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-In the NBA, defending the pick & roll is the most difficult thing to do defensively

-Pick & roll defense is like a plant growing in a pot. You need to keep fertilizing it so it grows and you have to continuously trim it.

-The connectedness ("a tight shell") is critical to the success of any pick & roll coverage.

-The first layer of your pick & roll coverage is playing the basketball. If the ball-handler hasn't dribbled yet, we teach a "2 hand up" stance. What does low mean? Your nose to his [the offensive player's] chest.



-In a help position, we want to be low & long.

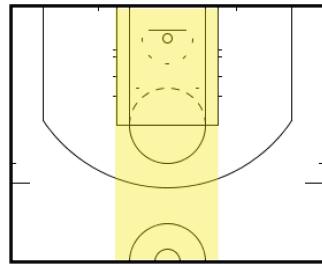
-ELC talk: Early, Loud, Continuous.

-In every pick & roll coverage two people are trying to control the basketball.

-General off-ball rule:

- When the ball is moving towards you, you're pushing out to your man.
- When the ball is moving away from you, you're pulling in.

-Break the court into thirds



Side:

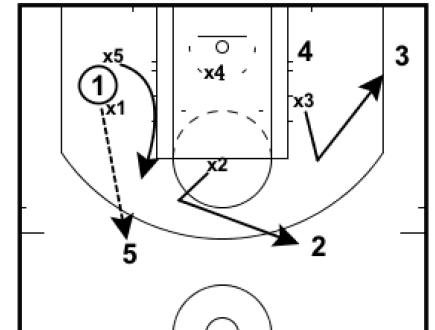
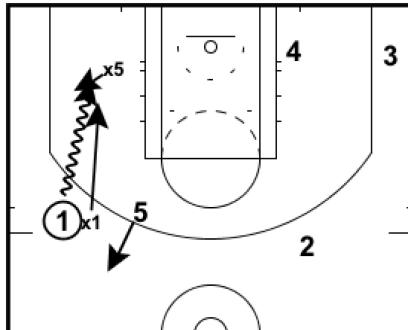
-On-ball: in this sector of the court, I want to keep the ball on the sideline as our standard defensive rule. Feet are arranged so he's directing the ball to the corner. As the ball approaches the FT line-extended area, I square my feet to the sideline.

-Screener's defender is responsible for communicating the coverage. On the side, the Warriors will look to "ICE" all pick & rolls (although they will show on side pick & rolls with a shooter as the screener). The big defender will position himself in line with the baseline hashmark that is on all NBA courts.

-On the screener's call, the guard defender will jump on top of the ball-handler (with pressure) to push the ball into the screener's defender (positioned just off the block).

-On any trap (or semi-trap): four hands up

-On airtime of 1's pass, x2 and x3 start their stunt (x2 stunting across and x3 stunting up). X5 closing back out on his man on 1's pass is something you're going to need to work on a lot because it's a long closeout by potentially your least mobile player.



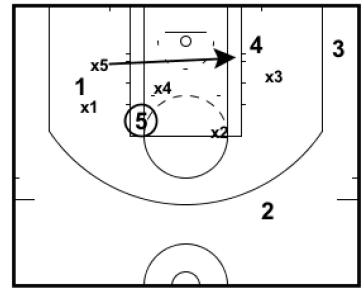
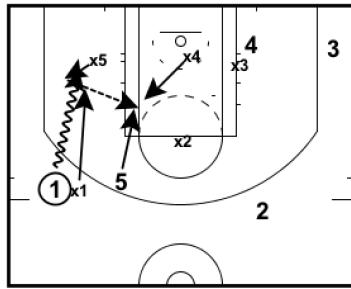
-Important for x3 to stay on top of 4's leg (see diagram) so he is free to move on a skip to 3. If x3 were to get pinned in by 4, x4 would call "X" to tell x2 to take 3 as x2 would sprint up to take 2.

-Stunting is big in the NBA. Stunt as ball is in the air. You want the player catching the ball thinking you're coming to him.

-At the core of every coverage, you have to have good fundamentals. Without proper on-ball defense and closeouts, you have no chance.

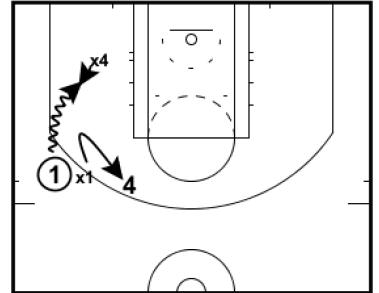
-It all gets back to that connectedness. "He moves, I move."

-Versus the dive when in ICE: the opposite big (x4) in the diagram takes on the roll while the ball screener's defender runs through to take his man (x5 and x4 are partners).



-Can "Blitz" out of your "ICE" coverage as well.

-"ICE" versus a great shooter setting the screen: **switch** out of the ICE (see diagram on right) or **full rotation** with x2 rotating to guard the screener on 1's pass to him (rather than stunting).

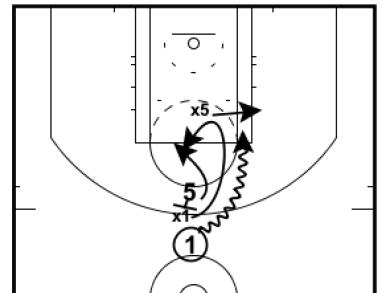


Middle:

-As soon as guard hears the "Flat" call by his teammate, he presses into the ball-handler and directs him towards the screen and then he chases the ball over the top of the screen.

-In "Flat," the screener's defender slides with the ball. The worse the screener is as a shooter, the deeper the big defender gets on this "Flat" coverage. The shooting ability of the screener dictates the depth of our "Flat" more than the shooting ability of the ball-handler (although against a great shooting point guard, we won't utilize "Flat" much).

-Veerback: If the ball-handler gets too deep and attacks the big, the guard calls "Veerback" to tell the big (x5) that there's a



switch. X5 will keep 1 in front while x1 veers back and drives his butt into 5 on his roll.

-Big-to-big communication is so vital. They're playing defense together.

-Getting hurt on the short roll off "Flat"? Try X'ing it to take away 4's jumper. X5 comes up the court on 1's pass to guard 4 on his short roll. X5 sprints to 4. It is very important that x3 is on top of 4's body here so he doesn't get screened in.

