

## Basketball Coach Handout Two and Three Man Plays

Here are some simple two & three man (screen) plays that may work well for you. First learn how to set a good screen and how to seal the person you screened, and then roll to the open spot for the pass.

The secret to all these screen plays is this. Realize that the person setting the screen will often be the person receiving the pass for the shot. So if you set a screen correctly, you may actually be setting yourself up for an easy shot. After you set the screen, "seal" (box-out) the person you are screening, so that you get inside position on him/her. Then when your teammate cuts around the screen, he/she could be open for the shot, but chances are the defence will "switch" and your defender will go with the cutter. Now if you have sealed (boxed-out) correctly, you can step toward the hoop for the pass and shot. The other important element is the cutter must "clear out" if he/she doesn't receive the pass, so you maintain spacing.

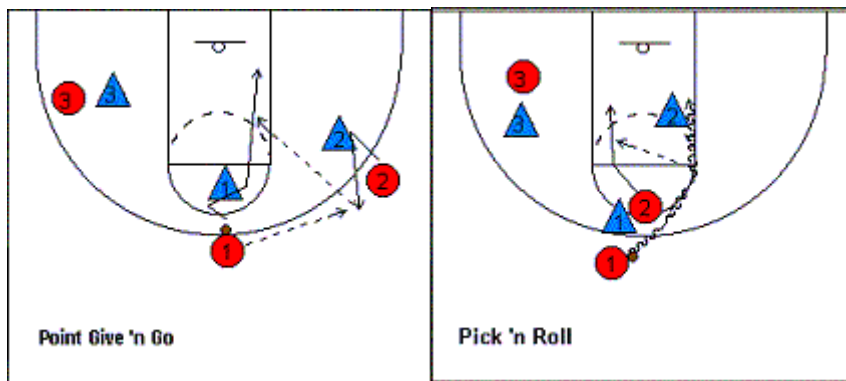
Here are some simple, but very effective plays if run correctly. These plays are all part of any motion offence.

1. Give and Go

The give and go involves a V-cut by #2 to receive the ball, and a fake step left and lane cut by #1 for the pass and lay-up.

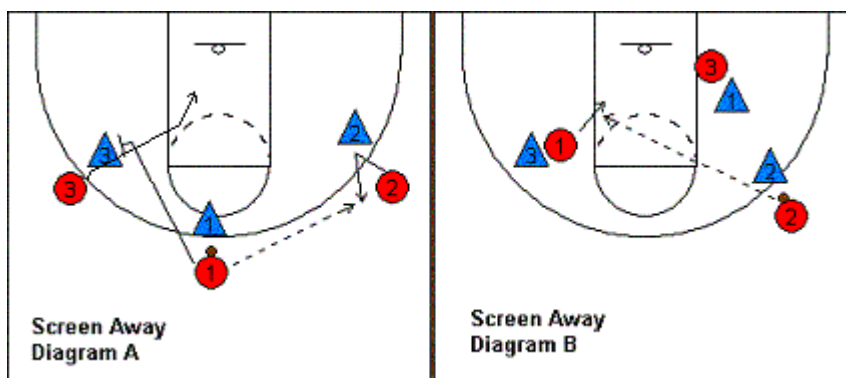
2. Pick and Roll

The pick 'n roll works if #2 seals the #1 defender correctly.



3. Screen Away

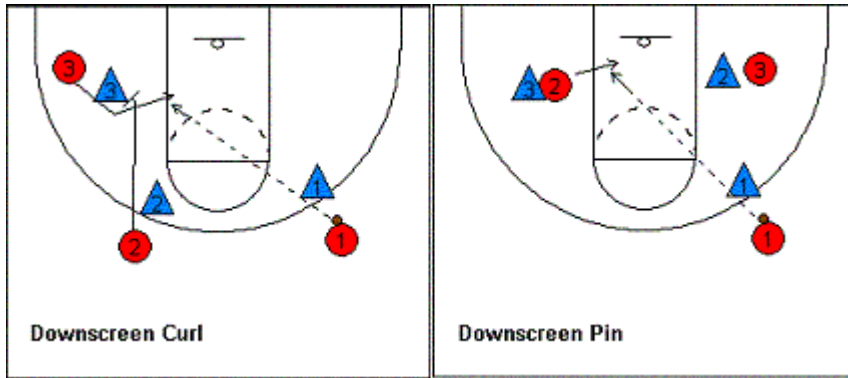
#2 makes a V-cut to receive the pass from #1. #1 passes to #2, and "screens away" for #3 on the opposite wing. #3 rubs off the screen and cuts to the hoop. Make sure that #3 waits for the screen to arrive, and that #1 sets the correct angle on the screen. Also, make sure that #1 seals the defender, and then rolls to the hoop after #3 cuts around the screen. #2 can pass to either cutter.



4. Down screen Curl and Pin

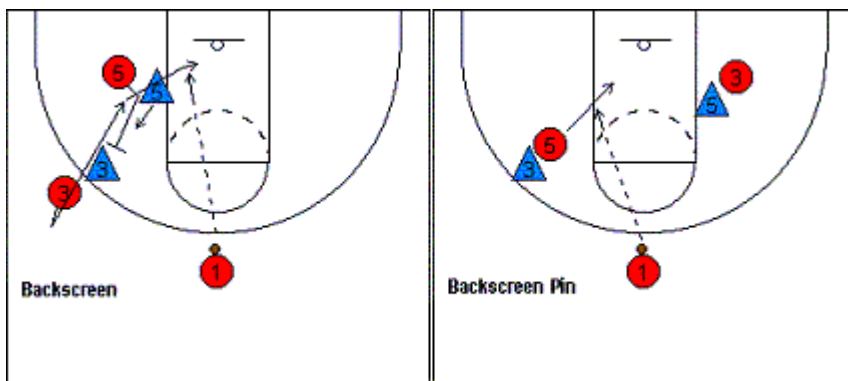
#2 sets a down screen for #3. The low post player (#3) curls around the screen for the pass and shot. #2 pins (seals) the #3 defender and gets inside position. If the defence switches, then #2 should be open for the pass, assuming #3 clears out to the opposite side. Work this on both sides of the court.

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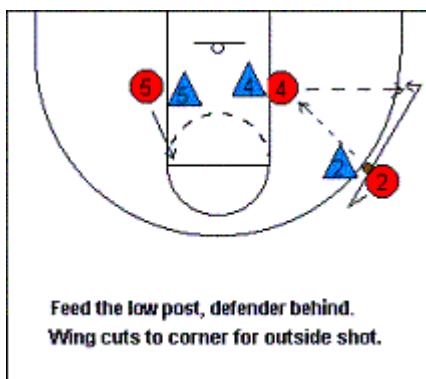
5. Back-screen and Pin

#5 (low post) comes up and sets a back-screen for the wing (#3). The wing cuts backdoor around the screen to the hoop for the pass and shot. #5, who has screened the #3 defender, "pins" the defender and gets inside position. If the defence switches, he/she (#5) should be open after releasing to the hoop for the pass and lay-up, assuming that #3 clears out to the opposite side.



6. Feed the Low Post, Defender Behind

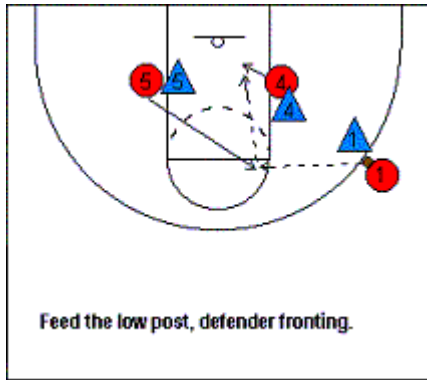
The wing player should try to make the pass to the low post when the defender is playing behind him/her. Once the pass is made, the opposite post should move to the high post, to allow spacing for #4 to make the post move on his defender. #2 can cut to the corner for the "inside-out" pass and shot.



7. Defender Fronting the Low Post

#5 has to recognize this situation, and then flash to the ball-side high post position to receive the pass from #1. #4 should "pin", or seal, his defender and get inside position for the bounce pass (or high lob) from #5. The passing must be quick from #2 to #5 to #4. The other option here is having #4 pin the defender and "step-off" toward the hoop for the high lob pass directly from #2 to #4.

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8. Double Low Post Pick and Seal

Use two post players working together, reading the defence, and screening for each other. #4 sets a screen for #5, who cuts around the screen for the pass and shot (option 1). #4 seals the #5 defender. If the defence switches and #5 does not receive the pass, then #4 should be open with inside position. (Option 2).

