Drill

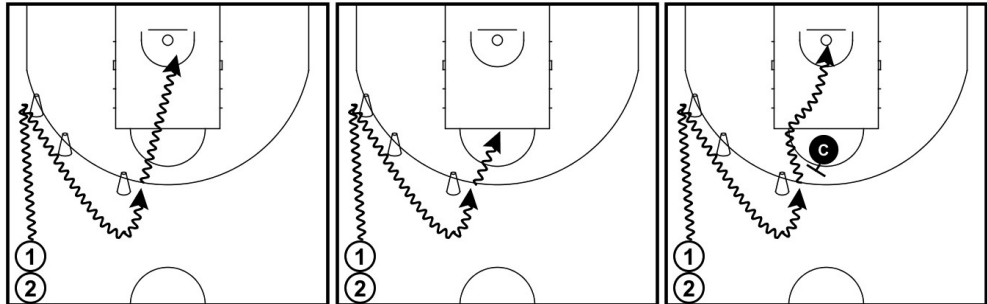|	
Drill:	**Teodosic Pick & Roll (CP Ballhandling Drill)**

Goal:	Learning Goal: Practice pick & roll finishes. Points of Emphasis: Scan the court to see the rim & read the defense.	**Equipment/# players needed:**	- 3/4 players per hoop - 1 ball per player - 3 cones - 1 coach - 1 blocking pad

Sketch:

Diagram:

Description:

Before diving into pick & roll situations, guards need to master the tips of finishes required. Attack the first cone (setting the defender up for the screen). Dribble by the second screen (using the screen). Use a retreat dribble to create room (beating the hedge).

1) Attack & get to the basket. Work on finishes on the side of the rim, the front of the rim & the other side of the rim (cross-rim finishes). Start with basic finishes & become more creative (Euro, hop step, spins, pivots) as you improve.

2) Work on shooting & finishes to use in case of a rim protector. Start with a pull-up jumper on the nail. Try jumpshots with a foot in the paint. After perfecting the pull-up jumpshot, work on floaters.

Progression: The coach can use an arm-blocking pad to simulate a tall defender or a blocking shield to introduce contact into the drill. After playing on offense, the dribbler can become a defender & make it a 1-on-1 drill.

Time: 5-10 minutes. Work:Pause Ratio: 1:2

Load(s):   ☑ Physical   ☐ Mental   ☐ Technical   ☐ Pressure   ☐ Social/emotional

LTAD stage(s): ☑ Fundamentals ☑ Learn to Train ☑ Train to Train ☑ Train to Compete ☐ Train To Win

Categorie(s): ☑ Ball Handling ☐ Defense ☐ Dribbling ☑ Dynamic 1 on 1 ☐ Footwork ☐ Fundamental Movements ☐ Passing ☐ Picks ☐ Principals/Actions ☐ Rebounding ☐ Screens ☑ Shooting ☐ Static 1 on 1

Phase(s): ☑ A ☑ B ☐ C ☐ D