

Session 1: Peru State Ball Screen Motion

Purpose

Making teams guard 2-man game / ball screen action while other action is taking place off the ball - Avoiding the "space and spread only" mentality when ball screening. Attempt to make it difficult to know where to bring help from by having constant movement before, during, and after whatever aspect of your pick and pop / slip / hard rolls are occurring.

Susceptibility to turnovers - If you do not have dynamic guards, it will be difficult to run a predominantly ball screen-oriented offense. If your guards cannot change direction with the basketball, you probably shouldn't be ball screening several times per possession.

Drills for ball security - Simple, traditional drills plus ways to incorporate things in drills you already have to emphasize ball security.

Eliminating predictability - quick actions vs sets – Know personnel strengths and weaknesses. In every action, have a grip on "what does the defense really have to guard when we are executing this?"

Shot clock efficiency / Transitioning into immediate ball screens - Not an issue for HS teams. However, PACE OF PLAY / transition is still extremely important. Many high school teams are not "deep" with talent. The quicker and more action someone has to guard, the harder it is to effectively stop.

Princeton "Wave" Action - making the defense have to move and rearrange itself before and while guarding a ball screen.

Traditional Role vs Dive - We do not teach a traditional "roll" for post players unless the defense is switching our ball screens. Too slow. Our footwork on roles is the same as a slip with different timing. Purpose of "dive" is to get to the rim as soon as possible. Importance of the need to bring help even when roll man / dive man doesn't receive the ball.

High ball screen variations - foot work / flat screen option. SETTING SCREENS IN SCORING RANGE!

Wing ball Screen variations - talk base continuity option / "20" series for teams that need pattern / continuity.

Deep corner ball screens - hoping for traps / hard hedges to put defense in immediate scramble mode.

Stack ball screens

Horns actions

Guard to guard ball screens and dribble pitch action

Importance of practicing against various ball screen defenses - Options vs "Ice" / "Down," Hard Hedge, Switch, Flat Hedge. Players have to feel comfortable making quick reads and not feeling like every movement is patterned / planned.

Emphasis on freedom to shoot / space from multiple positions - shooting pocket emphasis for supposed "non-shooters." Shot selection / timing of perimeter jump shots.