



Under 14 Skill Development Program

The following are concepts that athletes in the Under 14 age group should be exposed to and have practiced over the course of a full year of practice. Combined with the principles covered in the Under 14 All Tasmania camp program athletes will have a good grounding in all concepts of individual and team play.

Offensive Skills

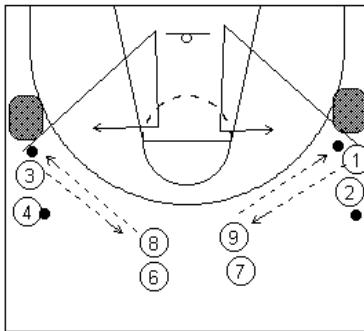
- Individual Offence Perimeter/Post
- Leading Technique Perimeter
- Fast Break Offence
- Screening Technique
- Receivers Spots
- Post Feeding and Cutting

Defensive Skills

- Individual Defence Perimeter/Post
- Defending Screens
- Defensive Transition
- Half Court Team Defence
- Run and Jump

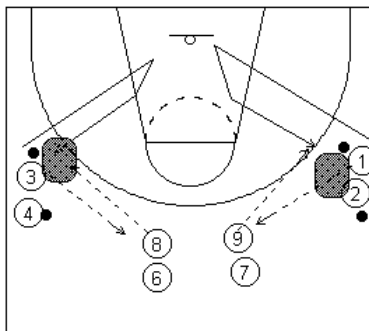
Perimeter Leading Technique

L Cut



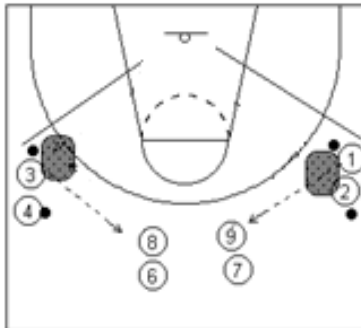
- Walk in slow and sprint out
- Use arm bar to hold defender and show target with other outstretched hand
- Get to edge of backboard, walk up lane to FT line and lead out
- Catch ball in air and face in triple threat

V Cut



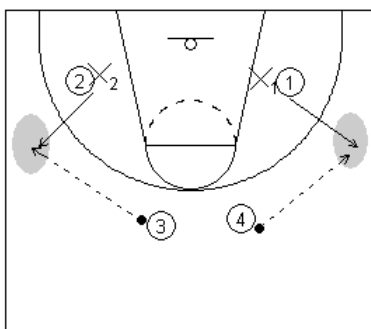
- Use either lead arm over or lead arm under to seal defender Dist
- Ensure offence is at least two steps into the key
- Catch ball in air and face in triple threat

Back Cut



- Show catch fake to perimeter, hand and foot outside 3 point line
- Sprint to the point of basket

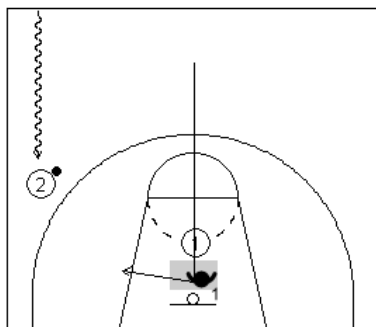
Seal and Go



- Offence walks defender to mid way to key
- They place arm bar on opponents chest and extend opposite arm as target
- Catch ball in air using forward pivot and face into triple threat

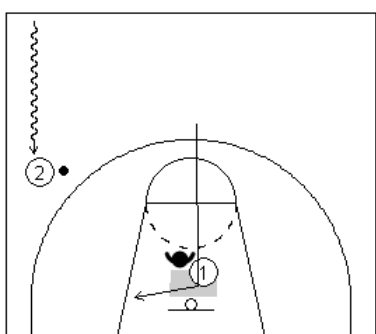
Post Leading Technique and One v One Moves

Duck In



- Person defending the offence has their feet lower than the offence
- Offensive player brings arm closest to the defender up and over their arm at the same time bringing the same side leg as arm over the defender to seal them.

Hit and Swim

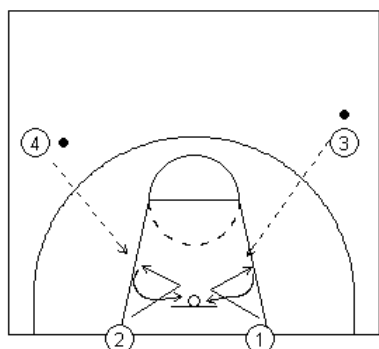


- Person defending the offence has their feet higher than the offence
- Offensive player brings hand furthest away from defender and hits the defence of the hip. With closest arm they will use a freestyle swim stroke over the defenders arm and bring the same side leg through. Holding the defender off the body they

offence will make a "bucket" with their arms for the ball to be thrown into.

One v One Post Moves

Baseline Power Move + Counter

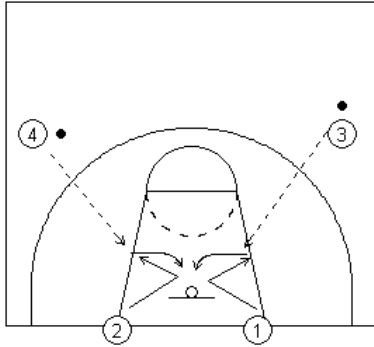


- Offence has one leg on post one off toes to the ball, two wide L's
- Catch on jump stop, chin and put ball on outside shoulder
- Drop base line foot to basket, sealing defences legs
- Thump ball to ground and jump, landing on jump stop

with shoulders to the ring and power ball to basket

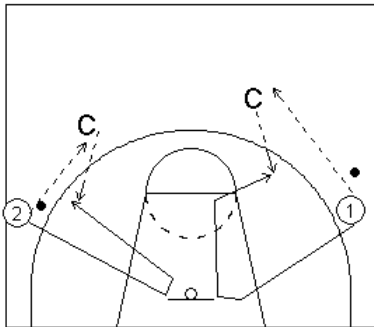
-counter move : heel-toe pivot with foot closest to the basket. They bring other leg through to seal defender. From here explode, jumping off two feet for hook

Power Move Middle + Counter



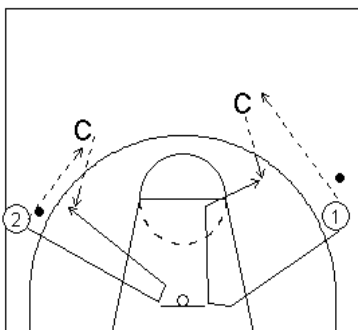
- Offence has one leg on post one off toes to the ball, two wide L's
- Catch on jump stop, chin and put ball on outside shoulder
- Drop inside foot to basket thump ball to ground and jump, landing on jump stop with feet to sideline.
- Shot – hook shot, ensuring shoulders not opened to the basket
- -counter move : heel-toe pivot with foot closest to the basket. They bring other leg through to seal defender. From here explode, jumping off two feet for hook

One v One Perimeter Moves



Catch and rip (layup/one bounce)

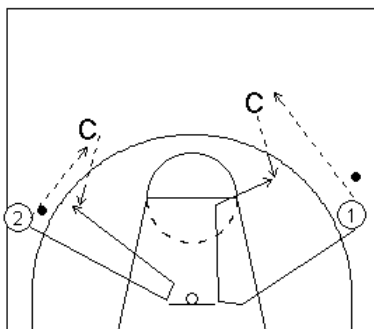
- After lead catch the ball in the air with forward pivot
- Rip the ball under defenders arm
- Get body low into chest on knee position and push dribble out in front of body. Attack the defenders hips



Catch and shot fake + layup/one bounce or shot

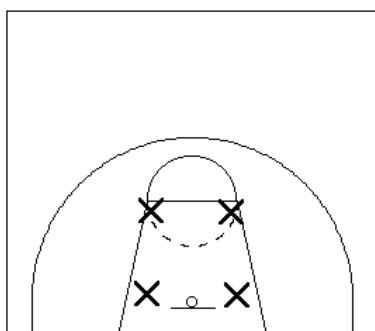
- After lead catch the ball in the air with forward pivot
- Bring the ball from chest to head and back to chest in a slow up quick down action. Make fake realistic
- If going to use dribble Get body low into chest on knee position and push dribble out in front of body. Attack the defenders hips

Catch and drive fake + layup/one bounce or shot



- After lead catch the ball in the air with forward pivot
- With non pivot foot make a driving action, about 10 cm at the basket
- If going to use dribble Get body low into chest on knee position and push dribble out in front of body. Attack the defenders hips

Receivers Principles from Dribble Penetration



- There are four receivers spots on the floor marked here with an X.
- At the end of dribble penetration two out of the four receivers spots need to be filled – one will be filled by the person with the ball, the other two by team mates.

Having players into receiving spots gives us the following advantages:

Offensive rebounding

- On a missed shot having three players filling spots allows us to have a rebounding strength

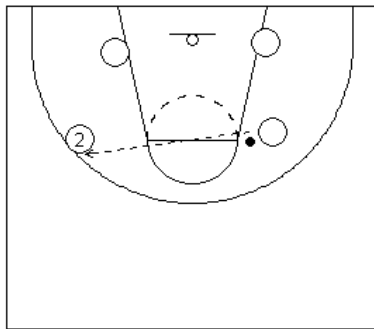
Defensive Transition

- If a shot is made then we immediately have the opportunity to pressure the outlet and slow the oppositions transition

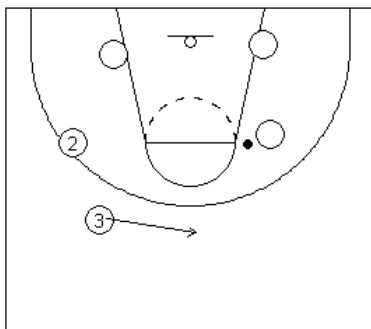
High Percentage Shots

- Having players close to the basket allows for higher percentage shots rather than fairing out to the three point line.

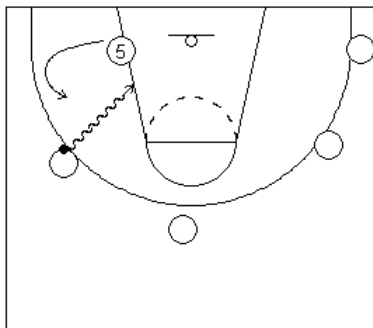
Now that three of the players are used to fill the receiver's spots on the floor we need to look at using the other two players.



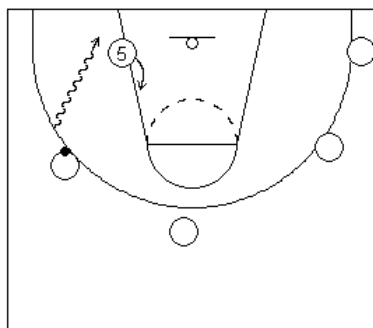
- Player diagonally directly opposite basketball is a shooter.
- This stretches defence and makes the job of the receivers close to the basket even more effective. The shooter on the three point line is diagrammed with penetration at the elbow, two receivers spots filled and O2 opposite the ball.



- Player closest to the top of the floor balances to safety.
- This safety position ensure in the case of a miss we have the potential to slow in fast break
- In the example below penetration has occurred to the elbow and O3 has balanced to the safety position.



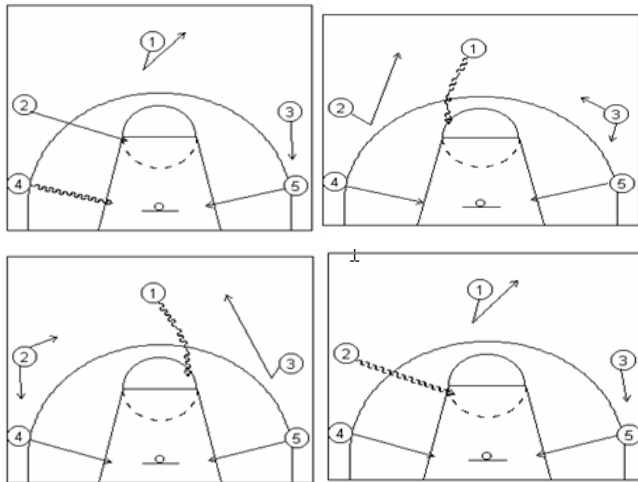
- If penetration occurs on the post side the post can wrap around behind the player with the ball.
- In this instance the penetration is on the high side of the post.



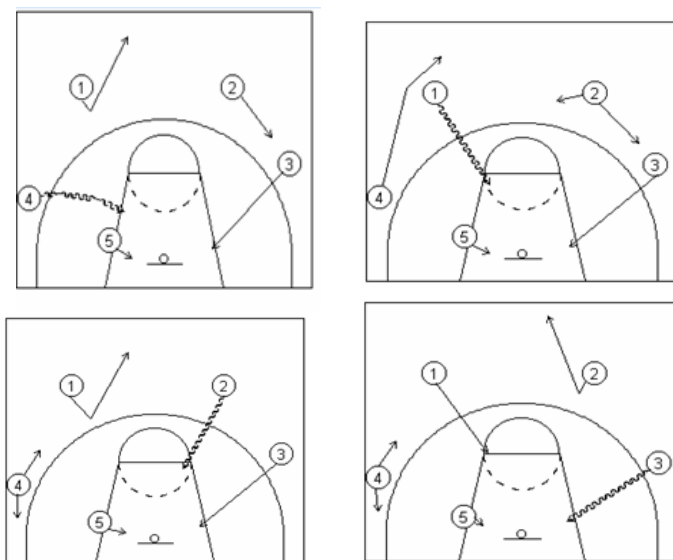
- Instead of wrapping then post steps up allowing room for the person with the ball to penetrate.
- Penetration occurs on the post to the base line.

Depending on the offensive alignment the offensive team is in when dribble penetration occurs and where the ball comes from off penetration there are different receivers spots players should be in

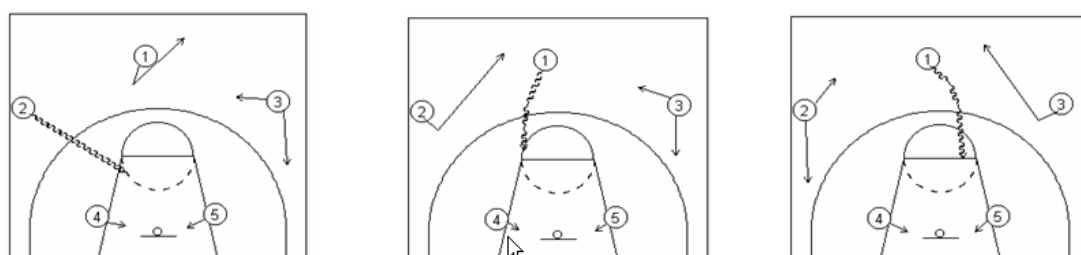
5 Out Alignment



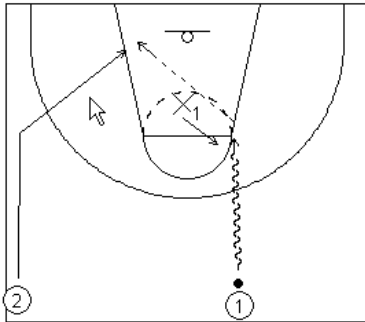
4 Out 1 Alignment



3 Out 2 Alignment

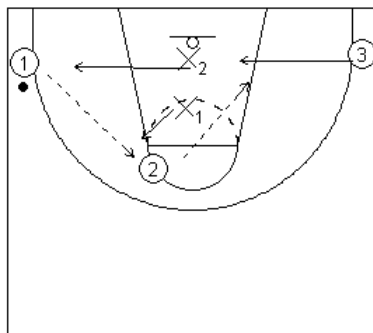


Fast Break Basketball 2 v 1, 3 v 2, 4 v 3 Principles of Play



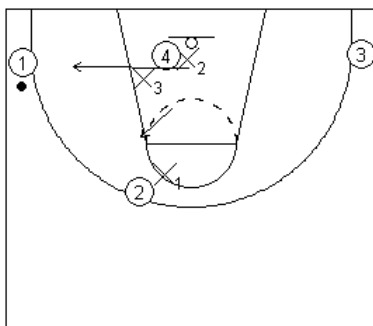
2 v 1 Concepts

- Player with the ball will dribble elbow to elbow whilst player on the wing must keep good spacing in outside lanes
- Force defense to adjust position by passing the ball from side to side early
- Driving/passing lane concepts if defender between the player and the basket then pass. If defense is between the ball handler and their team mate, then drive
- Wings must spring the floor and player with ball must get them the ball not dribble quickly



3 v 2 Concepts

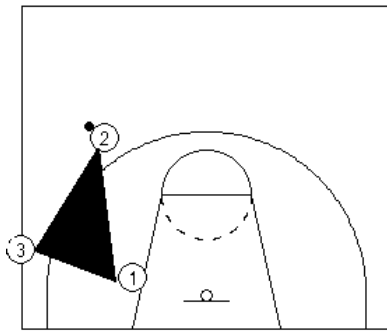
- Ball is passed ahead to a wing, the passer gets to the ball side elbow
- If player with ball does not have a layup lane they take ball to corner
- Ball is reversed to ball side elbow player for their shot
- As ball arrives at ball side elbow opposite wing cuts to basket



4 v 3 Concepts

- Ball is passed ahead to a wing, the passer gets to the ball side elbow
- First trailer gets to the box looking for post feed before stepping ball side
- Other players space and balance to spread defecen

Post Cutting Principles



- A post feeding triangle provides an effective way to enter the basketball to the post player.
- When establishing triangles it is vital that good spacing, of at least 5 meters between players, is created.

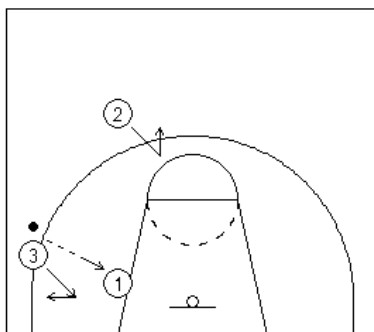
When entering the ball to the post the passer needs to be aware of the following:

- clear a lane for the pass to be made via the use of fakes
- pass opposite the post defences head
- wait until the post has established their position prior to passing
- use hard passes

When receiving the ball from the perimeter the post player needs to be aware of the following:

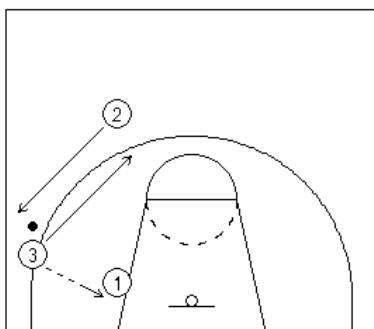
- establish a strong seal [two L's, wide base, toes to the ball] when ready to receive call "post"
- after receiving catch the ball on jump stop and "chin" the ball straight away

Following the ball being received, it is important that movement occur on the perimeter is important as it creates opportunities for cutter, relocater and the post to all score on both the strong (ball) side and weak (help) side



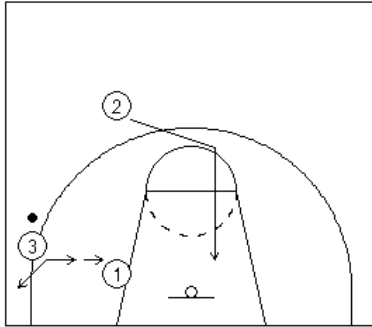
Pass and replace

- Following O3, passing the ball to post player O1 both O3 and O2 will replace themselves on the perimeter



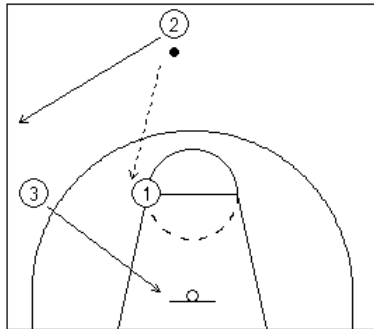
Pass and exchange

- Following O3, passing the ball to post player O1 both O3 and O2 will exchange positions on the perimeter

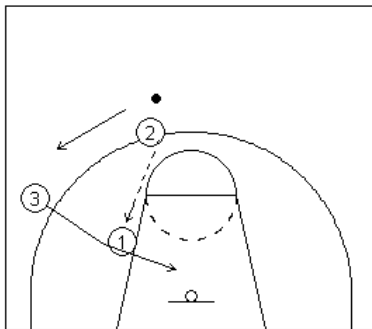


Pass and cut

- Following O3, passing the ball to post player O1 player O2 will cut to the basket looking to receive a pass from O1. O3 will replace themselves on the wing



- Following O2, passing the ball to post player O1 player O3 will immediately back cut from the wing to the basket whilst player O2 will replace.



- O2 passes the ball to the post, O3 will cut hard to basket looking for hand off from O1. meanwhile O2 has filled to the wing

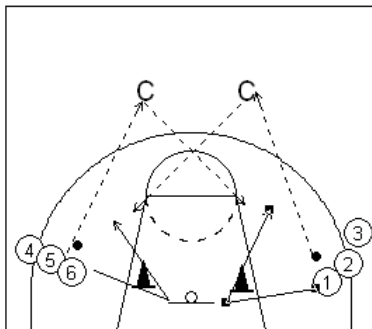
Cutting and Screening Technique – Motion with Screens

Role of the Cutter

Key concepts to ensure athletes incorporate to all cutting actions –

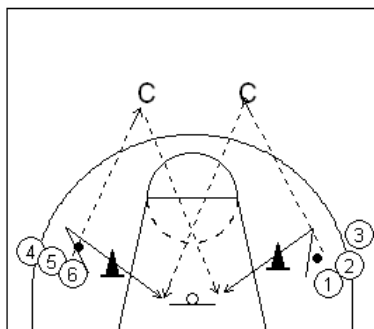
- Read then react to the defence
- Cut tight to the screen with body (shoulder at hip of screener) and use inside hand to lock off
- Use catch fakes to help set up defence
- Catch the ball in the air
- Call the name of the cut you are using
- Walk to screen and wait for call of “go” before cutting
- Give a catch fake and get eye contact with screener

Straight Cut (use when defender playing on low side of offence)



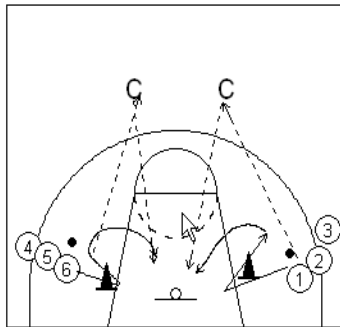
- Athlete gives catch fake to the basket before cutting to screen.
- At point of screen they lock off with their inside arm closest to the screener. They call “straight” as they cut
- They now cut to the perimeter to receive the ball

Back Cut (use when defender playing on high side of offence)



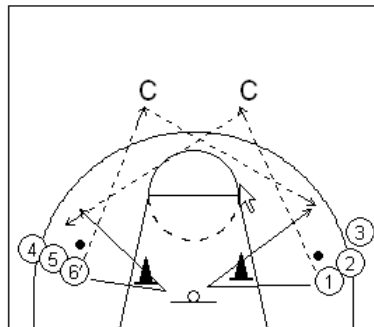
- Athlete gives catch fake to the basket before cutting to screen.
- At point of screen they lock off with their inside arm closest to the screener. They call “back” as they cut
- They now back to edge of key to receive the ball

Curl Cut (use when defender trails offence as they straight cut)



- Athlete gives catch fake to the basket before cutting to screen.
- At point of screen they lock off with their inside arm closest to the screener and commence a straight cut. They read that the defender is following their footsteps and cut to basket and call "curl"
- They will receive the ball inside the key

Flare Cut (use when defender plays inside the screen)



- Athlete gives catch fake to the basket before cutting to screen.
- At point of screen they tap screener on shoulder and call "re screen"
- Screener pivots and changes screening angle. Cutter now flares to the perimeter and calls "flare"

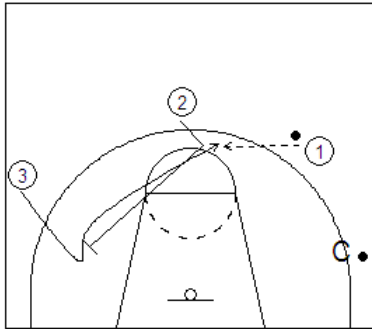
Role of the Screener

Key concepts to ensure athletes incorporate to all screening actions –

Visual and Verbal cue (name and fist)

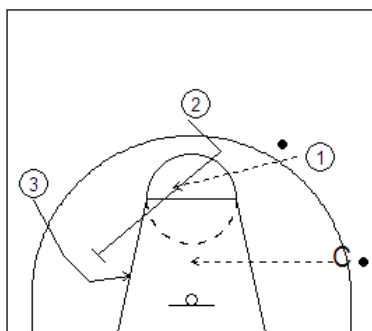
- Give a verbal (name) and visual target (fist) to screen
- Protect body on screen and land on jump stop
- Communicate "XX screen" and "wait, wait, go!" to cutter
- After screening become a cutter
- Communicate type of cut used after they have screened

Down Screen (screen angle back to the basketball)



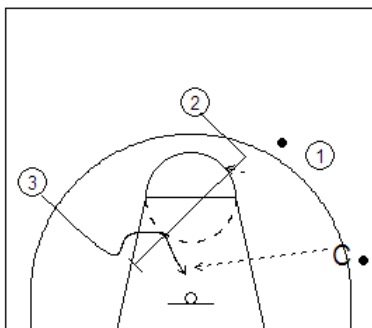
- Straight cut

- O2 will catch fake to the ball they will set a down screen.
- O3 will cut to the screen, catch fake and wait
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 straight cuts off screen (calling name of cut)
- O2 after screening goes to the basket and calls "basket"



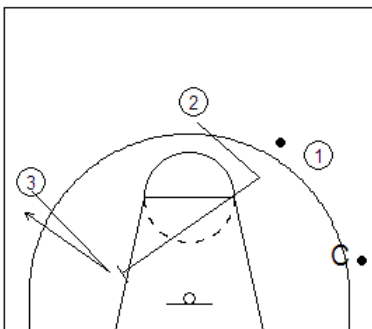
- Back cut

- O2 will catch fake to the ball they will set a down screen.
- O3 will cut to the screen, catch fake and wait
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 back cuts off screen (calling name of cut)
- O2 after screening goes to the perimeter and calls "pop"



- Curl cut

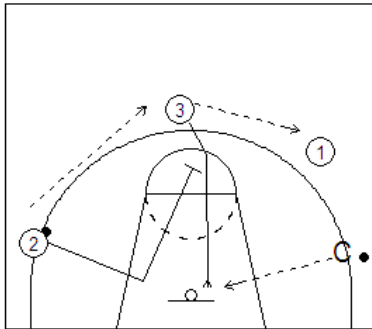
- O2 will catch fake to the ball they will set a down screen.
- O3 will cut to the screen, catch fake and wait
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 curl cuts off screen (calling name of cut)
- O2 after screening goes to the perimeter and calls "pop"



- Flare cut

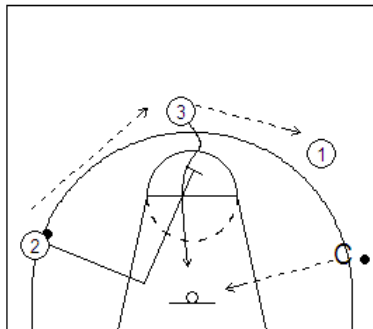
- O2 will catch fake to the ball they will set a down screen.
- O3 will cut to the screen. They will tap screener on shoulder and tell them "to re screen"
- Screener will re screen
- After this command O3 flare cuts (calling name of cut)
- O2 after screening goes to basket and calls "basket"

Up Screen (screen angle back to the baseline corner)



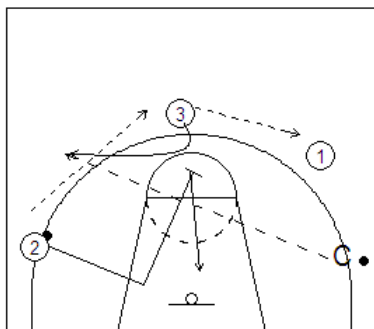
- Straight cut

- O2 will cut to basket then move to set an up screen.
- O3 will catch fake to the ball
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 cuts off screen (calling name of cut)
- O2 will call "pop"



- Back cut

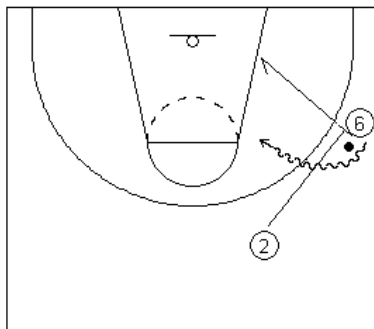
- O2 will cut to basket then move to set an up screen.
- O3 will catch fake to the ball
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 cuts off screen (calling name of cut)
- O2 will call "pop"



- Flare cut

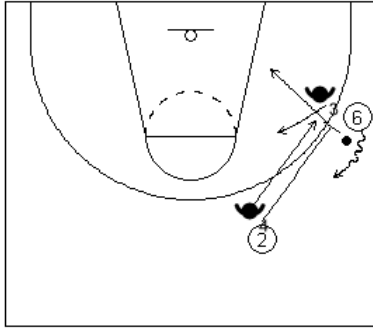
- O2 will cut to basket then move to set an up screen.
- O3 will catch fake to the ball
- Screener will say "wait, wait, cut" to the cutter
- After this command O3 cuts off screen (calling name of cut)
- O2 will call "basket"

On Ball Screen (screen angle back to the baseline corner)



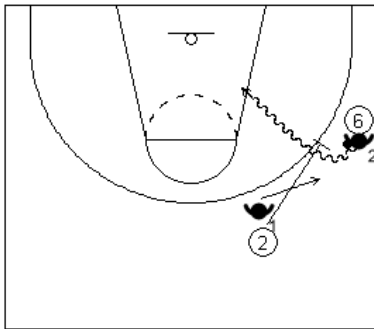
Turn corner (use when defender gets caught on the screen)

- Dribbler looks to attack base line firstly they then come off screen, locking off and getting shoulders square to baseline
- Screener gets belly to the ball and dive to basket looking for pass



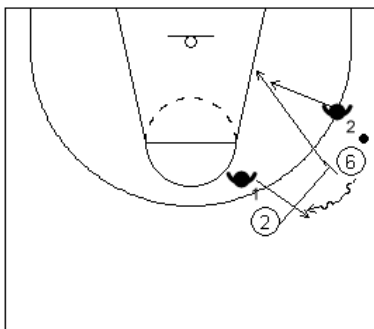
Defence goes under screen

- Dribbler looks to attack base line firstly they then come off screen, locking off
- Player with ball can use step back to shoot or slide dribble and calls for a re screen by the screener
- If dribbler shoots screener rolls belly to the ball towards basket. If dribbler calls for re screen then screener goes to



Defence shows on screener

- Dribbler looks to attack base line firstly they then come off screen, locking off
- They read show by screeners defence and they split gap and goes to basket
- The screener can slip screen and dive

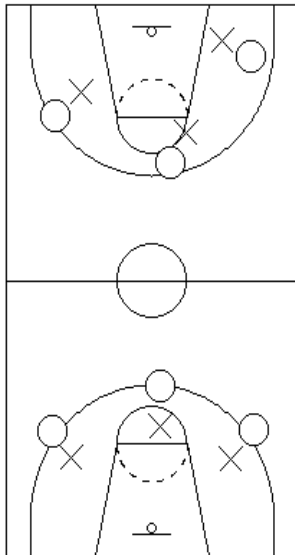


Switch By Screener Defence

- Dribbler looks to attack base line firstly they then come off screen, locking off
- They read the switch and use a retreat dribble for space
- Screener gets defence on their back and rolls to basket or posts

Individual Defence

On Ball Defence



“Ready”

- Spear hand guarding ball
- Deflection hand guarding pass
- Feet wider than opponent

“Drive Fake”

- Offence shows drive fake
- Defence hops back and forward to gap leg

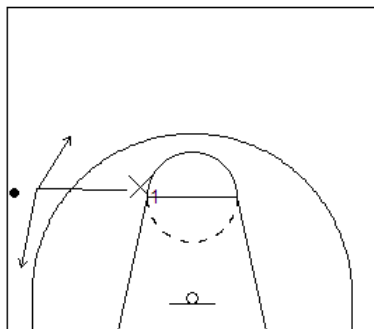
“Pass”

- Offence puts ball above head
- Defence hops forward and gets body contact. They put spear hand (forearm) on the defenders chest and the deflection hand on the ball the ball
- As ball is bought down defence hops back

“Swing”

- Offence moves ball from side to side
- Defence hops to side of the ball, and swings arms through

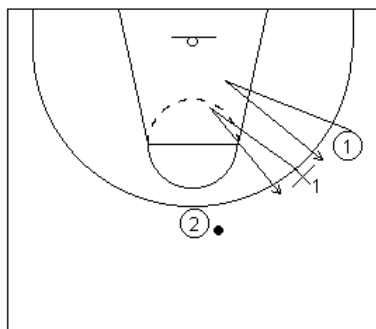
Defensive Push Points



- After closing out defence will influence player to push points
- If offence tries to go middle defence will send them to the jump ball circle
- If offence tries to go to base line defence will send them to long corner
- With slides player stay in low stance and maintain a dig and pass hand.

- When sliding point the toe in the direction they are going, footwork big step short step and finally have toe pointing to the push points (circle or base/sideline).

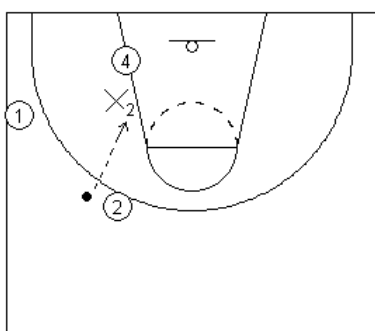
Off Ball Defence



Denial Stance

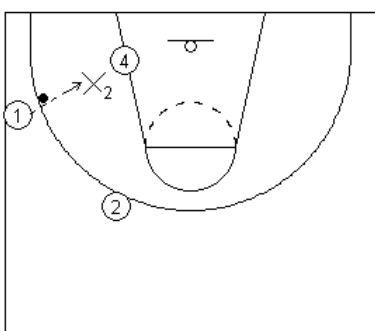
- Defence one pass away establishes a flat triangle position able to see the ball and also the player they are defending.
- They can be either in a closed stance (back to the ball) or an open stance (chest to the ball).
- If the offence tries to back cut the defender can use “head snap” to re-establish denial position. The defender will swing their head around to keep vision on the ball and quickly put their hand in the passing lane looking to get a deflection
- If the offence tries to back cut the defender can use “quick steps” to re-establish denial position, without swinging their hand or head the defender uses three or four very quick small steps to get their denial hand into the passing lane.

Post Defence



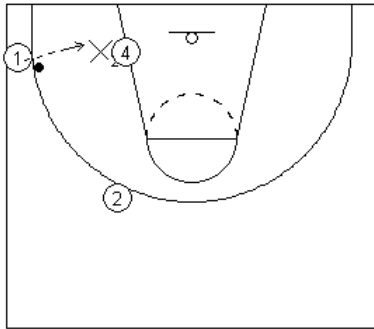
Ball Above the Post

- O2 has the ball in an position that is above the post offence
- X2 is in a side front on the high side of the post with their “toes in” towards the player are defending



Ball Equal to Post

- O1 has the ball in an position that is equal to the post offence
- X2 is in a full front position with “toes out” facing towards the perimeter



Ball Below the Post

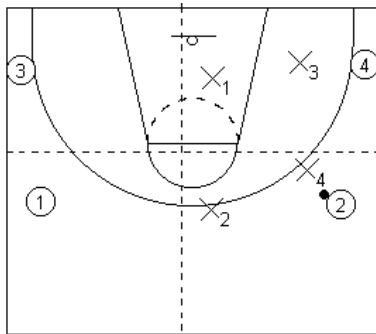
- O1 has the ball in an position that is below the post offence
- X2 is in a side front on the low side of the post with their “toes in” towards the player are defending

Half Court Team Defence

When playing in the half court we must focus on not allowing middle penetration pressure by the (dribble or pass).

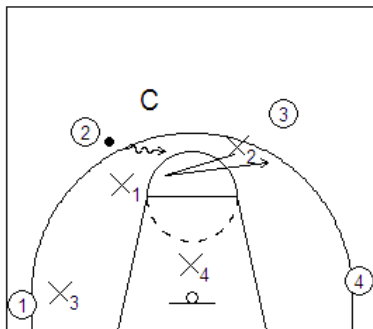
- When the ball is on a side in the front court, keep it there. Limit ball reversal and you limit close-outs
- The more we rotate the more likely a mis-match or breakdown will occur.
- Force the ball to the corner.
- When the ball is at the point stay between your man & the basket, no penetration through the FT line
- Posts (high or low) must be denied, lead foot between your player and the ball

Defensive Positioning

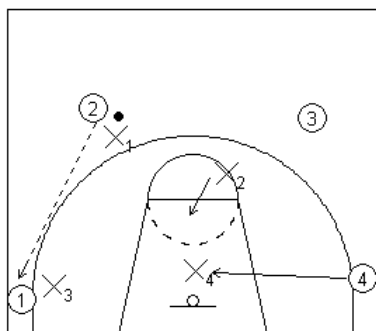


- As ball is moved defensive players adjust according to correct team defence positions
- Offence one pass away from the ball – Denial stance
- Offence two passes away from the ball – Help high
- Offence three passes away from the ball – Help low

Hedge and recover

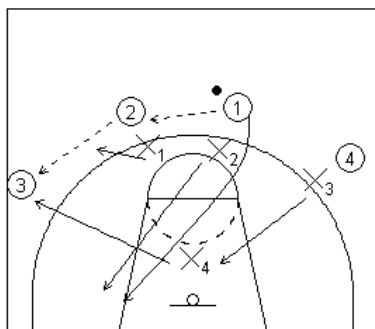


- Player with ball dribbles
- The defender one pass away hedges and recovers
- Defender throws the closest hand and foot to the ball and then return to their player



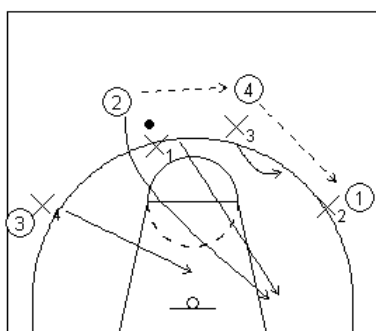
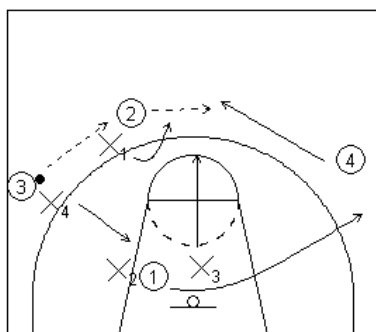
Flash Cut

- On pass to the corner from O2 to O1 O4 will flash cut to the middle of the floor.
- X4 at split line adjust from help stance to denial stance
- They meet cutter outside the key and drive them out denies of the key

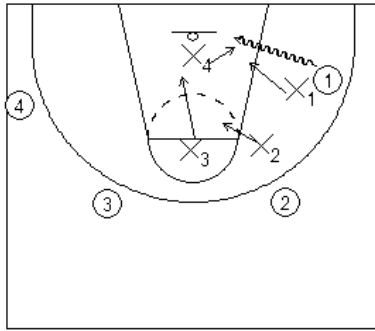


Defending Pass and Cut

- O1 will pass and cut
- X2 must jump to the ball as O1 makes pass to O2 and as this player cuts they must stay between the player and the ball
- X1 defends the ball, then jumps to the ball after O2 passes it.
- X4 closes out to O3 when they receive the ball X3 rotates from O4 to help low, in a position to provide help against O2
- O3 reverses the ball to O2 and O4 moves high to balance
- X4 jumps to the ball and X2 guards O1.
- X1 adjusts their stance to be "toes in"
- X3 moves up the lane also to deny O4
- As O2 passes and cuts X1 must jump to the ball
- X4 gets to the split line and X3 jumps to the ball into denial

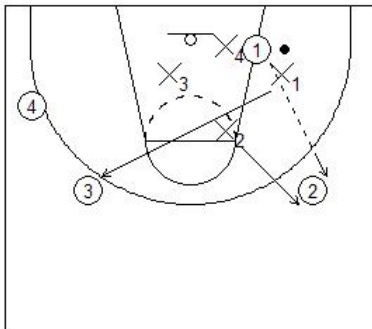


Defending Dribble Penetration Through Baseline



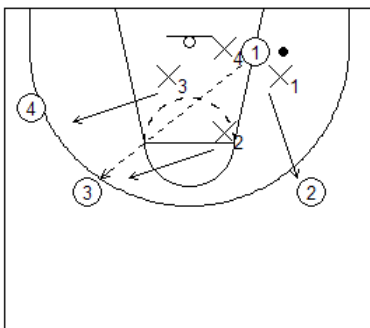
- X1 is beaten off the dribble
- X4 moves from split to double team the ball with X1
- X3 adjusts position to see ball and man (split line deep)
- X2 adjusts position to see ball and man (split line high)

Rotation if O1 Passes Ball To High Guard



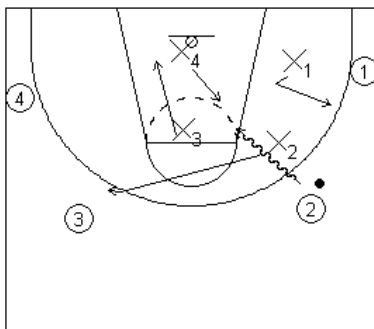
- X2 sprints and takes the ball, ensuring there is an excellent close out
- X3 will stay on the split line guarding O4
- X4 remains with O1. X4 ensure they are in a low stance and deny the post
- X1 has the "long run" and sprints to deny O3 the pass

Rotation if O1 Passes to Diagonal Guard



- X2 sprints and takes the ball, ensuring there is an excellent close out
- X1 will rotate and now deny O2
- X3 adjusts back to deny one pass away
- X4 remains with O1 and jumps to the ball.
- X4 ensures they are in a low stance and deny the post

Defending Dribble Penetration Through Side of Key

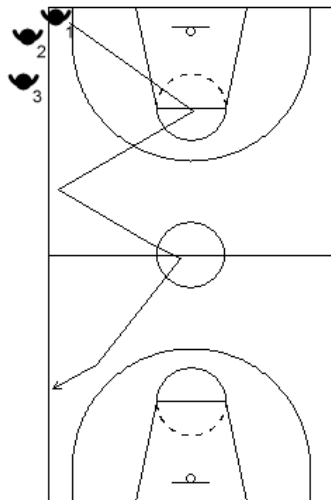


- X2 is beaten off the dribble, by O2 who attacks through the side of the key
- X4 rotates quickly from help low to take X2
- X3 moves from help high to take O4 – this must be very quick as O4 has the potential for a easy score
- X2 moves to O3 – again a quick rotation otherwise O3 has an open shot

Team Defence Transition Positions

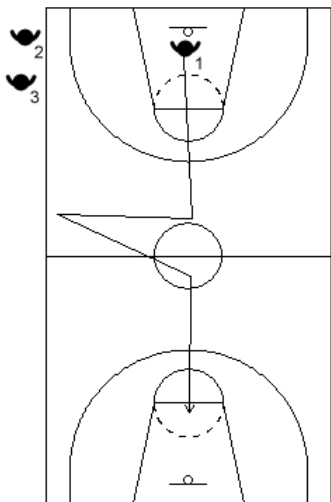
The purpose of defensive transition is:

- To convert from offence to defence in an organised fashion
- To apply pressure on the rebounding team, leading to offensive rebounds
- To prevent the opposition from getting into an offensive set by advancing the ball without any pressure



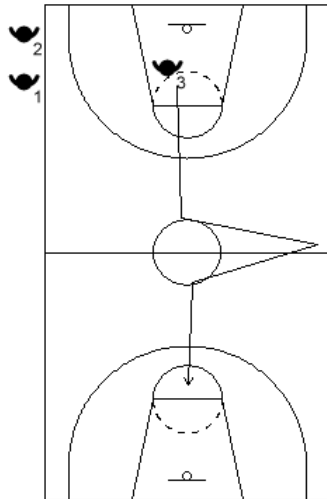
"Dog" (one or point guard)

- Sprint to the foul line, bounce, then into stance
- Slide in stance to sideline, touch sideline
- Once at sideline use swing step technique slide to middle of court, swing step again slide to split line side line
- Sprint to 3 point line, get into defensive stance



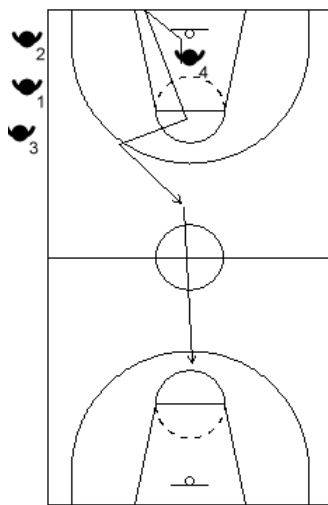
"Safety" (two or shooting guard)

- Sprint to middle circle, open up in a stance
- From stance sprint to sideline in denial stance
- Back to middle circle before sprinting to 3 point line



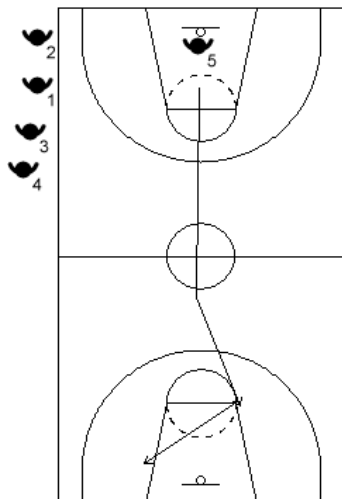
"Rebounding Wing" (three or small forward)

- Sprint to middle circle, open up in a stance
- From stance sprint to sideline in denial stance
- Back to middle circle before sprinting to 3 point line



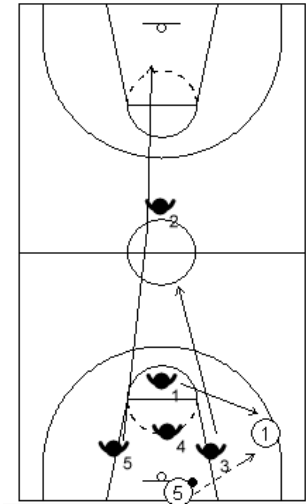
"Plugging" (four or power forward)

- Jumps to touch backboard
- Then onto base line to trace basketball
- Sprint to the free throw line and opens into stance
- They hedge and recover (in game this assists the dog to contain the ball)



"Basket" (five or centre)

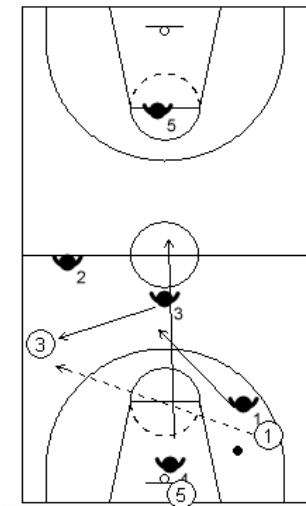
- Jumps to touch backboard
- They sprint down middle of floor
- The hold at ball side elbow before adjusting to post



Game Scenarios :

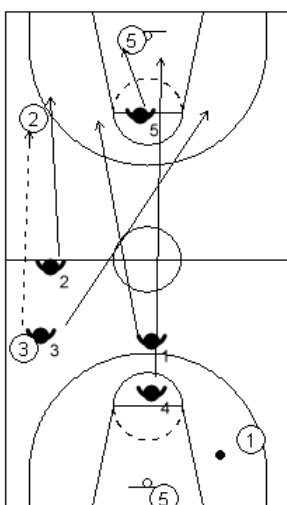
First pass

- Ball man pressures inbounder
- Basket man and rebounding wing sprint back to spots
- Dog closes out on first pass
- Ball man after inbounding plugs the middle
- Basket man sprints to other end of floor
- Safety man covers any lane runners, once basket man passes them they deny middle



Second pass

- Rebounding wing sprints to player with ball
- Ball man gets behind the line of ball to plug middle
- Dog sprints to line of the ball
- Safety deny any pass down the lane
- Basket man sees the floor and communicates



Third pass

- Safety gets to player with the ball
- Other players get behind the line of ball and match up with a player

Full Court Defence – Hedge/Run and Jump

1. Match up quickly

Straight away transfer from offence to defence. Identify your opponent and pick them up

2. Put pressure on the ball

Person guarding the ball handler must apply a great amount of intensity to the player

3. Rotation occurs when the ball handler uses a spin dribble

On these actions we jump every time. The other time rotation occurs is if the ball handler is out of control. However the ball handler shouldn't be able to read if the defence is hedging or rotating

5. Use your imagination and anticipate

Take smart, calculated gambles based on good decisions

7. Avoid fouling

This releases the pressure and destroys the hard work done earlier

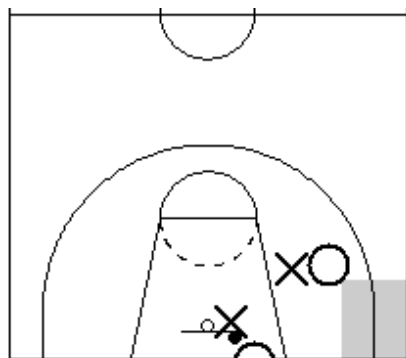
8. Have players in front of the line of the ball and not “hugging” the player

Ensure all players are in front of the line of the ball. Also ensure that players that are off the ball are on split or hedged towards the ball, this ensures quicker rotations

9. Communicate

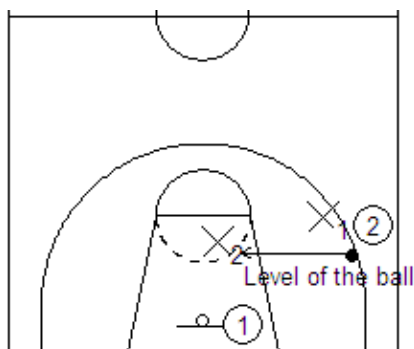
- always, always, always, always, always talk

Drive Down

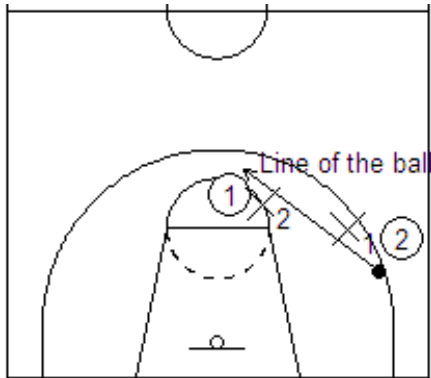


- Defensive player keeps bent forearm and fist on offensive player and the other arm is in a denial stance.
- With bent arm they “drive down” offensive player to force them to receive the ball in the area that is shaded.

- The person guarding the inbounder would position body and hands to allow ball into chosen area but nowhere else on the floor

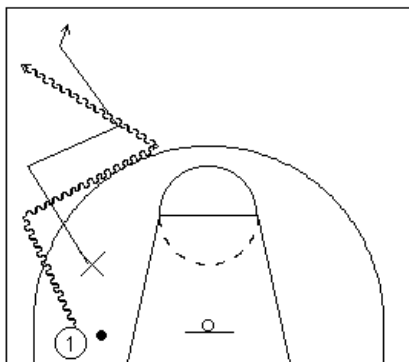


- Once ball is inbounded the X2 guarding inbounder must jump back behind the “level of the ball”

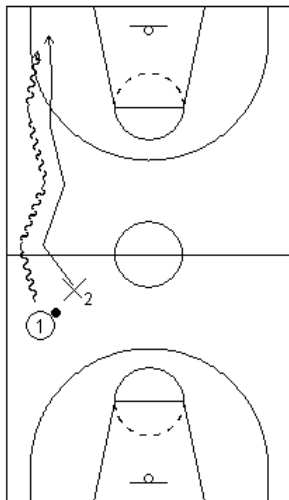


- Once O1 passes line level of ball X2 must stay between person they are guarding and the "line of the ball"
- X2 is in denial stance, guarding "one and half players" not hugging the player they are defending

Turning the Dribbler



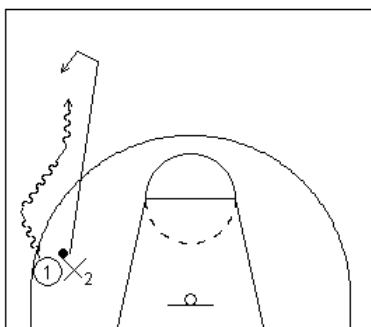
- Defender gets shoulder to shoulder with the ball handlers dribbling shoulder.
- They keep spear hand at knee height of the dribbler and deflection hand in the lane
- When they want to turn the offence they take a small jump in front of the dribbler and swing arms through



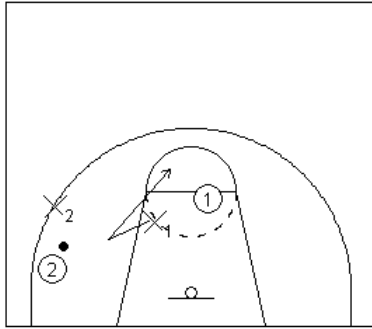
Channelling the Dribbler

- At jump ball circle defence now looks to channel the offence to the side line
- Defence keeps spear hand on ball with pass hand in front of the ball and straddles the offence
- If offence tries to come back middle the defender raises arms above their head and "chests" the offence

Slide, Run, Throw

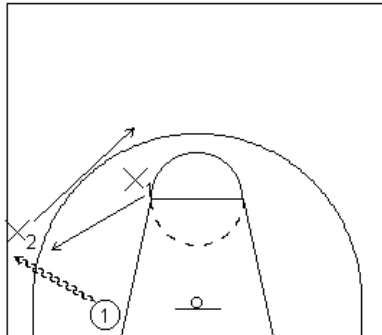


- If beaten off the dribble X2 must recover back to contain the offence
- X2 sprints in front of the dribbler and picks a stop 1 meter away from them
- Defender pivots on inside leg and throws both hands at the ball



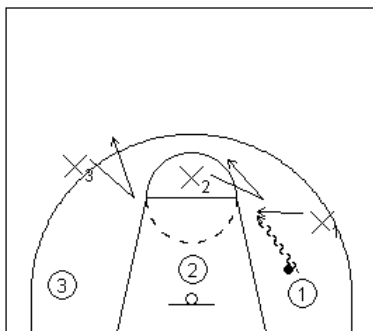
2 on 2 Hedge and Recover

- As O2 dribbles to middle of floor X1 hedges
- X1 throws hand and foot calling “hedge” before recovering to O1
- X2 has also recovers to guard O2



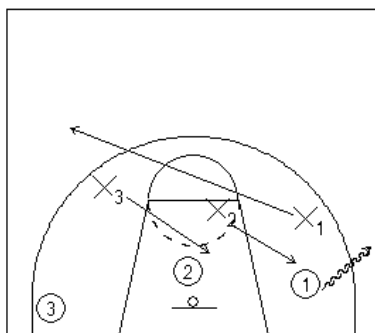
2 on 2 Run and Jump

- As O1 uses a spin dribble or is out of control X1 calls “jump”
- X1 points toes to the offence and sprints to take O1. They close out and contain the ball
- X2 rotates behind X1 and now takes the open player



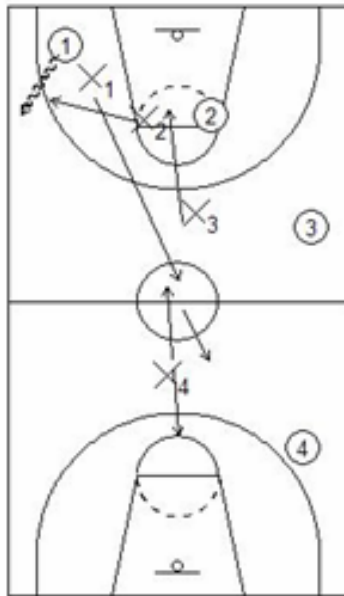
3 on 3 Hedge and Recover

- As O1 dribbles to middle of floor X2 hedges
- X2 throws hand and foot calling “hedge”
- X3 jumps to the ball as X2 hedges
- As X1 recovers to O1 X2 and X3 move back to their players



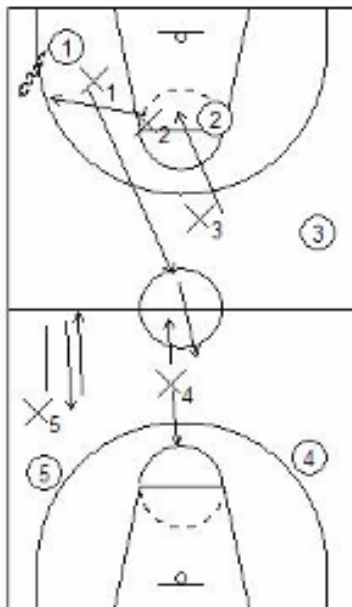
3 on 3 Run and Jump

- O1 uses a spin dribble or is out of control
- X2 will call jump and pick up O1
- X3 moves to the middle part of the floor into denial
- X1 has the long run and picks up O3



4 on 4 Run and Jump

- O1 uses a spin dribble or is out of control
- X2 will call "jump" and guards O1, they call "ball"
- X3 runs to O2, one pass away, they call "I am up"
- X1 has long run and guards O3 (at split line) "I am back"
- X4 can rotate up to take O3, if this occurs then X1 will take O4

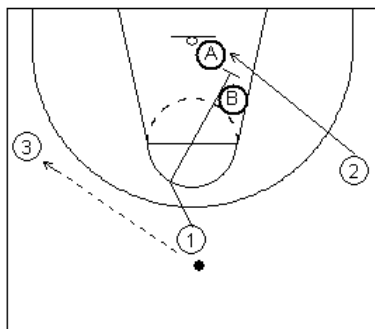


5 on 5 Rotation – Four Player Rotation

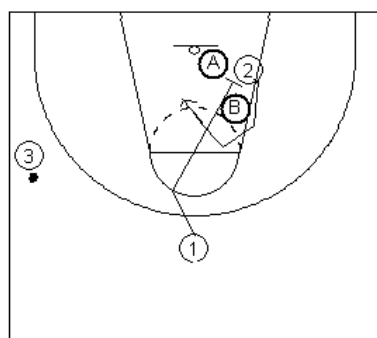
- Now with the inclusion of X5 player they will play ball side.
- They will fake trap up and back, maintaining the principle of 2/3 towards the ball 1/3 towards their player

Defending Down Screens and On Ball Screens

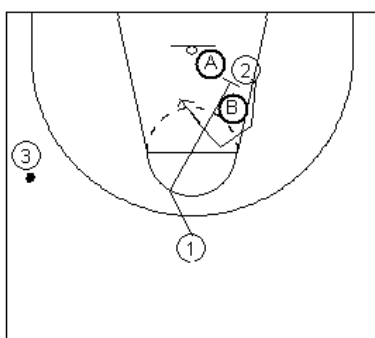
Defending Down Screen - Over And Trail



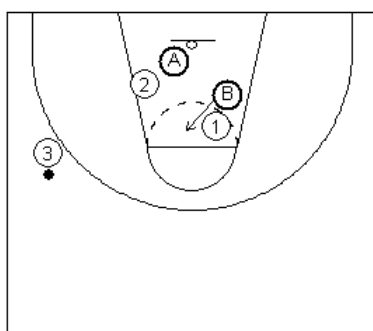
- 1 passes to 3 and sets a down screen for 2
- Defensive player 'A' plays on the low side of the screen while defensive player 'B' plays on the high side of the screen



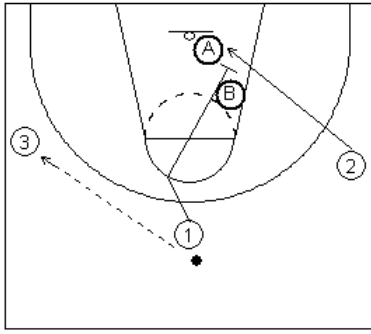
- Because player 'A' is on the low side of the screen player 2 cuts high then curl cuts
- Defensive player 'B' bumps 2 as they curl cut



- Defensive Player 'A' goes over the screen high "Following in 2's footsteps", trailing

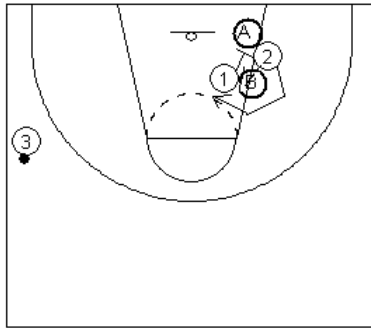


- Player 'A' recovers to 2
- Player "B" recovers to 1 getting ball side

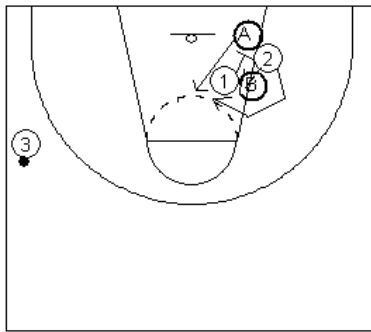


Defending Down Screen -Under

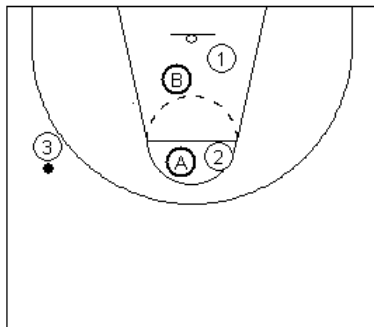
- 1 passes to 3 and sets a down screen for 2
- Defensive player 'A' plays on the low side of the screen while defensive player 'B' plays on the high side of the screen.



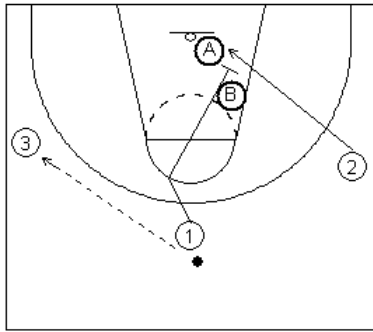
- Because player 'A' is on the low side of the screen player 2 cuts high
- Player 'B' steps out forcing player 2 to cut higher
- Defensive Player "B" plays tight on the screener.



- Defensive player 'A' goes under the screener and defensive player B and recovers to player 2

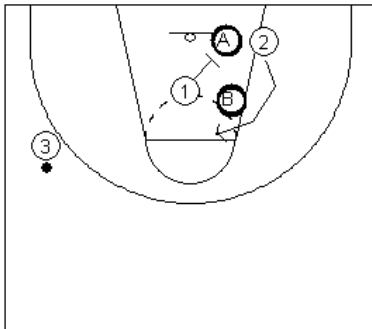


- Player 'B' recovers ball side to player 1

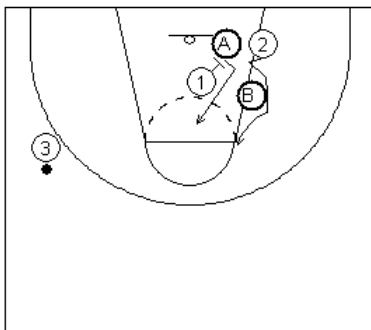


Defending Down Screen - Through

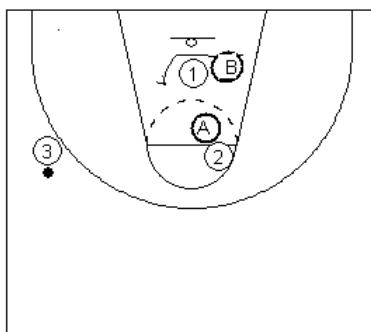
- 1 passes to 3 and sets a down screen for 2.
- Defensive player 'A' plays on the low side of the screen while defensive player 'B' plays on the high side of the screen



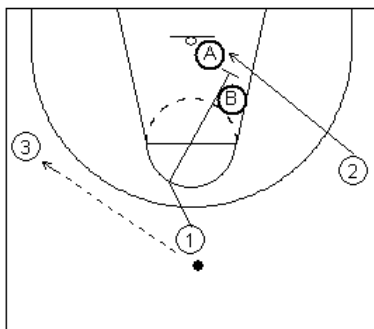
- Player 'B' now jumps towards the ball
- Because Player 'A' is on the low side of the screen player 2 cuts high



- Defensive player 'A' goes through the gap between the screener (Player 1) and defensive Player 'B'

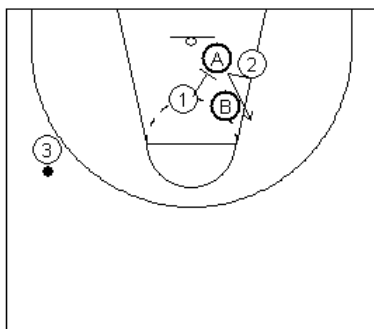


- Player 'B' recovers to 1 getting ball side
- Player 'A' recovers to 2

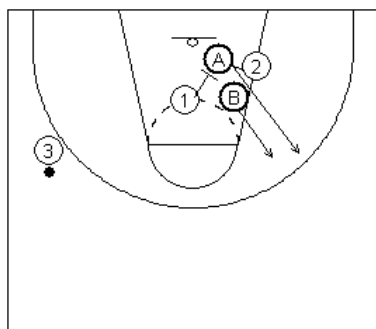


Defending Down Screen - Switch

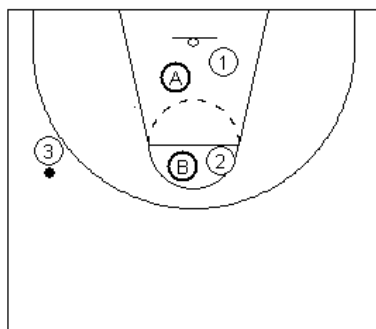
- 1 passes to 3 and sets a down screen for 2
- Defensive player 'A' plays on the low side of the screen while defensive player 'B' plays on the high side of the screen.



- Because player 'A' is on the low side of the screen player 2 cuts high.

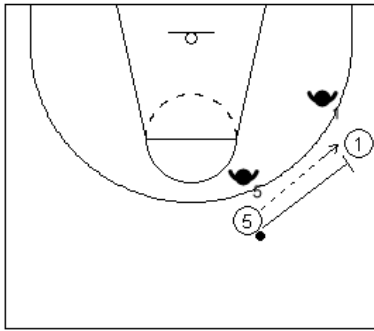


- Player 'B' calls the switch
- Defensive player 'B' now switches to 2
- Defensive player 'A' gets quickly to the ball side of player 1

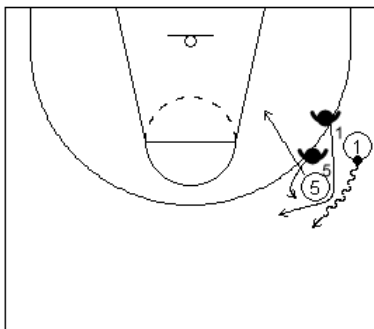


- Player 'B' jumps into the passing lane denying 2 the ball

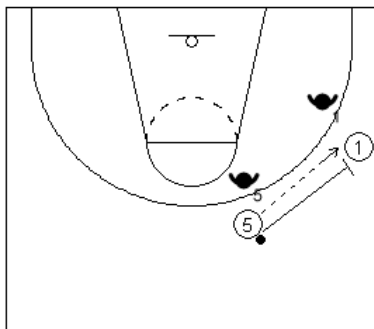
Defending On Ball Screen - Show and Over



- D1 takes base line drive away forcing them into screen
- D5 steps wide with toes to sideline

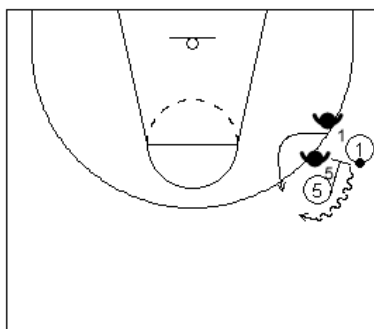


- D1 goes over top of screen through space created by D5 showing forcing offence wide
- D5 gets to ball side of O5



Defending On Ball Screen - Under

- D1 takes base line drive away forcing them into screen
- D5 gets tight to O5 steps wide with toes to sideline



- D1 goes behind the screener and defender. D1 meets O1
- D5 gets to ball side of O5