

MIKE DUNLAP NOTE
 JULY / 2009

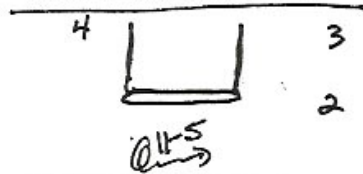
Lawrence Franks

- Pick & roll
 - 15 different types
 - ✓ Mid P&R

Mid with a flat set (3 along baseline)



Mid with lifted/loaded set



Mid with movement



Mid with flat angle change angle vs. ~~hard~~ ^{HARD} hedge or "5" P-H-R DEFENSE



High pick & roll with movement (flare ~~pick~~ ^{pick} for screener - good action)
 AT END OF PLAY

PICK/PICKER w/ 5!

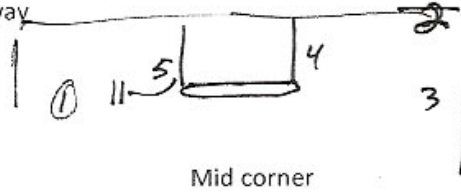
Mid P&R Types

- Traditional (flat)
- Lifted (loaded on 1 side)
- With a "bud" (flat)
- With movement

SIDE P/R

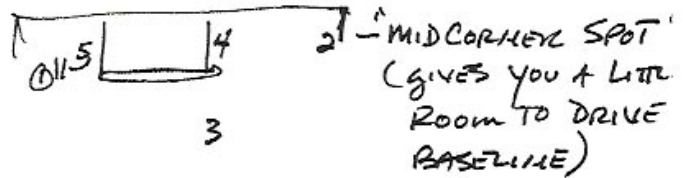
- S Pick & Roll

- S P&R with Δ away



OR

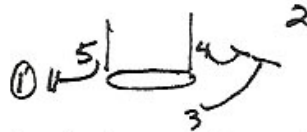
O - pro ~~out~~ & stay 2-3 steps behind 3-pt. line
 SLOT



- Spread set



- S Pick & Roll w/movement



* UTAH JAZZ "gaggle" ... TRICK
 OUT OF THIS SET

- Overload or sometimes called "strong"



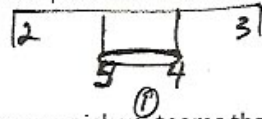
"ANGLE"

"*want the guard running down the hill w/the angle pick"

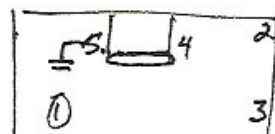
- Elbow pick to a clear side



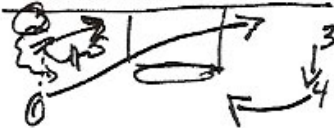
- Elbow pick with each corner filled



- Step-up pick vs. teams that push down



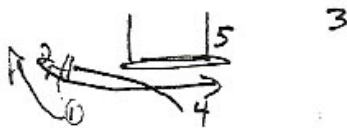
- Corner P & R



- Logo P & R (NBA logo)



- Pistol action



DHO to S P&R

SEQUENCE

- ✓ DHO to 1
- ✓ Flare for 2
- ✓ S P&R

* 8 DIFFERENT ACTIONS w/
* PISTOL: ACTION DEPENDS ON
WHAT ① DOES w/ CUT...

Skills – What we Teach

- Ball handler
 - Crossover step

Ball handler "always be ready to beat your man away from the pick"; how?

-Crossover step – right over left (RIP pivot)

-Jab & go, or

-Attack with dribble

**position

*square up

*butt to D w/"straddle position",
S P&R, etc.

- Ball handler
 - Position
 - Set-up
 - Separation
- Screener

- Sprint for separation
- Change angle of pick late as you sprint through nail

Key Points – the S's

Ball handler

- ✓ Starting point
- ✓ Set up
- ✓ Separation

Screener

- ✓ Sprint into it
- ✓ Change angle
- ✓ Come to a jump stop

- Traditional P & R

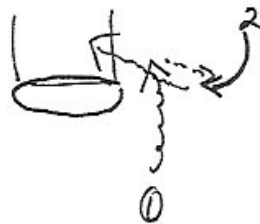
Ball handler:

Ball handler

- *knock the D off w/a bump
- *get below the line of the pick
- *the one ball is for you; you are the quarterback
- *get into the paint!

Progression for ball handler once he uses ~~ON BALL~~ ON BALL PICK:

- *drive – get to paint (turn corner get to paint)
- *pull-up jumper
- *pass ball to roll or replace man
- *get a 2nd middle penetration & pass to ballside corner or FINISH THE PLAY w/ A DRIVE
- ... PENETRATE & PITCH ACTION



Run

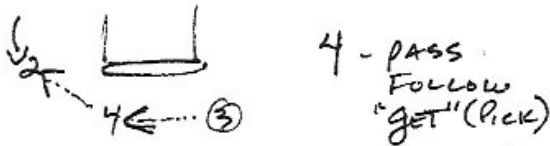
into catch w/corner attack man
(e.g. Bulls) – Deng

2 – GET A RUNNING START

C FRANKS ... DID NOT TALK ABOUT
DRIVE OFF CATCH... I THINK HE
JUST FORGOT w/ LECTURE...

What is the sequence/progression
for the pop man
*shoot
*drive
*high/low pass
*swing - "pass, follow, pick"

S P&R - "Pass, follow, get"



"screener" = circle under the ball (sprint route)

Why?
*hedge defender TOO - far out
*easier for ball defender to get under pick

Teaching Points

C Franks calls M P&R a "high P&R"
Check-offs or progressions
Given for ball handler & screener

Pick & Roll

- Ball handler
 - Drive and get into paint
 - Shoot the jump shot
 - Throw it to roll/pop maze/ and/or replace man
 - Get a 2nd middle penetration & pass to ballside corner pitch

Ball handler

Three S's

*Start point (LEVEL/PLACE)

*Set up (WITH & WITHOUT DRIBBLE)

*Separation (SCREENER/BALLHANDLER)

2 DRIBBLE RULE
(CHUCK DALY)

Crossover step

*Rip pivot away from pick "always be ready to beat your man away from pick"

*Jab & go (facing)

*Attack dribble

**bump D

**spit (G. Peyton/straddle position)

**inside out

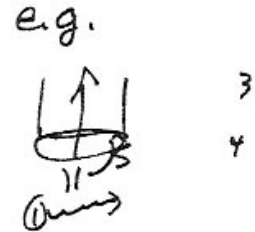
Objective: Get below screener - BALLHANDLER

Fist up - P & pop

Fist down – roll & replace

Review

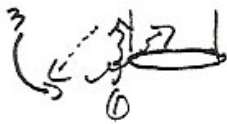
- Ball handler
 - Drive paint
 - Jump shot
 - Make a pass to roll/pop i/oo REPLACE MAN
 - Make a 2nd middle penetration & PASS THE ball TO shooter in CORNER
 - ✓ Stationary – crossover step “fade away from pick”; jab & go
 - ✓ Dribble – square up bump & go vs. slower guy
 - ✓ Straddle position w/ DRIBBLE
- **back down dribble & spin or back down & use pick over the top



Great Shot

- *lay up
- *FT
- *corner 3

“circle up”



“we will do a whole drive & kick sequence to teach ball handler to read” (see my notes)

Ball Handler

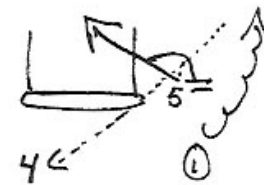
- *Get to paint
- *Pull up jumper
- *Pass ball to pop/roll

4

Pop & roll – baseline

- *shot
- *high/low
- *skip

3
2



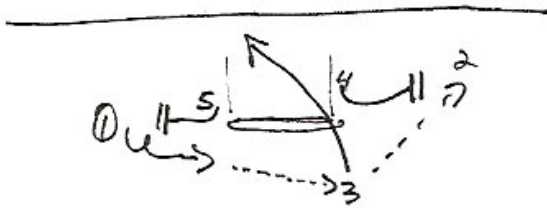
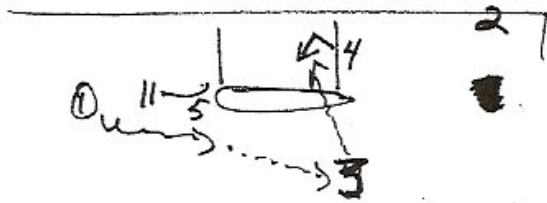
- SHOOT
- HIGH/LOW Pass TO 5
- SLIP THE SKIP BALL TO 1

Sequence for pro slot shooter!



- *shot
- *drive
- *skip to pop man

Hit roll man; lay-up or pass to duck in man



He called this a weakside Δ
 *Pass to corner, rim cut, set as
~~3-1-2-4-3~~

So

- *swing to corner
- *cut thru opposite for passer
- *on ball pick for corner man by duck in Big

*Key: Every single player on each action has a specific responsibility

Position work: We want to teach ~~our~~^{our} guys the reads

Different reads that we work on:

- *Attack the show man
 - **split defender if you can
 - **beat defender away
- *Shows by D
 - **attacked show
 - **hard show
 - **cheats
 - **goes under

Reads:

- Contact show
 - *attack show man 1 on 1
- Hand show
 - *split it if you can
- Cheats high side
 - *beat defender away
- D goes under
 - *we don't tell our guys to shoot it if they do fine
 - *foot race to paint with dribble – turn the corner
- Screener – see ball defenders go under, roll to rim. Why? Get a piece of ball defender
 - *Roll
 - *Re-screen
- Dribbler – hesitation move – cat-&-mouse; change direction ... *good if ball & goes und*
- Under pick
 - *Make it a foot race – attack with speed
 - *Re-screen
 - *Hesitation move
 - **cat & mouse
 - **change directions

Fundamentals of P & R

❖ Three S's:

- Start point
- Set up
- Separation

- Start point – high P & R
- Set-up (1 of 2 ways)
 - Crossover step

Why? Always be a threat to beat my man away from the screen!

- Jab & go
Or
- "I can do it with the dribble"
- With the dribble
 - Face up



- Straddle position



BACK DOWN DRIBBLE (E)

Ball, you, man position – chest to sideline

Again, starting point (e.g. square up position)

❖ Three S's

- ✓ Starting point (e.g. square up position)
- ✓ Set up (e.g. be prepared to beat your man away from pick)
- ✓ Separation (e.g. dribbler – attack to score with 2 hard dribbles, short, long)

Screener – separation

*Points of emphasis

- **sprint your pick
- **change angle of pick late
- **broad jump into defender & make a jump stop as this keys the when for dribbler to use pick
- **screener must force ball defender to go over the top – screen lower 1/2 of ball defender's body

Traditional Pick with Ball Handler

**Knock off defender* – hit him/bump him

**Dribbler get below the level of the screen*

*Order of attack for dribbler

- **get to paint & go to rim (drive ball – attack score!)
- **pull up for J
- **Throw ball to roll/pop man
- **get a 2nd penetration/ball side pass

P & R Action

- Guard with ball must know his sequence!!
 - Drive – get to paint – score
 - Pull up J
 - Throw back roll/pop replace man
 - Get a 2nd penetration

Guard must force an action & get defense to plug so it is a _____ strong side or a 3 on 2 weak side – force defense to help – period

Film – how are they covering the ball and how are they covering the roll man

*want a number advantage

If there is a throwback to pop man what are his reads: (sequence of attack for bib)

- Shot
- High/low off duck-in
- Pass, follow, “get” (pick)

Slide up to WING area

Pass, follow, get
If you have a pass, follow, get action
"center away action"

Open post concept

Open gap concept

2 on ballside

Angle of screen

** CHANGE AT LAST SECOND
VERSUS HAND HEDGE, ETC. ... KEEPS D GUESSING*

Why?

- 1) Make D go over pick
 - *opens roll/pop up for screener
 - *show man gets caught in gray area

Flat angle – get below ball defender
so show man cannot extend/delay
dribble drive

Fist up – Pick & pop -----> coach's choice

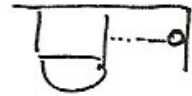
Fist down – Pick & roll -----> coach's choice

Priorities

- 1) Lay-up
- 2) FT
- 3) Corner shot

Must have a drill(s) to get your drive & kick sequence in!!

Called the "mid-corner"



Corner catch



SHOT/DRIVE MIDDLE

NO BALL FACE? WHY...
BECAUSE IT SLOW DOWN ATTACK
& CAUSES HESITATION IN
SCORERS MIND...

Reads:

- *shot
- *H/L pass
- *skip

Duck-in to a floor & seal

Shot or circle up action

- *duck-in
- *flood
- *seal rotation by X5

Shot
H/L pass
Skip

#1



Ball handler can't make throw back pass

HOW?

Pass to duck in man = 04

#2



Read one catch for 04

- 1) Go back with MOVE to where you came from (HESITATION, CROSS, GO)
- 2) Bounce pass to back cut by corner man
- 3) Face out pass to 03

#3

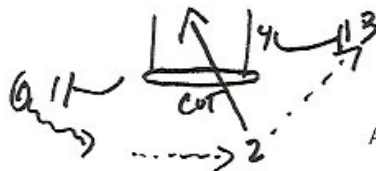


INSIDE/OUT ACTION IF D COLLAPSES

- shot
- drive
- skip

As a rule with weakside Δ

*anytime I swing ball I ~~cut~~ ^{Rim} cut and we go with ~~ball~~ ^{on} ball ~~oooooooooooo~~ ^{Pick}



As a rule w/weakside Δ

The point is this: Every single play/action! **EVERYONE HAS A ROLE - SCRIPT YOUR MOVEMENT!**

We like to get our reads down by using G/F work! e.g. Attached Show:

- 1) start point
- 2) set up
- 3) Separation

Ball Handler

- Read: 1) turn corner - get to paint - drive it
2) pull up J

Screener

- 1) sprint
- 2) make defender go over the top

- 3) throw back
- 4) get a 2nd penetration

- 3) contact – broad jump & jump stop
- 4) open top ball & get separation

- Skills:
- 1) crossover/jab
 - 2) straddle dribble
 - 3) get below level of screen
 - 4) 2 dribble rule

Attack mode

Mind of ballhandler mind of SCREENER - secrets

Timing opens window = 2 DRIBBLE RULE ALLOWS FOR SPACE TOO...

e.g.
 Hedge (~~GO~~ show)
Ballhandler

Screener

*space – split it (turn corner harder)

Drive to score

~~GO~~ THROW BACK

~~GO~~ 2ND PENETRATION

~~GO~~ CHEATS THE SCREEN

*Jab & go/spin & go

D Goes Under

*Tendency when D goes under is to shoot it: we say that is the last option!

Ballhandler

*Make it a foot race

*Use the screen a 2nd time rescreen

*Hesitation & come ~~GO~~ ^{back} to same side w/dribble "cat & mouse & change directions"

D switches

*pocket pass (bounce w/o dribble) "SWIP"

*roll it & bring another pick into

Switch man

*back it up & attack switch man

*bring smallest/tallest vs. switch

*slip it

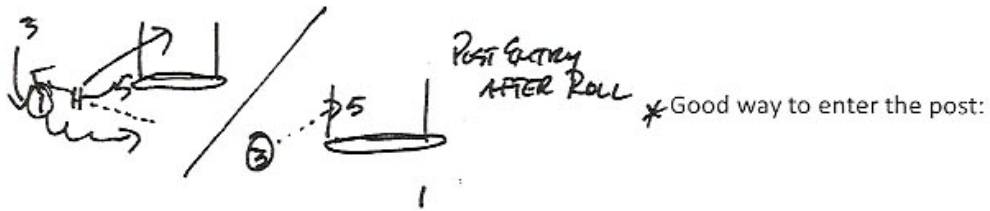
Screener

*D goes under roll

*Rescreen

e.g. When D switches – go at switch man with another screen, e.g. 1 & 4 switch defensively so 4 is guarding the ball; come right back with another on ball 5 more comes into on ball; now you have 5 guarding a 1

“Overload P & R”



Use certain sets vs. the switch:



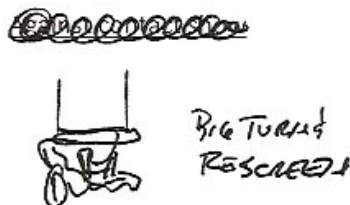
Switching can consume you: F it... swing it & get a second P & R

Vs. hedge, for example:

*go hard, hesitate (why? Keys big to go back to his own) * attack again ~~OOOOOOOO~~

Sequence of MOVES when big zones up

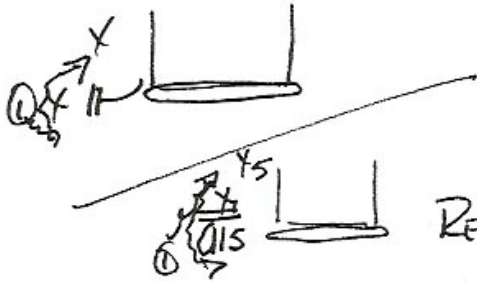
- Hesitation at big – go
- Attack & spin back
- Attack outside shoulder – split it
- Inside – out & go
- Rescreen



VERSUS CONTACT SHOT
Rescreen!
Big turn & rescreen again

What do you do against teams that push you down & don't want you in the middle of the floor?



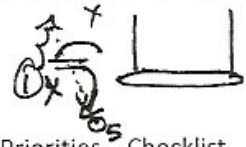


Point guard/any guard

- 1) Knock off dribble to side of pick, cross it and attack big

- SPACE:
- a) split & go middle
 - b) inside-out dribble go base
 - c) pop the short jumper
 - d) go base, spin back & use pick

What happens if screener pops the pick w/S P&R vs. team that pushes base

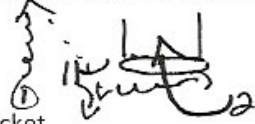


Priorities - Checklist

- 1) Shoot
- 2) Pass it, follow it, get

* PENETRATE & PITCH

I like also - dribble hand-offs with non-shooters - like a rub-cut



DHO w/ 5 & 2

- 3) Cut into pocket

X5 shot/pass to opposite big 4



- 4) Replace INTO high/low action



FLUSH OPPOSITE BIG INTO A REPLACE ACTION

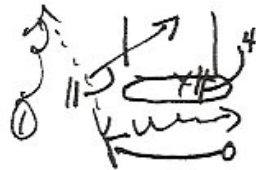
- 5)



* 5 PICKS FOR 1 AFTER HE SWINGS BALL

Wide pin down off swing or flare & slip

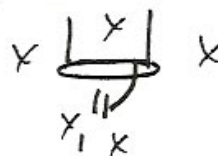
- 6)



4 PICKS HIGH DEFENDER IN I... MUCH LIKE A W/P/R

LAKER RED D - EARLY TRAP

Versus the blitz



- 1) Really try to use the middle of the floor #1
*Laker Red - trap before pick is set

- a) Automatic slip
*anytime ball handler has ball & pass fakes - automatic slip "ball fake-slip"

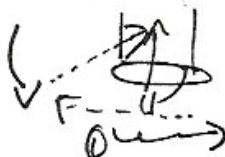
If they don't stay with trap, dribble off the ass of the big D who goes back to his own

- 2) Ball handler - attack big with 1 dribble, pass ahead ballside & he hits rollman



1 HITS WING?
WINGS PASSES TO ROLL W

- 3) Pass to weakside, force rotation, and play aggressive. . . we want people to trap



- a) Shoot
- b) Drive
- c) Pass to roll man

- 4) Pick the trap man - more preventative or use a "wedge-roll action"



RESCREEN THE 5 MAN

*whoever is the trap man (Big) you screen your own man - rescreen on the outside

Trap - 1-4 flat with a cutting game: get the defense moving and then go with the ~~roll~~ P/R game

- Key:
- Why - attack mindset
 - Ball MOVEMENT
 - Player cut
 - Misdirection
 - Movement
 - Spacing P & R
 - Ball fake slip
 - Spread - weakside pass

TEACHING POINT = 5 MINUTE SLOT
WHEN TEACHING READS... GO TO
NEXT ACTION...

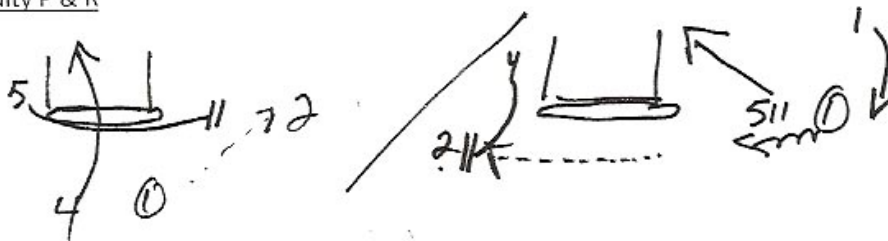
Turning Point – 5 minute slots – go to next thing – period

*Forget the “play” – read & go now 1st

*Against good D it is difficult to get your initial option

*Trend – ~~more and more~~ you see more and more multiple P & R (e.g. Houston – Van Gundy)

Continuity P & R

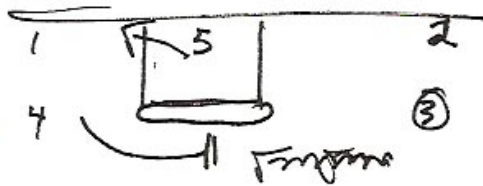
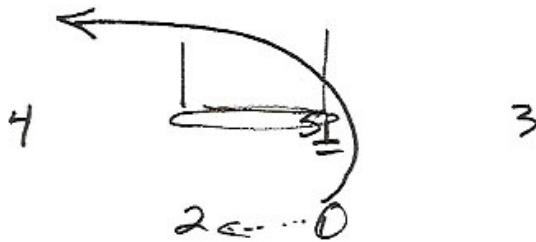


- Traditional SP & R
- Weakside step up P & R

Against teams that are pretty good with trapping → ^{LIFT} both your bigs = **SHARES SET OR GO W/ CUTTING GAME INTO P/R – GET D MOVING FIRST.**

e.g. Multiple P & R is our motion game!

“CHW 15”

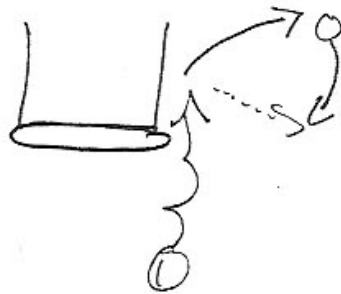


Our P & R game is to drive & kick

Penetration and ~~pitch~~ ^{PITCH} thoughts:

*Middle penetration = top-down

Middle penetration



*anytime we drive & kick we want a 2nd penetration

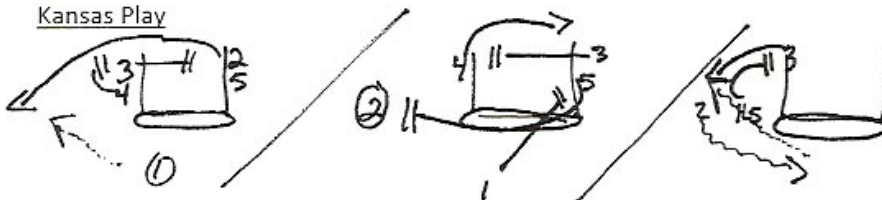
*anytime I pass to start drive & kick I want to replace outside the 3-pt. line

*if I pass to corner & it is filled, go weakside corner

*baseline drive – fill these spots

* Again, anytime I pass it replace myself outside the 3-pt. line

Kansas Play



- a) Floppy
- b) 1 picks opposite big
- c) O_5 Rolls Pin Down For O_3

1 cross picks for 5 on ballside block
~~1~~ rolls his Pin down for 1
 O_5

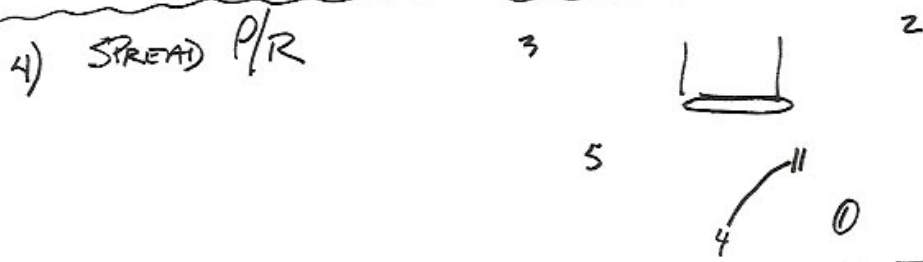
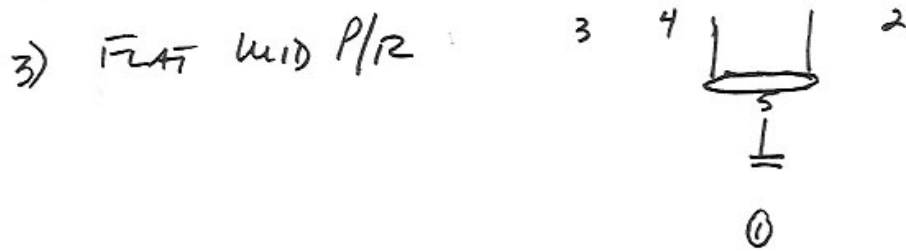
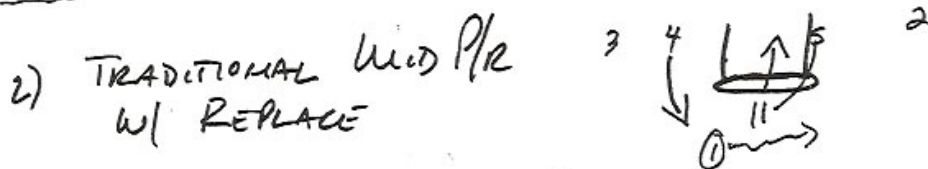
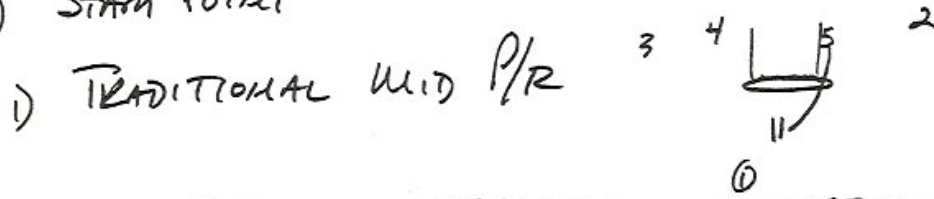
* Pick/Picker Action For 3 = SHOT

- d) 4 rolls his pin down for 1 = pick/picker action

MIKE DUNLAP
July 2009

I. 15 DIFFERENT SETS of P-U-ROLL

A) START POINT



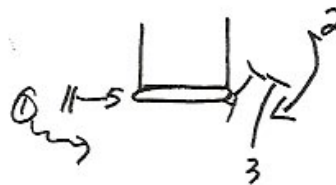
7) SIDE P/R W/ SPREAD



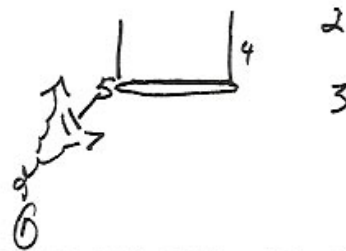
8) SIDE P/R W/ A FLARE



9) SIDE P/R W/ MOVEMENT



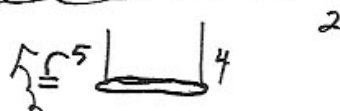
10) ANGLE



11) ELBOW P/R



12) STEP UP P/R



13) CORNER P/R



14) LOGO P/R



15) PISTOL ACTION
(TRANSITION)

