

Coaches Corner 9

Screening

I will break screening into three broad areas on-ball screens, off-ball screens and transition screens.



Regardless of the type of screen, the techniques used by the screening player are virtually identical. In each case the screener must be stationary and straight (torso), feet should be about shoulder width apart and the body position low, as this allows you to move quickly out of the screen once completed. It is best to cross the arms either across chest (girls) or crutch (boys). The screener is looking to block the defensive player or make the defensive player crash into them. It is of paramount importance that the screener does not move until after the contact is made or avoided. If the screener moves it is their foul. The only real difference for the screener between transitional screens and on or off ball screens is that on Transition screens the screener plants the screen somewhere on the court and the offensive ball carrier takes the ball to the screen. In on/off ball screens the screener moves to the defender and sets the screen as close as possible to them without touching them. The offensive player then runs around that screen to free themselves from their defender. The screener should aim to get one foot either side of the defenders closest foot.

Player using the screen. In a transitional screen the ball carrier simply aims to pass the screener as close as possible (rub shoulders). Done with the aim of the on ball defender crashing into the screen and not leaving a gap big enough for the defender to squeeze through. On and Off ball. The player **MUST** wait for the screen to be fully set. The biggest mistake I see in screening is the offensive player moving to early, which inevitably leads to either the defender getting through or the screener being called for a moving screen foul. The offensive player coming off the screen must do so with explosion with either a drive to the basket (on-ball) or a hard cut to the basket (off-ball).

So that's screening next training session give it a try.

And remember

Good coaching always beats good luck