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Defending Ball Screens
Jay Bilas Camp - Defending Ball Screens

Defending Ball Screens
Jay Bilas Camp - Defending Ball Screens

HEDGE AND GO OVER

TEACHING POINTS

Small- (Guarding the ball)
Play the ball until you hear the call.
"Put him in a box" -Force him to use the screen

Bigs- (Guarding the screener)
Call it - Communicate it
(VERBAL = "Hedge Hedge Hedge")
+ Arrive when screener arrives.
+ Toes match screeners and inside foot touches the screener.

HEDGE AND GO OVER

TEACHING POINTS

Small- (Guarding the ball)
"Put him in a box" -Force him to use the screen
+ Get skinny
+ Get over the screen and go under your man
+ VERBAL for BIG = "Back Back Back"
+ Get back in front of the ball

Bigs- (Guarding the screener)
+ Toes match screeners and inside foot touches the screener.
+ Redirect path of ball handler
+ Sprint back to your man or basket with high hands.
DOWN THE BALL SCREEN

**TEACHING POINTS**

**Small**- (Guarding the ball)
+ Guard the ball until you hear the call.
+ Get on the inside hip of ball handler
+ Influence the ball handler to only go sideline / baseline

**Big**- (Guarding the screener)
+ Ball-You-Basket (above the block)
+ Come Up then drop
+ Calls it, communicate it
(VERBAL = "Down Down, Down")

MIDDLE FLAT BALL SCREEN

**TEACHING POINTS**

**Small**- (Guarding the ball)
+ Play the ball until you hear the call
+ Force to weak hand
+ Sprint to get back in front

**Big**- (Guarding the screener)
Small-Play the ball until
You hear the call .
Big-
+ Come up and stay behind the screener
+ Call it communicate it
(VERBAL = "Weak Weak Weak")
+ Play the ball until the Small gets back in front. (The lane line is the limit)
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4-4 Ball Screen Defense Shell Drill
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Forwards down screen for the Guards
*** Defense communicates the pin downs
Coach can pass to either wing

+ Once the ball is passed to the wing, the ball side post player sprints into a wing ball screen.
*** Defense calls a ball screen coverage.
+ If the offense does not score, they pass to the opposite wing.

4-4 Ball Screen Defense Shell Drill
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Example: "Down"

+ Opposite side runs a wing ball screen
*** Defense calls the ball screen coverage
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4-4 Sprint Screen Shell Drill
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Forwards down screen for the Guards
*** Defense communicates the pin downs
Coach can pass to either wing

+ Once the ball is passed to the wing, the opposite post player sprints into a wing ball screen.
*** Defense calls a ball screen coverage.
+ If the offense does not score, they pass to the opposite wing.

+ Opposite block sprints into a wing ball screen
*** Defense calls the ball screen coverage
Forwards down screen for the Guards
*** Defense communicates the pin downs
Coach can pass to either wing

+ Once the ball is passed to the wing, the ball side post player sprints into a wing ball screen.

TEACHING POINTS
X5 arrives with the screen and communicates early
VERBAL "Hedge Hedge Hedge"
X1 forces the ball to accept the screen
X1 gets skinny and goes over the screen, but under the hedge
x4 close out to the pop man, on air time of pass
X5 Sprints to weak side
X2 "sinks to help" (Drops 1 step, to give X5 time to recover, then recovers to help)