NB U17 Boys

Practice #4

Saturday, May 18

UNBSJ

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| Drill | Description | Emphasis |
| 4:00 – 4:08  1 v 1 closeout off skip | Coach starts out at top of key. Offense and defense matched up in corner.   * Offense passes to coach and cuts to wing – D gets to gap * Coach moves to far wing and offense throws skip pass – D sprints to nail * Coach skips back to offense – D closes out and plays live 1 v 1 | Communication of job  Sprint to next job  Chest to your man  Close out square on the inside shoulder  Finish possessions with a box out |
| 4:08 – 4:18  2 v 2 closeout to ball scree (ICE) | Start the same as previous drill, but also have post matchup on the weak side block.  Now on skip back to coach we are playing live 2 v 2 out of a side ball screen. Screen comes from the block so we are in ICE coverage. | Talk briefly about post D – ¾ on high side on skip to coach.  Guarding the screener  -Communicate  -Be a step above the block  -Match numbers until ball is moved or guard tells you he’s good.  Guarding on ball  -be physical – forearm into hip forcing to corner.  -can’t let guard use screen.  -if he does get to screen – get under  -must communicate when you are good |
| 4:18 – 4:33  4 v 4 Ball screen – ICE Coverage | Start with offense 3 out with a post.  Coach under the rim passes to the top offensive player. He passes to either wing and cuts to the weak side corner. Post will sprint into a ball screen and play 4 v 4.  Load in transition down and back on a stop | Screener/On ball the same as above  Top weak side defender (nail)  -Stunt on a post catch in pick and pop – not a switch  Bottom defender  -must be ready to tag if screener rolls. In this case nail defender has 2. Need to communicate that.  Weak side defenders hold positions. Switch any exchanges, etc on weak side – basically zone on weak side of floor. |
| 4:33 – 4:43  2 v 2 ball screen – pass and chase | Start with the ball with a big at the top of the key. Throw to a wing and follow into a side ball screen.  Play live 2 v 2 on the ball screen | On ball  -change angle and be physical. Force offense to use screen.  -chase over the screen – do not hit the screen.  Guarding screener  -Drop coverage to match numbers.  -Stay until guard lets you know he is good.  If a switch is forced, big will communicate it. Guard must veer and be physical with offensive big. |
| 4:43 – 4:58  4 v 4 ball screen – pass and chase | Start 4 out – point guard passes to wing and cuts through to corner. Wing reverses through trail post.  On trail post catch the weak side wing cuts through and clears out a side. Big reverses into a ball screen for the pg.  Load in transition down and back on a stop | Same as previous drill for on ball/screener.  Weak side defenders are the same emphasis as in ICE coverage. |
| 4:58 – 5:08  Defending Spread Ball Screens – 2 v 2 | Offensive ball handler start in a swing spot. Post start under the rim.  O has ball and self tosses. On toss big sprints into a mid ball screen. | On catch make sure that we have ball pressure.  Force ball handler to use screen  Big is matching numbers until guard can recover.  We want to go under the screen.  Must let big know when you have recovered. |
| 5:08 – 5:26  5 v 5 spread ball screen defense | Offense starts 4 out with a post under the rim.  Coach passes to one of top two offensive players, who go dribble hand off on the strong side of the floor.  Off of dribble hand off reverse ball to offensive player in opposite swing spot. Big then sprints into a spread ball screen.  Load in transition 5 v 5 down and back – look to get into offense out of transition. | On ball and screener the same as above.  Off ball – tag comes from the back side of the screen. |
| 5:26 – 5:36  2 v 2 defending pindowns | Start with a coach at the top of the key , O and D on the wing, O and D under rim/at block  Ball starts on the wing. O passes to the coach and then sets a pin down for their teammate under the rim. Coach will look to make pass to player cutting to the wing.  On catch pass back to coach and repeat the action.  Play live 2 v 2 off the second catch | Guarding cutter  -“lock and trail”  -Don’t get hit by the screen  Guarding screener  -communicate  -get to the high side of the screen to take away curl.  Cutter’s defender is responsible for taking away catch and shoot. Screener’s defender is responsible for taking away the curl. |
| 5:36 – 5:46  2 v 2 defending back screens | Same set up, but now instead of setting a pin down we are setting a back screen.  Again, play live off the second action. | Guarding cutter  -go ball side on back screens. Jump to the ball and get over the screen.  Guarding Screener  -Drop to give space and help on cutter. |
| 5:46 – 6:00  Defending Flare Screens | Start with offense 4 out.  Coach passes to one of the top offensive players. They throw to the opposite swing and wing steps in to set a flare screen.  Make second swing/swing pass and play live off the second flare screen.  Can load in transition down and back on a stop | Guarding cutter  -We are chasing over the top of the flare screen.  -Work to arrive on the catch – don’t get screened  Guarding Screener  -Drop to take away curl.  -Be ready to close out to shooter popping off the screen. |