

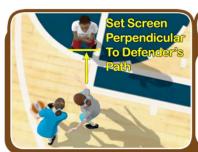
## **Skills**

## **Setting Screens**



01

Plant feet at shoulder width with arms at sides or crossed at chest.



02

Set screen perpendicular to path of defender.



 $\mathbf{03}$ 

Get in athletic position with knees slightly bent and head up.



**1** 

Teammate cuts right by screener, shoulder to shoulder.



**0**5

Younger players need to adjust to contact.

## Notes: