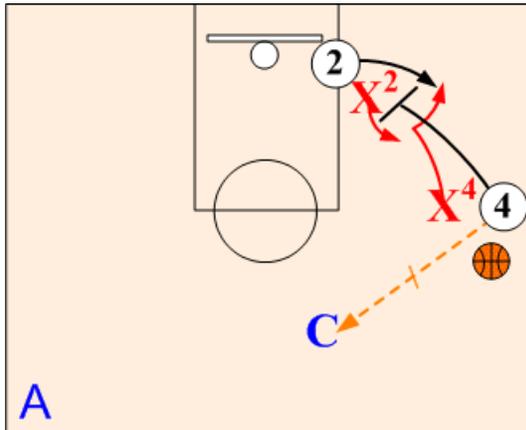


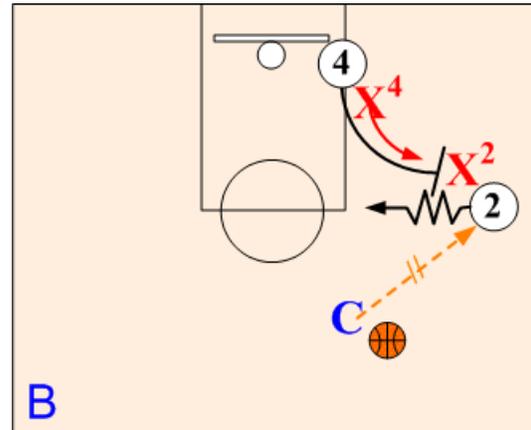
Setting & Using Screens – 2-on-2 Combo Drill

Down Screen, Side Screen

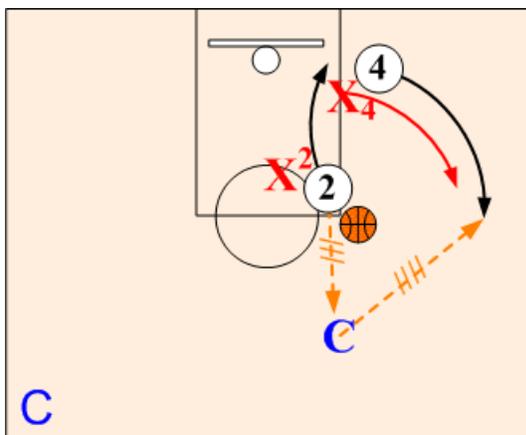
This is an excellent two-on-two drill for practicing and refining the various techniques use to successfully execute down screens and On Ball side screens. Coach predetermines specific defensive action to read & counter.



Phase 1: Down Screen. O4 passes ball out to Coach and then sets a down screen for O2.

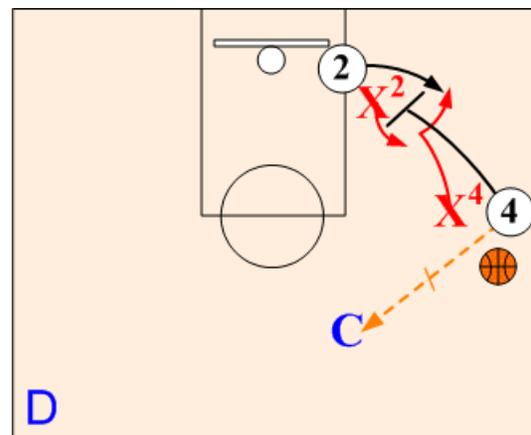


Phase 2: Side Screen. O2 makes a reversal pass out to Coach and O4 steps out and sets a Side Screen for O2.



Phase 3: Reset.

If good shot is not available, ball is passes back to Coach, and players reset for down screen.



Phase 4: Repeat Down Screen.

O4 sets down screen for O2 (Optional: O2 can step out and set a back screen for O4).

Whole-Part-Whole Method

Caution: Introduce new things at the beginning of practice when players are fresh and alert.

1. Introduce the various reads & counters of each screen by explaining and demonstrating all basic reads and their counters.

Next, have the players walk through all reads & counters. Be sure to use both sides of the court since it requires opposite footwork and passing.

2. Employ the **Whole-Part-Whole Method** by breaking down the down screen and side screen into its components. Refine and reinforce only one or two of the basic reads per practice until all reads and counters have been covered.

Caution: Always introduce in one practice, work on execution in the next. Do not try to introduce and refine something in the same practice.

Go live, motor skills must be learned at game speed. You want to practice against good defense. Don't wait until game time. Motivate the defense. For example, have the defense make 5-6 stops (combination of defensive rebounds, offensive turnovers, and steals) before they can go to offense. No dummy defense! The toughest defense you face all season should be in practice.

3. Review and refine specific reads and counters only as needed during the rest of the season.