

I. Intro

Book Recommendations -

- Make the Big Time Where You Are - Frosty Westering
 - All about the Why, it doesn't matter what level you are at.
- Above the Line - Urban Meyer
 - The Best Book about Building Culture
- Apollo 13 - Movie
 - You have to Make the Best of What you Have
 - What can we do as Coaches to Make Sure that we Arrive Home Safely
- The Art of Coaching - Belichick & Saban
 - Great Documentary about two legends talking coaching

Pack Line Defense - Culture:

- Pack Line Defense, it's not about X's & O's... it's a mindset, a Belief System..... It's Your Culture.
- It's a mindset that we are going to outlast you.
- Belief that if we win enough battles we are going to win the war.
- We do not have an Alternate Defense, we are a Pack Line Program from A-Z, 365, 24-7.
- Numerous Ways to defend the Low Post and Ball Screens -
 - Coach Suggests Less is More - Meaning you need to find 1-2 ways in which you would like to defend ball screens and then stick to it.

Culture -

- Signs & Slogans do not Create Cultures
- People & Leadership Create Cultures
- You ALWAYS have a culture that exists whether you know it or not.
- We need to put things in front of our kids that show who we are as people
 - How you live everyday
 - Becoming a Role Model for them.

The Lion Way -

1. Be on Time - Really Important
2. Take Notes - They Emphasize Taking Notes
3. Pick Up Trash - Leave Things Better than we Found Them

II. Guarding the Ball Screens

Our Thoughts -

- The first thing they thought was, "What do they NOT want the ball doing"
1. Do Not Allow the Ball to Beat Us
 2. Make the Big Shoot Contested Jumpers
 3. Defend Areas & Personnel - Shrink the Floor

Keys to Success -

1. Communication
 - A Ball Screen cannot occur without a Screen
 - TALK! ELO - Early, Loud, & Often
2. Consistency of Execution
 - Our Game Prep BEgins begins on Day 1
 - They are going to be guarding Wing & Middle Ball Screens the Same Exact Way all Season Long

Teach in Three Layers -

1. On Ball Defender
2. Screener Defender
3. Off BALL Defenders

- Ball Screens are a FIVE MAN Proposition - We Must be Connected In order to Guard them.

A. Side Ball Screens

- They are going to HARD SHOW. (This may look like a Temporary Trap for a Moment)

Layer 1 - The Ball Defender

- Body Up - Get into the Basketball
- Body In - Force the Ball to Use the Screen, Do Not Allow a Reject to the Baseline
- Body Over - Arch & Get Over the Screen

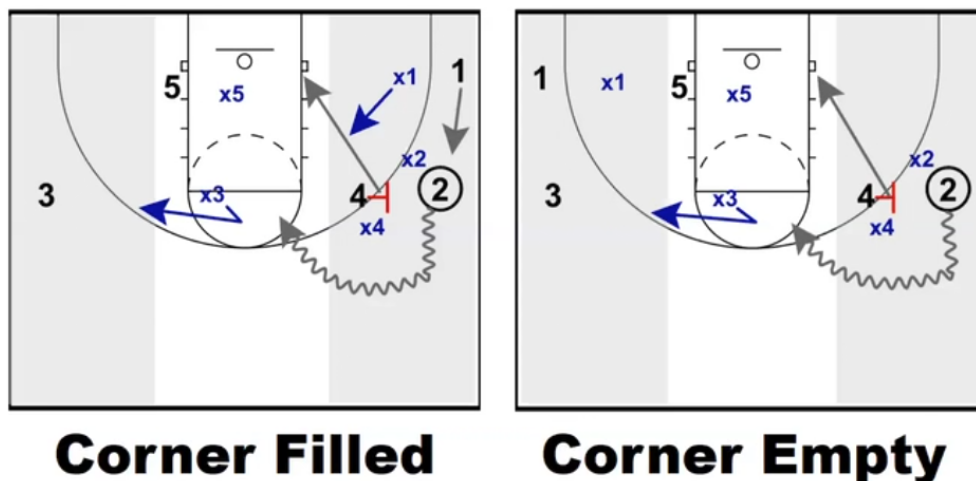
Layer 2 - The Screener's Defender

- You cannot get There Too Early Enough - "Beat the Screener to the Screen"
 - Shoulders Parallel to the Sideline
 - Force the Ball North
- Hands Low, Deflect the Bounce Pass or Split
- We are going to Take Two Steps with the Ball & then Sprint to the Rim
- Make Contact with Your Player Once You Get there (Don't Get Sealed)

Layer 3 - Off the Ball

- Again, Everyone is Defending the Ball
- Takes Everyone Being Involved
- Shrink the Court - All Bets are Off
- Be Active & Alert
 - Communicate with one another

SIDE BALL SCREEN “HARD SHOW”



B. Middle Ball Screen

- They are going to LEVEL SHOW on Middle Ball Screens
- Anything that occurs in the Middle of the Floor, whether it is Flat, Angled, Elbow, or the Top of the Key - To them those are all Middle Ball Screens.

Layer 1 - On the Ball

- Body Up, Body In, Body Over -
- Remain in the “Hip Pocket” until the Ball is Passed
 - This Prevent You from Rejecting the Screen
 - Deters the “Shake Pass” from the Corner
- Square Up the Ball on Recovery

Layer 2 - Screener’s Defender

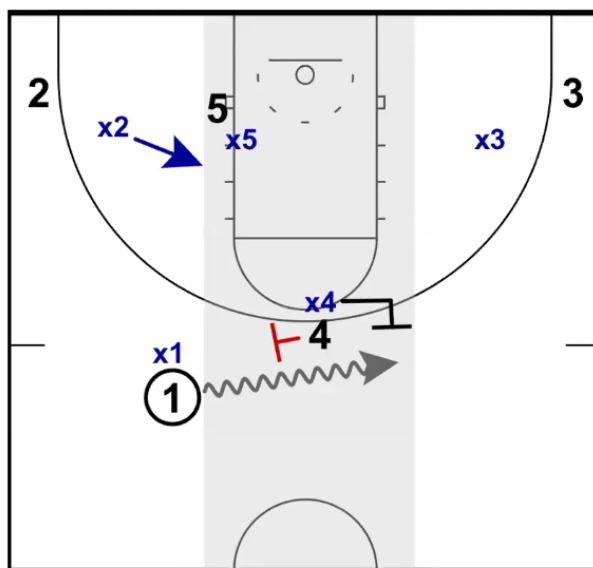
- Stay Level with the Screen - Mirror the Ball
 - Hands are Down to Prevent Split
- Stay Squared - Do Not Get Turned Sideways
 - Do Not Allow the Ball to Get Driven Downhill
- No Dribble Arounds -
- Motor Running - Stay with Ball until it is Passed
- Low - Wide - Big - Hands Down
- Active -Keep Feet Moving

Layer 3 - Off the Ball

- Shrink Positions - We are Zoning the Ball

- Ball Coming to you - Sit on the Fence
 - AKA You are One Pass Away
- Ball Going Away From You - Tag the Roller
 - You are a Helper first & foremost
- Stunt to the Ball - Be Active & Alert

MIDDLE BALL SCREEN “LEVEL SHOW”

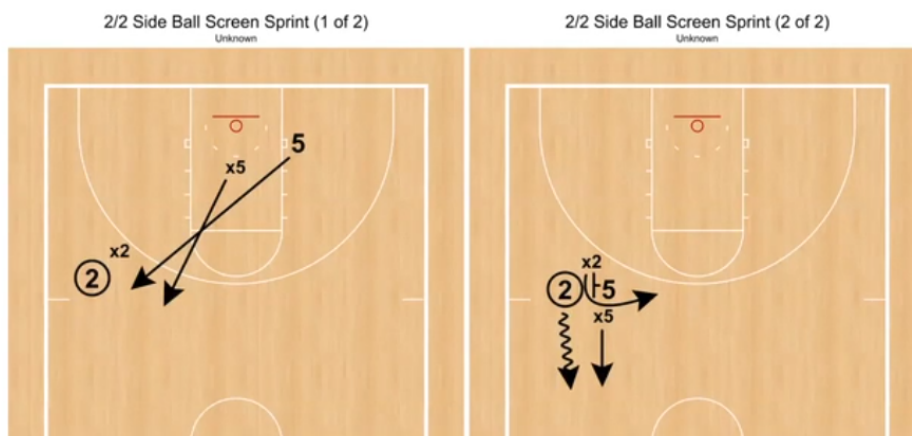


III. Defensive Drills to Work on Ball Screens

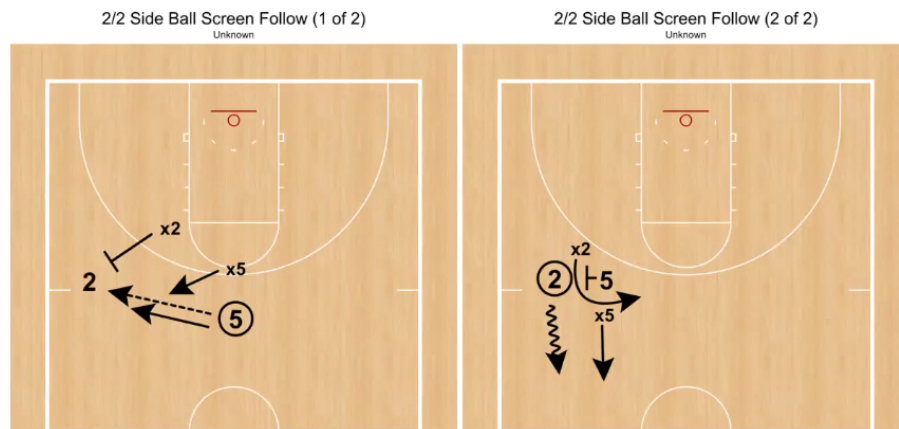
2/2 Ball Screens - simple drill to work on the On Ball Defender & the Screener's Defender

- Just Consistently work on their Hard Show Coverage

A) **Sprint Ball Screen** - Where the 5 Flashes out from the Post to Set the Screen.



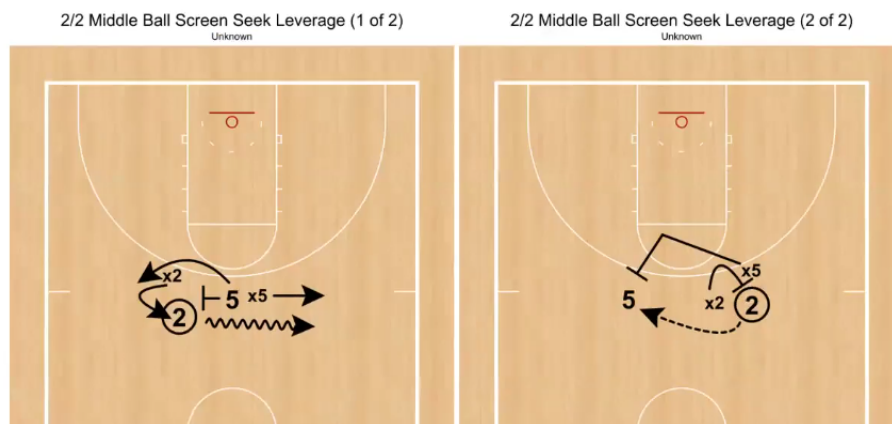
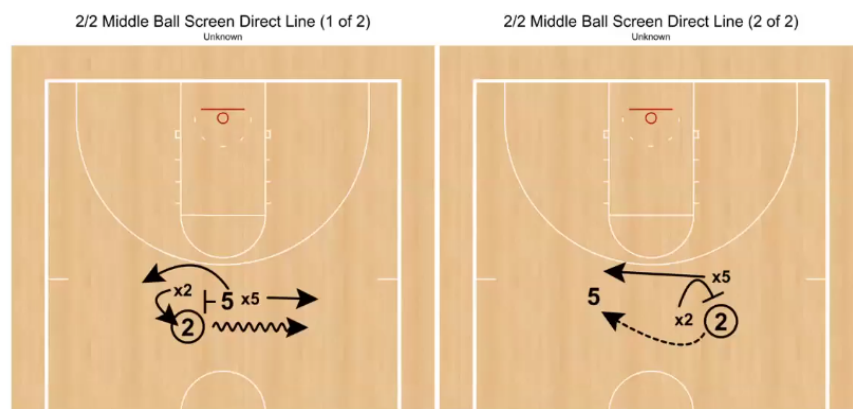
B) Follow Ball Screen - may happen a lot in Transition with a Trailer Swinging the Basketball to the Wing..



- X5 Needs to BEAT HIM TO THE SCREEN
- X2 Needs to Get Body Up, Body In, Body Over

Middle Ball Screen Versions -

- Rules for X5 - They can only leave the Screen when....
 - The Ball is Passed - Picked Up - if Definitely Pulls the Ball Backwards
- Closeout - Make Sure Get Depth Before Closing Out on Drivers (Diagram 2)



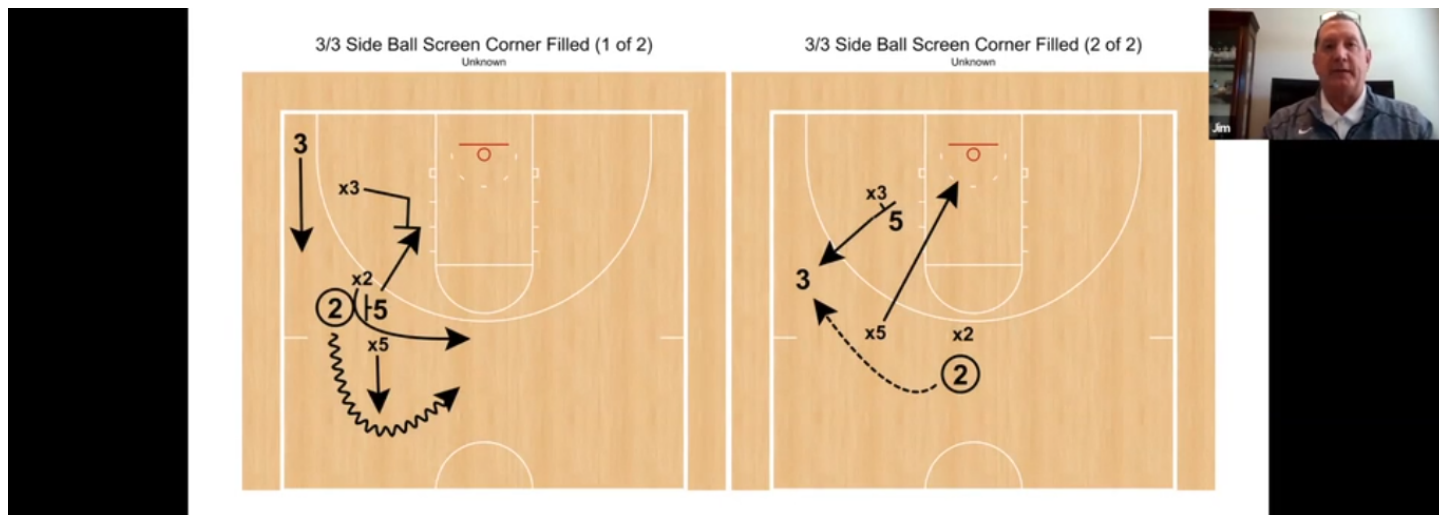
3/3 Ball Screens - Working on Ball Screens and the Shake Player

- They Mostly are Working on “Tagging the Roller” from X3
- The **Higher the Better** with the Tag
- DO NOT GET CAUGHT inside of the Roller - **Disrupt his Route, Slow him Down**

Three Goals with this Drill -

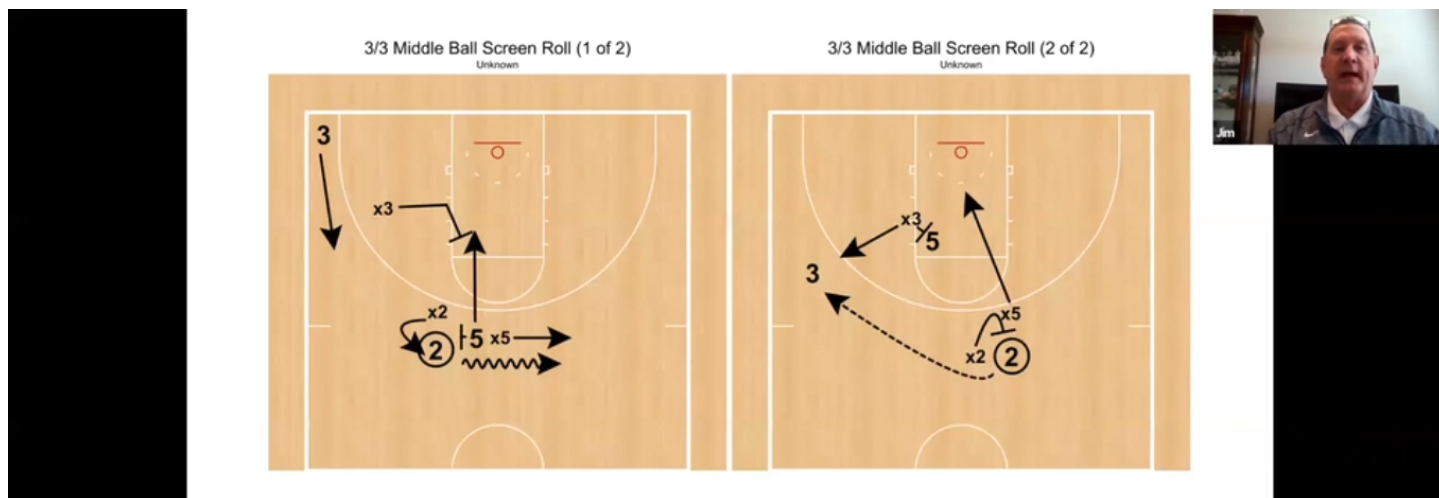
1. Work on Tagging (X3)
2. Working on Sprinting Down to the Post to Prevent a Post Up (X5)
3. Lastly, Working on Closing Out with High Hands After the Tag (X3)

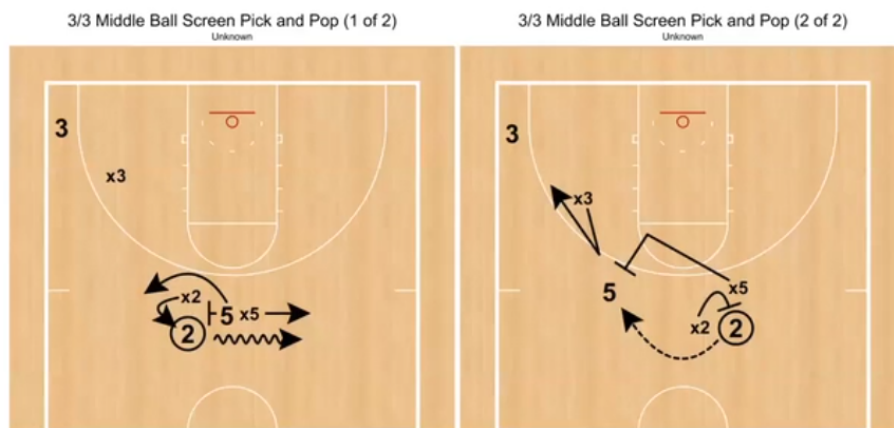
A) Side Ball Screen Version



B) Middle Ball Screen Version

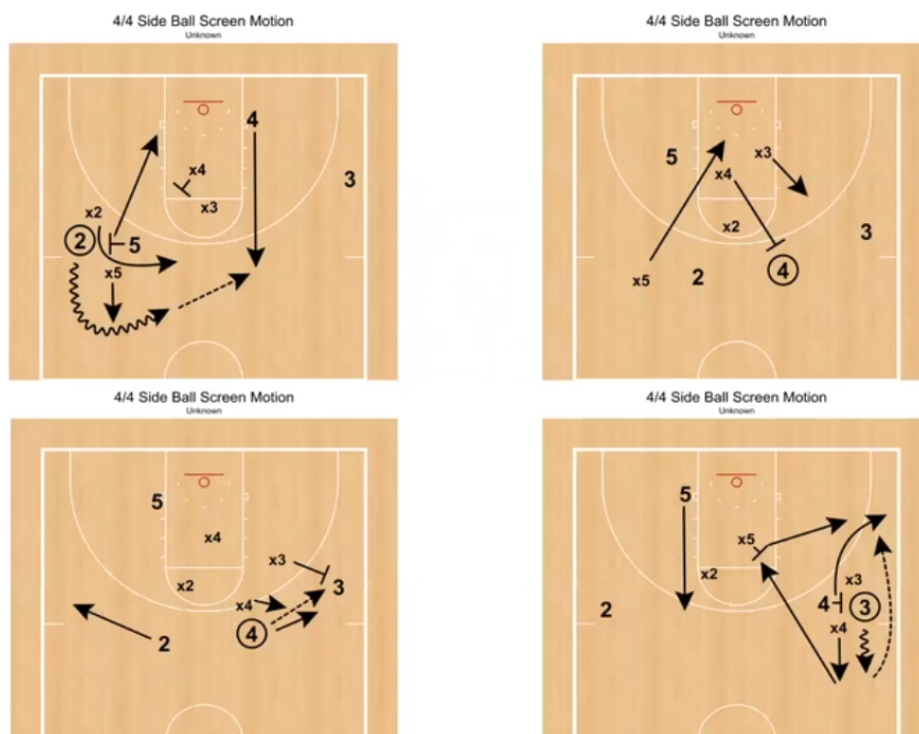
- Diagram 1 - The Screener Rolls to the Rim
 - Diagram 2 - The Screener Picks & Pops
- Teaching Point here would be X5 Staying with the Ball (Rules Above)
- On the Pick & Pop (X3) Should be Stunting Towards the Pop Man (Pick & Pop Version)





4/4 Side Ball Screen - this is something done quite a bit as many teams have gravitated towards the European Ball Screen Continuity.

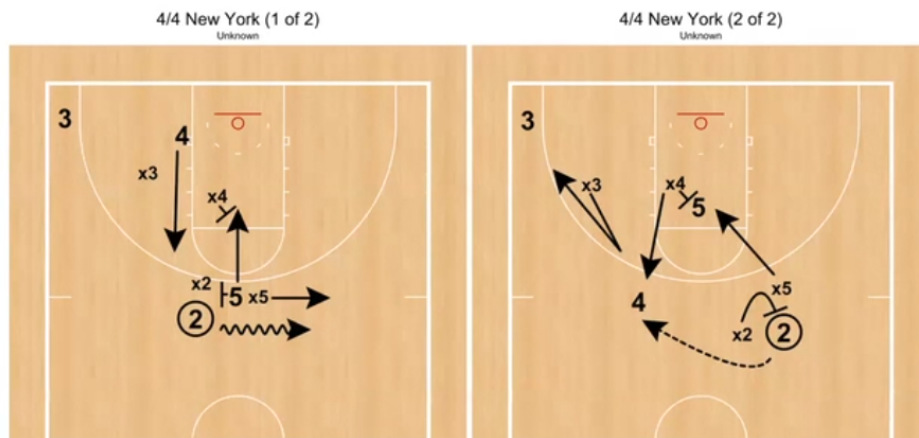
- This also adds in the help defense element (backside players)
- Screener's Defender - Hard Show on the Screens (X4 & X5 - the other is Tagging the Roller)
- Ball Defender - Body In, Body Up, Body Over the Screens (No Rejects)



- They like to Name Actions - that way there is a common language amongst the players and coaches.
For Example:
 - Any "Roll & Replace Action" - is referred to as New York Action

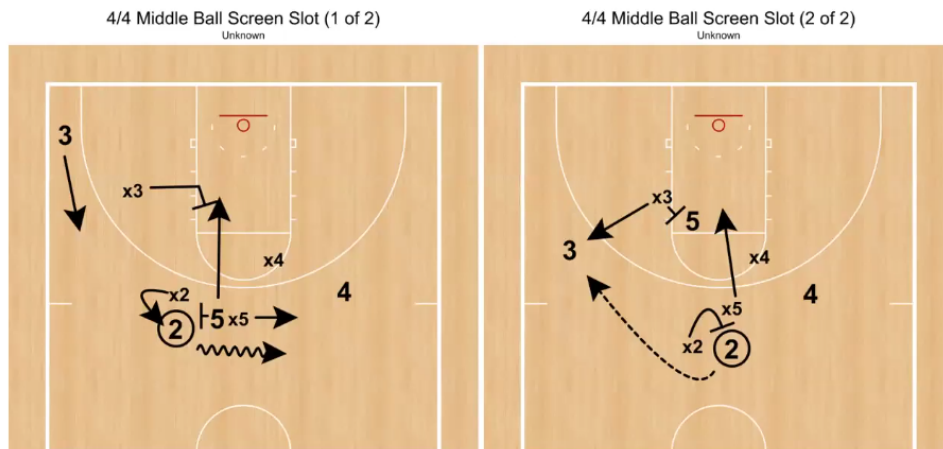
4/4 "New York Action" - defending it....

- Just an Example of how the roles can change a little based on the action
- X4 is Tagger here
- X3 Would Work the Stunt on a swing back to the 4 Man



4/4 Middle Ball Screen - or a Slot Ball Screen

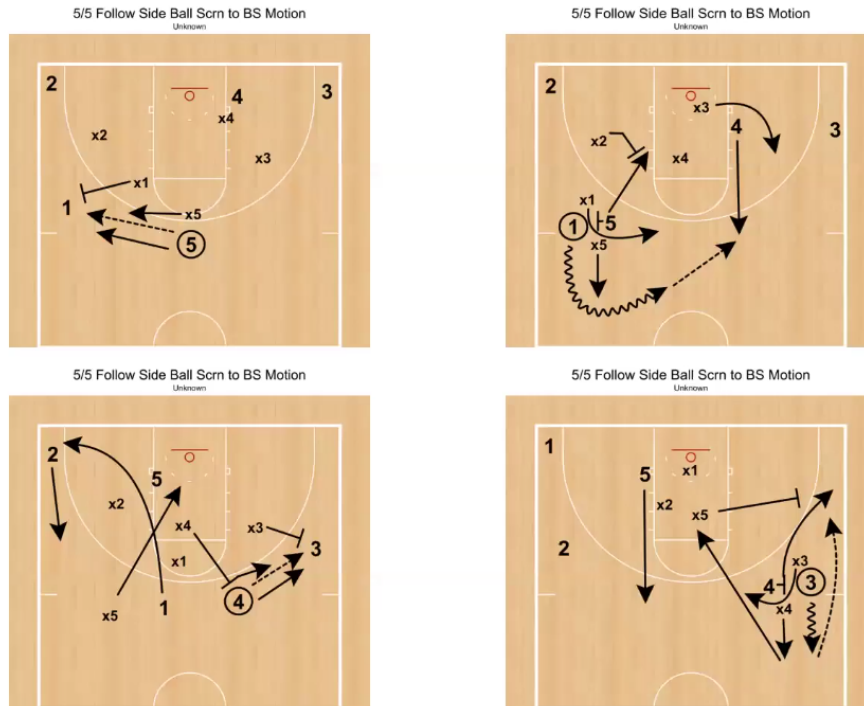
- Staying with the Basketball (Follow Rules From Above)



5/5 Ball Screen Scenarios - These are common Scenarios they want to work on.

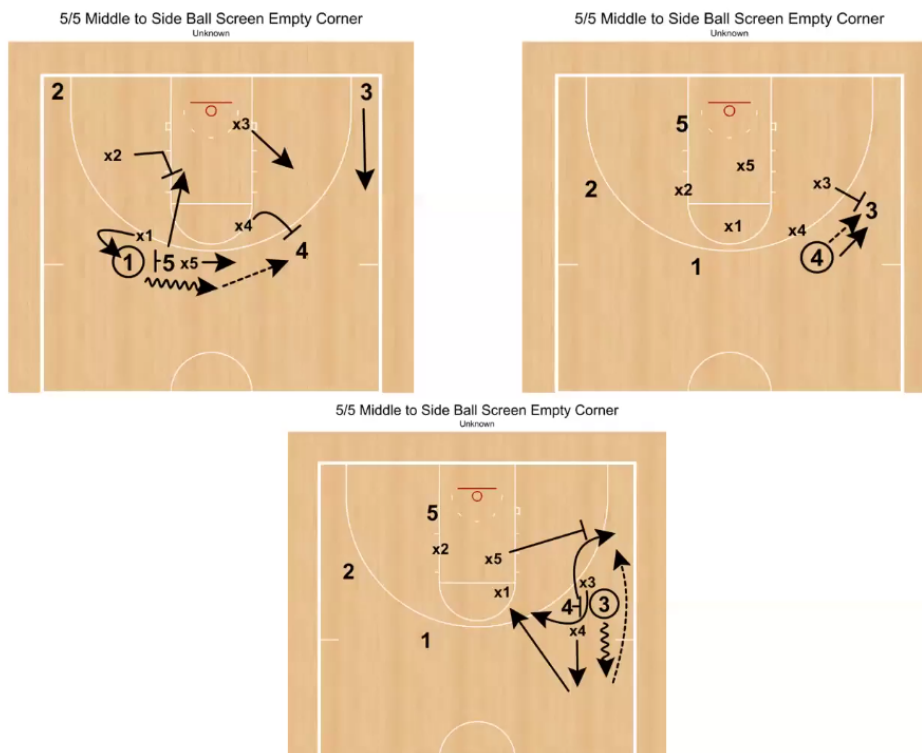
- Stay Consistent with their Roles
 - On the Ball
 - As the Screener's Man
 - Off the Ball
- Work on the Actions that you are going to see most commonly
 - This can be done through Scouting or a Team's History

A) 5/5 Follow Ball Screen -



B) 5/5 Side Ball Screen (Empty Corner) - 2nd Frame is the Key One

- Notice Diagram 3 - the Deep Position of the Help Defenders
- Notice the Fly Switch of X4 & X5...to make sure that the Roller is Covered



IV. Q & A Session

Flat Ball Screens

They are going to guard it the same way they guard all Middle Ball Screens

Hands of X5 Sprinting to the Rim....

X5 Needs to throw up his inside hand as he is sprinting to the Rim to recover to his man.