

"The Hardest Thing To Guard In The Game"

THE BALL SCREEN!!!

By Bill Self (Kansas University)

*If you would like an overview of this offense please email me. I will send it you by attachment free. Please tell me where you coach...City, State, and School.

1. Ball Screens are the wave of the future.
2. Teams may be able to guard the first ball screen, but they will break down on the second one almost every time.
3. The posts must sprint to ball screen.
4. The driver off of a ball screen must go at least two hard dribbles. NO one dribble and pick up the ball. This will kill this offense!
5. You need to practice how they will defend ball screens. There are only a few ways. 1, Hedge (Could be a Hard or Soft Hedge), 2. Double it, 3. Go under it, 4. Switch it, *You will need to work on the pick and roll about 10 minutes a day. You must make the postmen roll. They get lazy and want to just pick and pop. DS
6. With this offense the driver coming from the wing are can be ball screen to drive to the middle or to the baseline side. *80 percent of the time the driver will drive to the middle.
7. This offense works best if you run another offense with it. This offense is a 3 out 2 in offense with the ball side postman coming to set the ball screen.
8. I am adding two new pages to this offense as we speak.