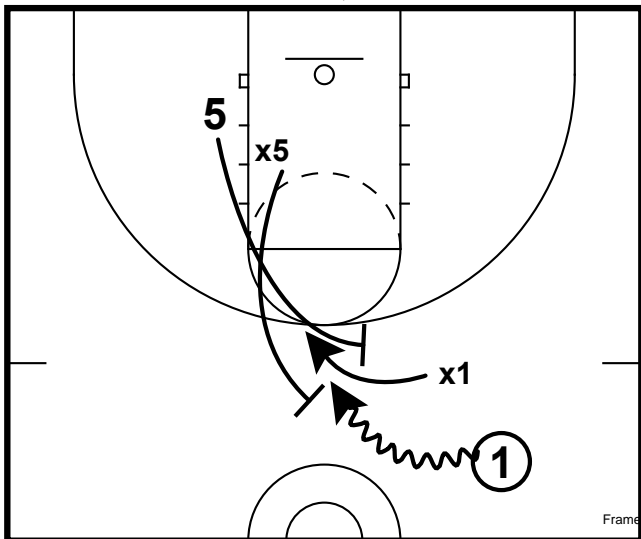
Individual breakdown, 2 on 2 breakdown



**Hard hedge = ROLL to rim.** Big looks for pocket pass from coach. Posts make sure to set solid screen, reverse pivot, and seal. Vary the finishes on the roll. 2 times

## Hard hedge

Individual breakdown, 2 on 2 breakdown

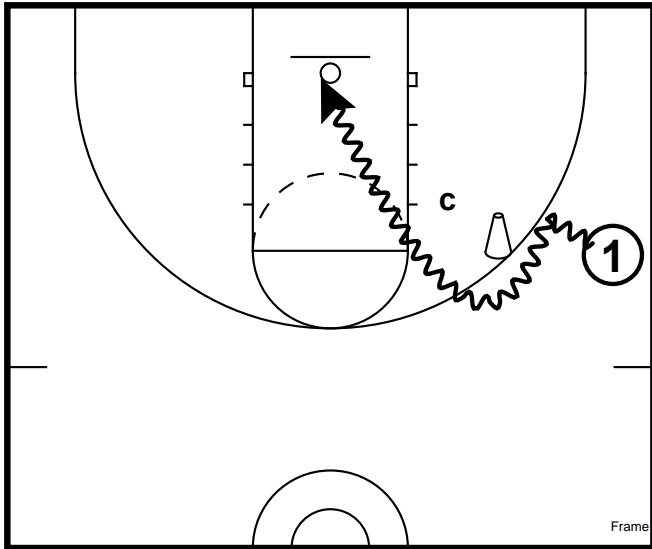


**Hedge and Recover:** x5 steps out and HEDGES, forcing the ball handler to change direction. x5 must then sprint back to 5. x1 fights over top pick and stays in 1 hip pocket. **Give up:** passes to roll man, possible guard splitting defenders and driving, pick and pop. **Take away:** guards shooting off dribble, make "pocket pass"

# Ballscreen Breakdown

## Under

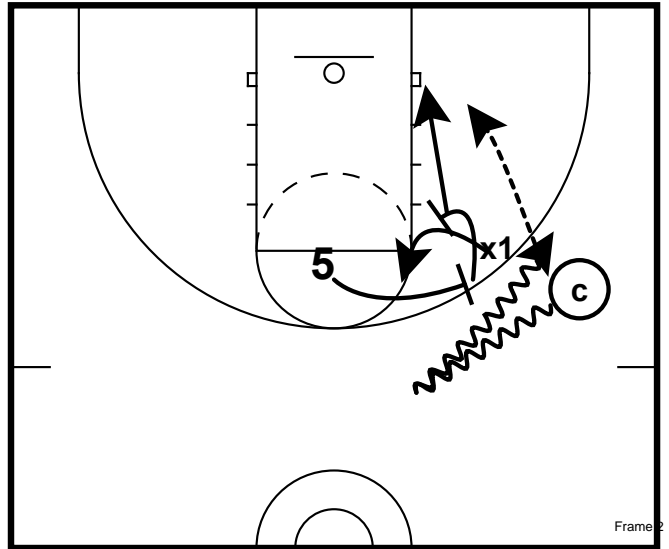
Individual breakdown, 2 on 2 breakdown



**Under Screen = race to rim, pull up, rescreen:** defender / coach goes under the screen. Ballhandler races defender to the rim, takes pull up jumper, and change directions for a rescreen. Vary your finishes, set up screen with jab or dribble move

## Under

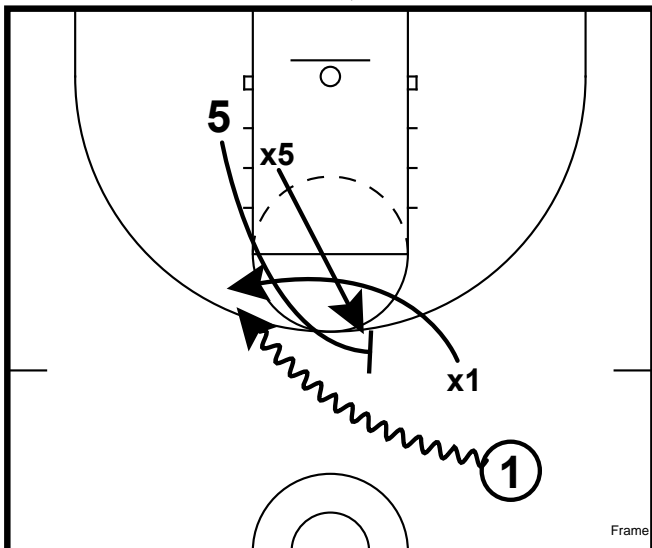
Individual breakdown, 2 on 2 breakdown



**Under Screen = RESCREEN:** Defender goes under the screen, the big can RESCREEN and Roll

## Under

Individual breakdown, 2 on 2 breakdown



**Jam and under:** x5 chests up 5 and tries to JAM screener. x1 goes UNDER screen.

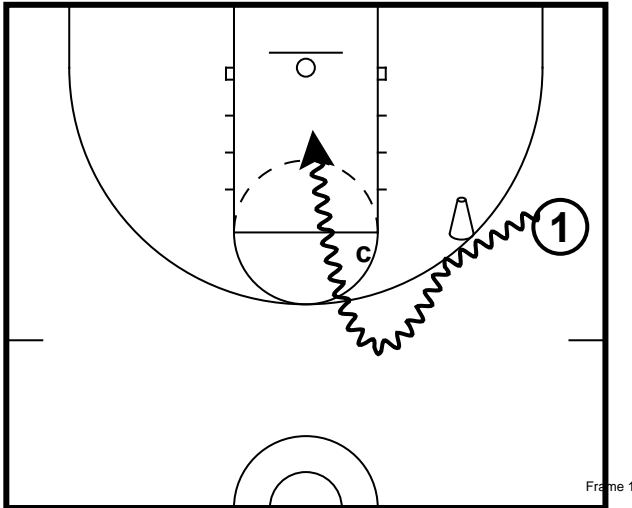
**Give up:** pull up jumpers, turning corner on drives

**Take away:** screener rolling / slips. force ballhandler to shoot off dribble

# Ballscreen Breakdown

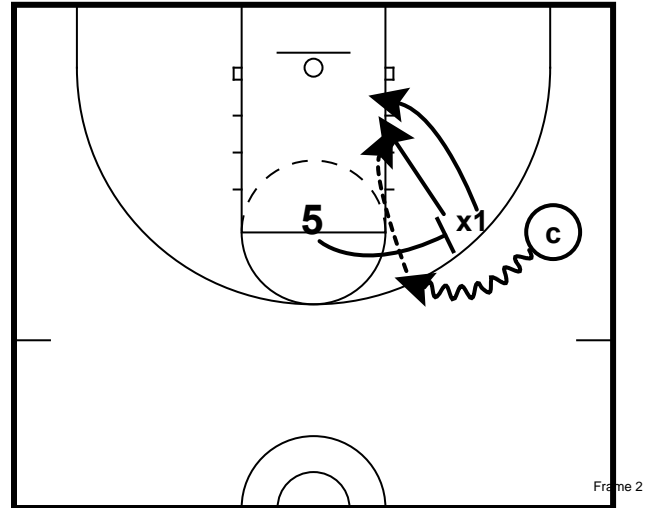
## Switch

Individual breakdown, 2 on 2 breakdown



## Switch

Individual breakdown, 2 on 2 breakdown

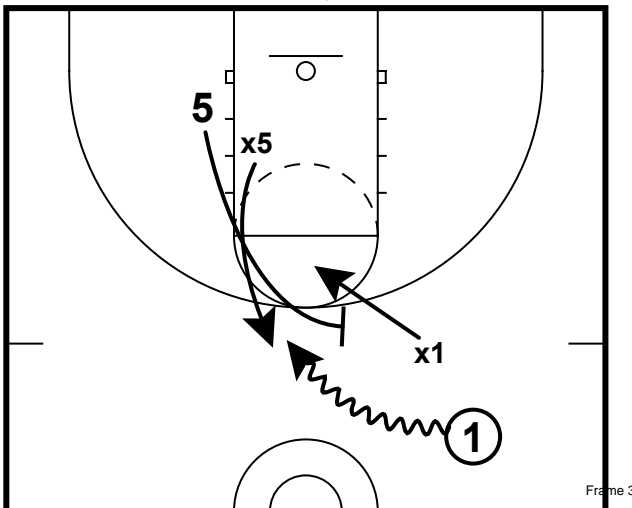


**Switch = breakdown defender:** Defender / coach switches on screen. ballhandler takes extra dribble, and looks to attack the switch. vary your finishes, set up the screen.

**Switch = POST UP:** On switch, post rolls defender to block and posts up calling for ball

## Switch

Individual breakdown, 2 on 2 breakdown

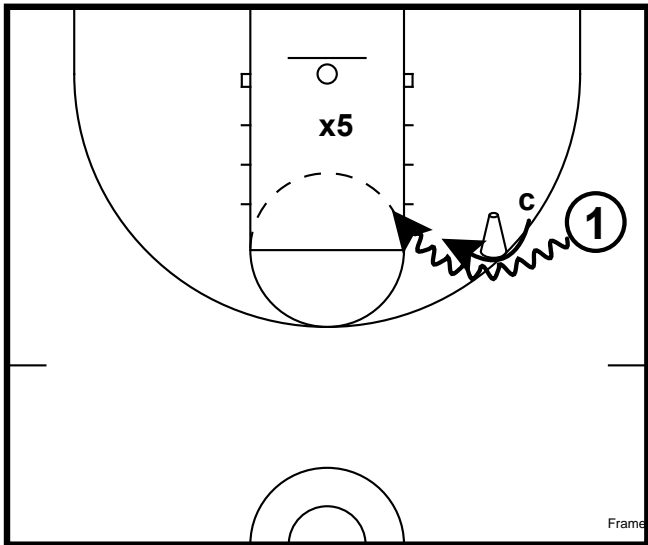


**Jump Switch:** x5 jumps out in front screen and takes x1, x1 now guarding 5. x3 helps on 1  
**give up:** this can create mismatches with guards / posts, slips off screens, and screeners rolling to post and posting up, post players defending guards off dribble.  
**take away:** open looks off screens. If players can guard in post and perimeter a good option

# Ballscreen Breakdown

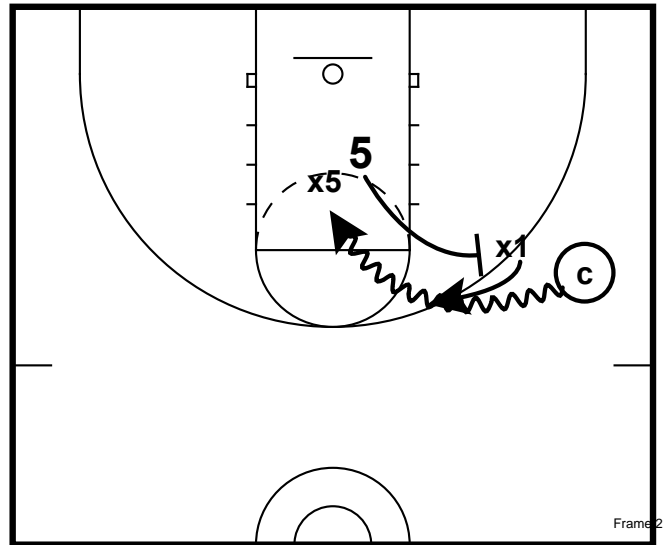
## Drop

Individual breakdown, 2 on 2 breakdown



## Drop

Individual breakdown, 2 on 2 breakdown

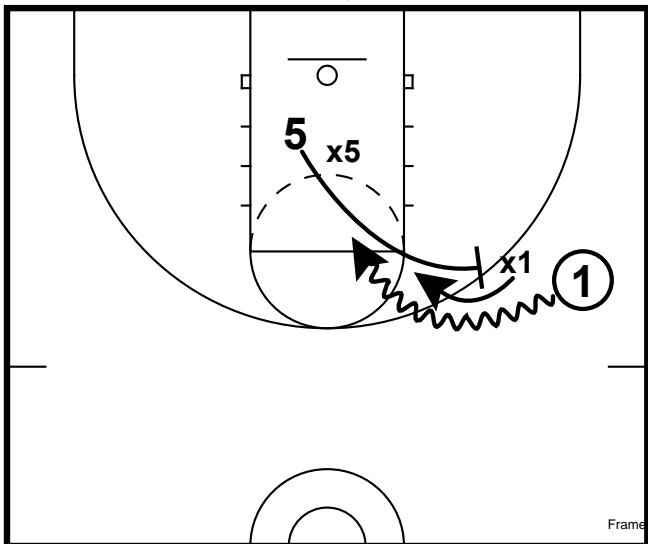


**Guards: Defender Drops = keep defender on your back:** defense fights over screen, and screeners man drops and stays in paint. Ballhandler must keep coach on his back and attack the basket. Use pullups, jumpstop headfakes

**Bigs: Defender drops = reverse pivot and pop.** 5 screens and x1 fights over the top, x5 does not hedge, and drops back to contain. 5 reverse pivots and pops or rolls

## Drop

Individual breakdown, 2 on 2 breakdown



**Defense Drops:** x1 fights over screen, and x5 drops and stays in the paint.

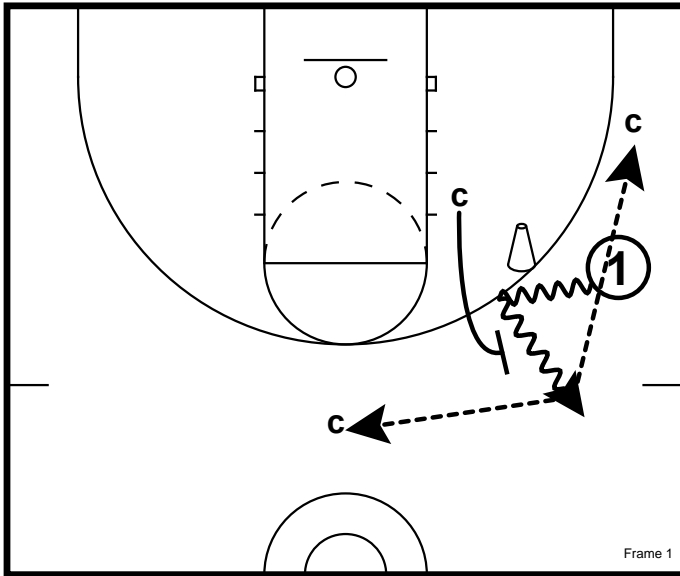
**give up:** pullup jumpers, ballhandlers going downhill against big. Screeners popping.

**take away:** Big man rolling to paint. Forcing a jump shot from guard and big

# Ballscreen Breakdown

## Blitz

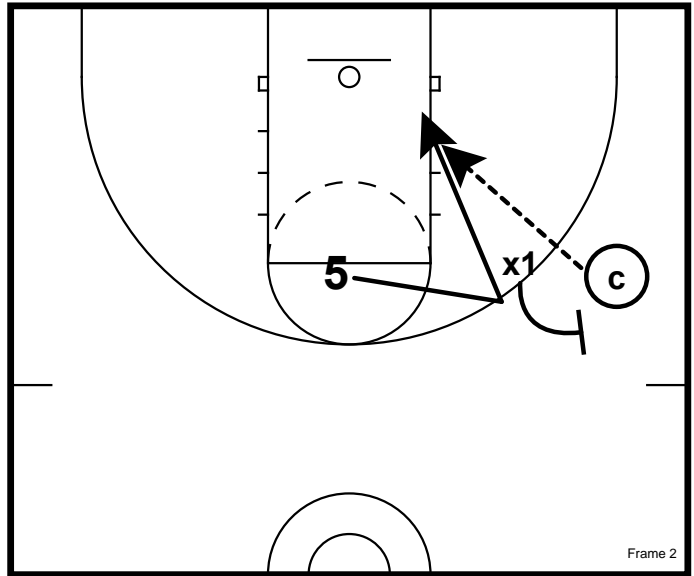
Individual breakdown, 2 on 2 breakdown



Frame 1

## Blitz

Individual breakdown, 2 on 2 breakdown



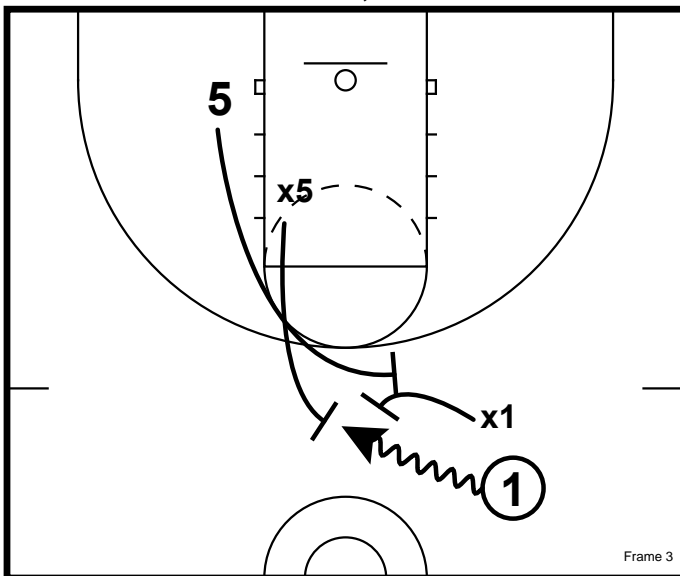
Frame 2

**Double team / Blitz = retreat dribble and pass:** Coach / defender double teams the pick and roll. ballhandler uses a retreat / pullback dribble and passes to coach. Coach can also incorporate slips

**Double team = SLIP:** Defense traps the ball screen, big needs to dive automatically to the rim. Posts vary the finishes at the rim

## Blitz

Individual breakdown, 2 on 2 breakdown



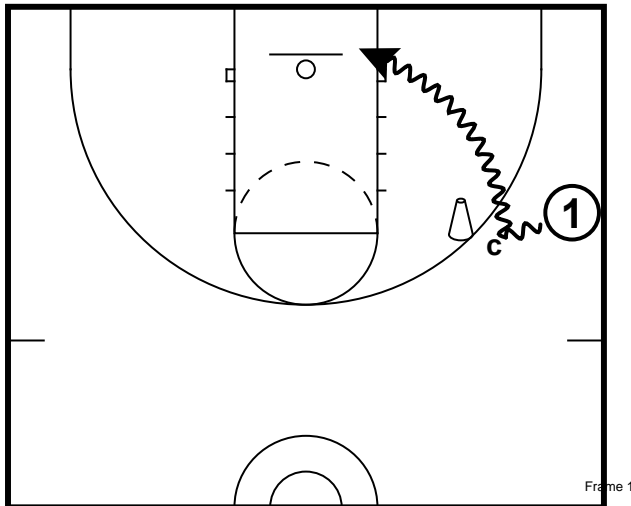
Frame 3

**Blitz / double team:** x5 and x1 jump into lane and try to ...

# Ballscreen Breakdown

## Ice / refuse

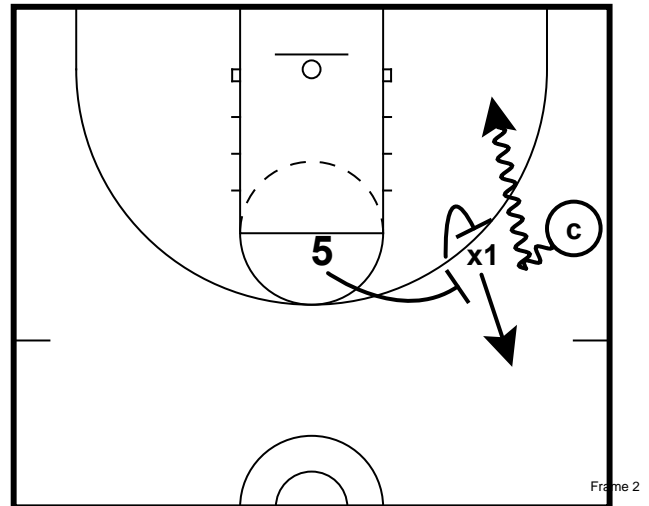
Individual breakdown, 2 on 2 breakdown



**Refuse / turn down = pullups and finishes:** Coach / defender forces the ballhandler to turn down or refuse the ball screen. Ballhandler crosses and finishes with jumpers and different finishes at the rim.

## Ice / refuse

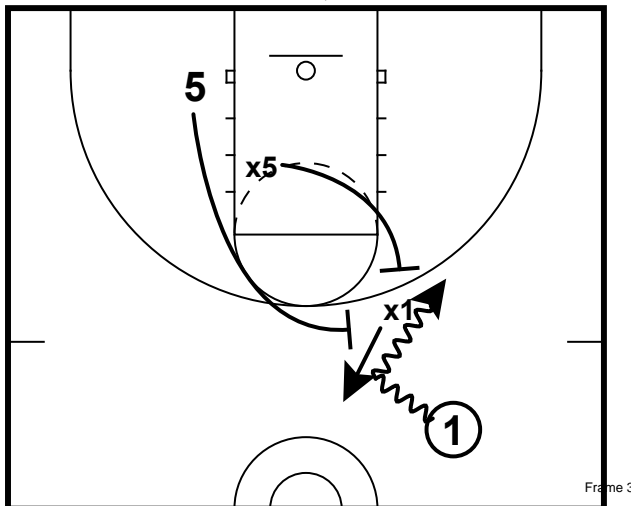
Individual breakdown, 2 on 2 breakdown



**Turn Down / Refuse = Rescreen and POP.** Defender forces the ballhandler to refuse ball screen, 5 rescreens with a "step up screen" and pops for mid range jumper

## Ice / refuse

Individual breakdown, 2 on 2 breakdown



**Turndown / Ice:** x1 jumps on topside of screen making 1 refuse the ball screen. x5 helps on the DOWN / ICE call and they can trap or hedge the ballhandler. **give up:** screener rolling to basket / slips, midrange jump shots for screener, passes to ballside corner. **take away:** forces the midrange pullup or jump shot. Can force players to use weak hand.