



## HOW TO DEFEND SCREENING ACTION

### I. BALL SCREENS

#### a. Middle or Side Ball Screen

##### i. Hedge and Recover

1. Player being screened fights over top
2. Flash and get back
3. Zone up, involve the third guy
4. Communicate – “Stay” or “Switch”

##### ii. Hard Hedge

1. Player being screened fights over top
  - a. “Over the screen, under your teammate!”
2. #’s to the sideline, hedge hard (“on the same board”), make ball handler take 1-2 steps towards HC, then get back with arms high
3. Zone up, involve the third guy
4. Communicate

##### iii. Trap

1. Communicate – “Trap”
2. Double ball
3. Active hands, don’t let offense step through

##### iv. Switch

1. Communicate – “Stay” or “Switch”

#### b. Flat Ball Screen

- i. Big yells “Flat”
- ii. Guard jumps on right hand and forces player to use screen
- iii. Big flashes 1 step from level of screen (foot to foot with screener)

#### c. Double Ball Screen

- i. Player being screened fights over top
- ii. First ball screen defender – Zones Up,
- iii. Second ball screen defender – Hard Hedge
- iv. Second returns to Own

#### d. Stagger Ball Screen

- i. Hard hedge the 1<sup>st</sup> ball screen
- ii. Should not get to 2<sup>nd</sup> ball screen

#### e. Like Defenders

- i. Switch

#### CONCEPTS:

1. Tough on Ball and Over
2. Zone Up Off the Ball / Triangle (at the nail)
3. Communicate
4. Attack Ball Handler

#### SWITCHING CONCEPTS:

1. Yell “Switch”
2. Switch whether screen is used or not.
3. Built in help from help-side (Load to Ball)



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### **II. PERIMETER SCREENS**

#### **a. Down Screen / Pin Down**

- i. Get outside foot and lead arm through
- ii. Attach to cutter and trail
- iii. Help on curl

#### **b. Back Screen**

- i. Fight over top
- ii. Help bumps/hedges cutter
- iii. Communicate screen, eyes on the passer

#### **c. Stagger Double**

- i. Player closest to basket – loosen up to the basket; responsible for either post slipping / going to the basket
- ii. Player guarding top screen – step out and disrupt/extend cut
- iii. Player guarding cutter – directly behind cutter, trailing hard and close
- iv. Zone Up

#### **d. Away Screen / Weak-Side Down Screen**

- i. Jump to the ball! Don't get screened!
- ii. If defense still attempts to screen, treat as a down screen

#### **e. UCLA Screen**

- i. Jump to the ball! No one cuts in front of face!
- ii. Bump cutter and deny reversal

#### **f. Flare Screen**

- i. Hands up, fight over the top
- ii. Loosen up with defender to protect against slip, step up to deny reversal
- iii. Help push the guy through if he goes under
- iv. Communicate screen, do not help "out" or toward sideline

#### **CONCEPTS:**

1. Don't get screened!
2. "Great defenders don't allow themselves to be screened!"
3. Trail great scorers on down screens. Help on the curl.
4. Communicate
5. Jump to the ball! No cuts in front of face! Drive a guy off his cut!



**III. INTERIOR SCREENS**

**a. Cross Screen**

- i. D goes over top
- ii. Help bumps cutter, eyes on the passer
- iii. Switch big on big cross screens

**b. Diagonal Screen (Up)**

- i. Treat as a Back Screen
  1. Fight over top
  2. Help bumps/hedges cutter
  3. Communicate screen, eyes on the passer
- ii. Switch big on big diagonal screens

**c. Diagonal Screen (Down)**

- i. Treat as a Down Screen
  1. Get outside foot and lead arm through
  2. Attach to cutter and trail
  3. Help on curl
- ii. Switch big on big diagonal screens

**d. Flex Screen**

- i. Jump to the ball! Don't get screened!
- ii. D goes over top
- iii. Help bumps cutter, eyes on the passer

**CONCEPTS:**

1. Don't get screened!
2. "Great defenders don't allow themselves to be screened!"
3. Trail great scorers on down screens. Help on the curl.
4. Communicate
5. Jump to the ball! No cuts in front of face! Drive a guy off his cut!
6. Eyes on the passer



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### **IV. SCREEN THE SCREENERERS**

#### **a. Cross/Diagonal, Down Screen**

- i. First:
  1. D goes over top
  2. Help bumps cutter, eyes on the passer
  3. Switch big on big cross screens
- ii. Second:
  1. Get outside foot and lead arm through
  2. Attach to cutter and trail
  3. Help on curl
- iii. Open up window on down screen
- iv. 3 on the ball
- v. Eyes on the passer

#### **b. Flex, Pin Down**

- i. First:
  1. Jump to the ball! Don't get screened!
  2. D goes over top
  3. Help bumps cutter, eyes on the passer
- ii. Second:
  1. Get outside foot and lead arm through
  2. Attach to cutter and trail
  3. Help on curl
- iii. 5<sup>th</sup> defender from corner
- iv. Open up window on down screen
- v. 3 on the ball.
- vi. Eyes on the passer

### **CONCEPTS:**

1. **HELP THE HELPER!**
2. Eyes on Passer
3. Open up (Window) on down screen
4. 3 On the Ball



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### V. HANDOFFS

#### a. Big on Little

- i. Open up and let thru
- ii. Player being fought over top of the handoff, hedge and recover
- iii. Communicate

#### b. Like Position

- i. Open up and let thru
- ii. Switch
- iii. Communicate – “Stay” or “Switch”

**YOUR POSITIONING IS YOUR HELP!  
JUMP TO THE BALL!  
COMMUNICATE - “STAY” OR “SWITCH”**