

# Kevin Eastman: Defending the Pick and Roll

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Keep Learning  
Keep Growing  
Nothing Guaranteed

Coaching is about investment, not entitlement

\$50 story- "it pays to get off your ass"

Ask yourself.....

- Do you know it? Cuts, directions etc.
- Do you see it? All 5 players both teams
- Can you feel it? Intricacies & adjustments

## Defending the "Pick & Roll"

2 biggest concerns defensively are; Transition Offense (with P&R) and Pick and Roll in half court offense.

### 4 Ways Pick & Roll puts you at a disadvantage:

- 1) Forces us to make a decision: switch, go under, go over, etc.
- 2) Keeps 2 defenders on the ball for way too long.
- 3) Puts us into a physical defensive position
- 4) It puts you into scramble mode, instead of rotation mode.

\*Scramble is unpredictable, no trust, unorganized

\*Must stay in rotation mode!!

- Practice Rotations!! Practice, practice, practice
- Trust it (because you practice it)
- Believe it
- We can control our movement

### 3 Parts to defending the Pick & Roll

- 1) Positioning: Be where you need to be, not where you feel like being
- 2) Awareness: Help spots (shrink spots), Must Spots!! Must be there to defend. Sniff plays out! What is likely to happen next.
- 3) Alertness: Ready to move & react at the instant we need you. Body here—Mind there

\*\* If you are these 3 things; In Position, Aware, & Alert, your body and mind are where we need you.

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Pace (transition offense)

Need to put defense into a tough situation asap!

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## **12 Ways to Guard PNR:**

- |                              |   |
|------------------------------|---|
| 1. Show (hedge)              | 7. Push Screener (ride up)              |
| 2. Soft (rover)              | 8. Blitz/trap                           |
| 3. Catch (high in rover)     | 9. Early Blitz (before they use screen) |
| 4. Weak (middle 1/3)         | 10. Ice (force away)                    |
| 5. Spread r/l (send to help) | 11. Re-Screen (same both ways)          |
| 6. Switch                    | 12. Full Rotation                       |

## **Notes:**

\*when you trap “don’t break the glass” foul/bailout

\*Role Players: “90% are role players & don’t get it”

Roles for role players:

1. Get 1 pass ahead layup per half
  2. Get 1 off reb basket per half
  3. make 2 FT’s per half
- \*\*\* 12 points per game!

\*Tom Tibadow (Celtics asst.) “ Special Players require special rules.” Ie: Jordan rules

## **5 W’s of PNR Defense:**

1. Where is it set? (see diagram)
2. Who is involved? Is it bigs that can shoot or not shoot? Etc.
3. What is the alignment? (where is the 4 man, where are the shooters etc.)
4. What is the communication? (early, loud, continuous) \*determines who controls talk (bigs are never blind)
5. What is the coverage? (change on personnel or type of pick?, more change=more hesitation)

## **Shorter Clock:**

Faster pace (transition)

Need to defend in difficult situations

As early as possible (PNR)

**Simplicity:** Allows 2 things....1. Decisive 2. Aggressive

## **PNR Types:**

- |             |                      |
|-------------|----------------------|
| 1. Mid/High | 6. Flat              |
| 2. Side     | 7. Drag (transition) |
| 3. Step Up  | 8. Double Drag       |
| 4. Angle    | 9. Twist (re-screen) |
| 5. Corner   | 10. Late Angle       |

## **5 ways to Disguise PNR:**

1. Change who the screener is
2. Change who the ball handler is
3. Change angles of screen consistently
4. Anywhere/Anytime
5. Range shooting 4’s.

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## Teaching Points for defending PNR

### ***“Show/Hedge”:***

#### **Small:**

1. Push up into man (if pick hits you before you hit man, they win)
  2. Must make Ball handler use pick (where your call says to go)
  3. Must square ball back up after Pick
- \*DON'T MELT INTO PICK

#### **Bigs:**

1. Big must arrive when screen arrives
2. Chest to his shoulder (staying attached)
3. Can't jump out too far or too early
4. Advance hand up/split hand down (make throw in arc and buy time)
5. Bigs feet should mirror screeners feet
6. Shoulders equal to or lower than screener hips
7. Responsible for 2 dribbles
8. Change route of ball handler

### ***“Soft”:***

#### **Small:**

1. Hear coverage and send ball proper direction
2. Square ball as quick as possible

#### **Big:**

1. Down in a stance
2. Position: Ball-You-Lane-Basket
3. Know who shooters are (may move position up higher)
4. Bigs stay with ball til small squares it

### ***“Blitz/Trap”:***

1. Must have an IMPACT
2. Must have Protection- aware & alert

### ***“Switches”:***

1. Switching groups/who switches who? (4s & 5s, 1-3, etc.)
2. End of clock?
3. If you have a freak-USE HIM- ex: Garnett (guard 1-5)

## PNR Teaching Points:

1. Can't allow reject/counter if guarding the ball
2. Perimeter players-mindset that your shoulders are gonna get hit a lot  
\*Avg PG will run into 60 ballscreens in NBA game, 80 if your guarding Nash.
3. Good Shooter- at point of pick go under or over.

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4. Pick so high- have call for gds (just go under)
5. Scouting report critical for both—who comes off? Who sets it?
6. Switch- keep gds/gds and bigs/bigs
7. Winning teams communicate! Squeaking team vs. talking team

## **Key Terms:**

1. High Hands (read gd as he picks up the ball)
2. Stunt-fake help
3. Bumps-ball away (work in) Ball to you (work out)
4. Pursue & Square
5. Trust the talk/trust the coverage
- 6.
- 7.

## **10 Things that hurt PNR Coverage**

- |                                   |  |
|-----------------------------------|--|
| 1. Poor Talk                      | 6. Lack of Effort                                |
| 2. Small not forcing ball to pick | 7. Big Not in a stance                           |
| 3. Bigs not arriving w/picker     | 8. Opponents engage 3 other defenders            |
| 4. Splits or early splits         | 9. Ball Handlers defender gets hit by pick first |
| 5. Rejects/counters (use pick)    | 10. Opponent is in PNR Rhythm                    |

## **Hierarchy if something is not working:**

1. Try Harder
2. Do it better
3. Sub for them
4. Change Scheme

## **Other Notes:**

- Early Split: where screener stops early and lets guard split between
- Rules vs. Guidelines: Rules-100% of time Guidelines- 75% of times
- Hard to guard-Big coming off little ballscreen (Mavs/Suns)
- Garnett Story: didn't take a pill to get where he is today...will stare a hole through the whiteboard during pre-game...intense focus
- If I went to your practice what would I hear?
- Coaches are not God's gift to basketball, basketball is God's gift to us.
- Messages are only message if received and acted upon"
- In the context of having teams that talk- Losing teams...you only hear sneakers. Winners...you hear voices.

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