

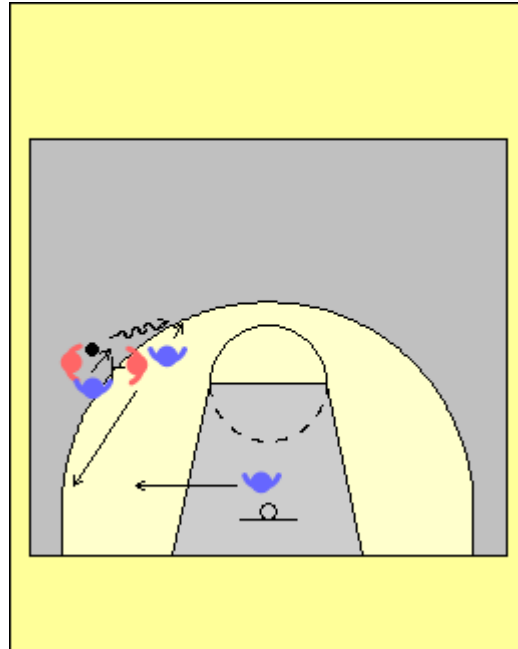


# Defending Side Pick

## CB's Coaching Education and Development

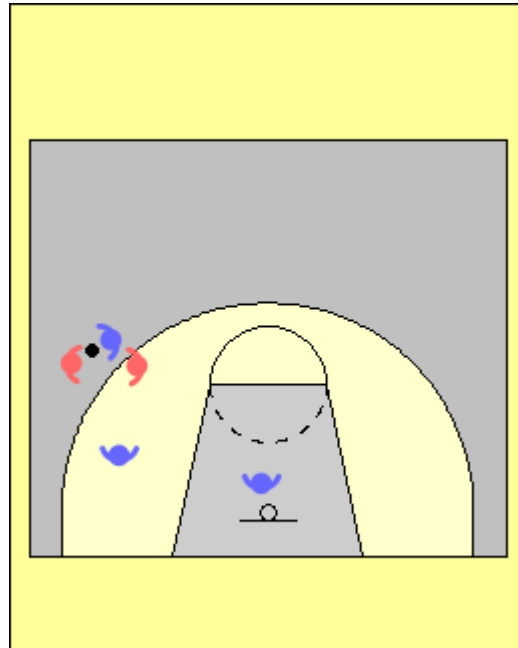
### Defending Side Pick

This is the most difficult to defend if the post can pop and shoot. You help defenders have to rotate so far.



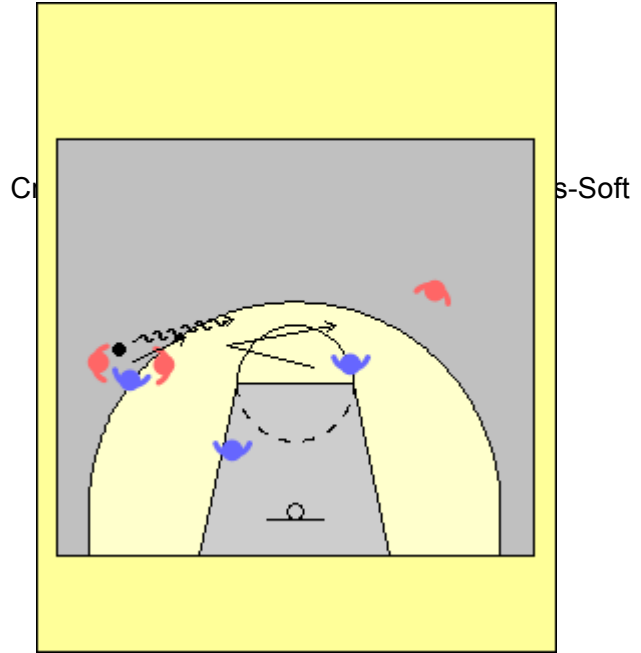
### Red

Many teams play "red". This is where they do not allow the ball handler into the screen



### Stunt and Recover

Here the next perimeter player stunts to help and then recovers. This allows the post to stay at home.



### Switch Recover

Here the next post player switch on the pop. The hedger recovers to the rim.

