



**ROLE-BASED
TRAINING:**

**HOW TO WORK WITH
GUARDS, FORWARDS, AND
CENTERS WITHOUT
SPLITTING THE TEAM**

**PICK
&
ROLL**



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Introduction

One of the great challenges in youth and competitive basketball is to work on the specific needs of each player profile —point guard, small forward, center— without resorting to isolated training sessions that break the team's cohesion.

How can we enhance the characteristics of each role without taking them out of context? Is it possible to train with a positional focus without dividing the group or wasting valuable time?

This **Pick & Roll** offers a practical guide to integrating positional work into collective tasks, maintaining tactical identity and group rhythm.

Why Train by Roles?

Each position has different technical and tactical demands:

Guards: game reading, direction, rhythm, passing under pressure.

Forwards: decision-making in midfield, open shots, defensive help.

Centers: off-ball movement, screens, rebounding, interior defense.



Failing to differentiate roles can result in generic players or overwhelm them with irrelevant tasks. But training only by role can disconnect them from the game's dynamics.

The key lies in finding balance: role emphasis **within team-oriented drills.**

Keys to Integrating Position-Based Work

1. Design collective tasks with an emphasis on role

The same task can have different focuses depending on the player:

- In a 4v4 space occupation game, the point guard can work on rhythm and organization.
- The wing player, his ability to attack closeouts or help in rotation.
- The pivot, the off-ball screens, and the reading of the offensive rebound.

The task is the same, but the objectives are personalized.

2. Use internal variants without splitting the group

Within the same dynamic:

- Add rules or conditions for certain roles (for example, centers can only score after an inside pass).
- Mark specific action zones without limiting the overall game.

Thus, the team trains together, but each player fine-tunes their own movements.

3. Alternate global tasks with functional tasks

You can alternate group tasks with brief activation tasks by position:

- Shooting drills with the outside players while the inside players work on blocking.
- 2v2 situations by usual pairs (point guard-center, forward-forward).

Then, everything is integrated into the collective game.

Sample Role-Integrated Session

Part 1 – Activation by Positions (15 min)

- Guards: decision making in 2v1 on the boat.
- Forwards: shot after extra pass.
- Centers: blocks and finishes on the move.

Part 2 – 4v4 Group Task with Marked Roles (20 min)

- Base must initiate each attack.
- Forwards only score after creating an advantage.
- The center must touch the ball before each finish.

Part 3 – Free Play with Conditions (15 min)

- 5v5 normal, but the use of indirect block is rewarded.
- The decisions made in previous tasks are reinforced.



How to apply it with bcoach

With bcoach you can design sessions that integrate roles and collectivity in a visual and structured way:

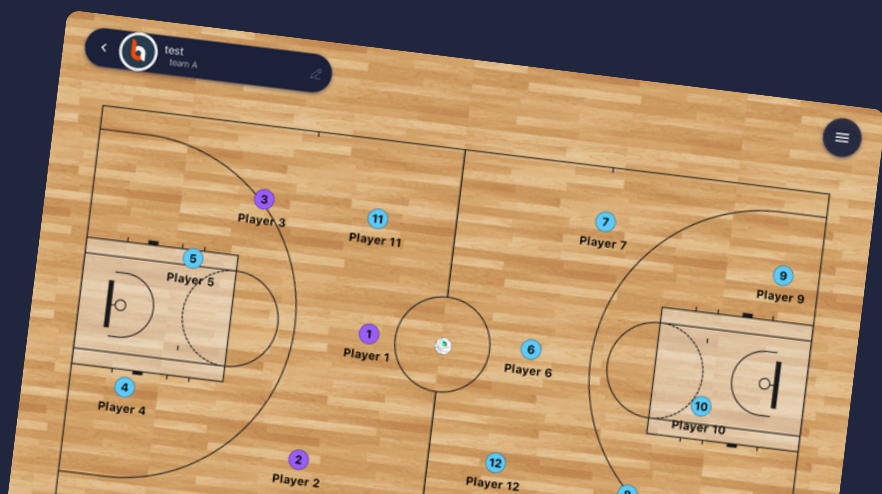
Create tasks with labels such as: “roles”, “bases”, “blocks”, “occupation of spaces”.

Use the task generator to describe the objective and automatically receive the image and structure of the exercise.

Save your weekly sessions and combine them into microcycles focused on your profile.

Evaluate the player's progress from an individual perspective within the collective.

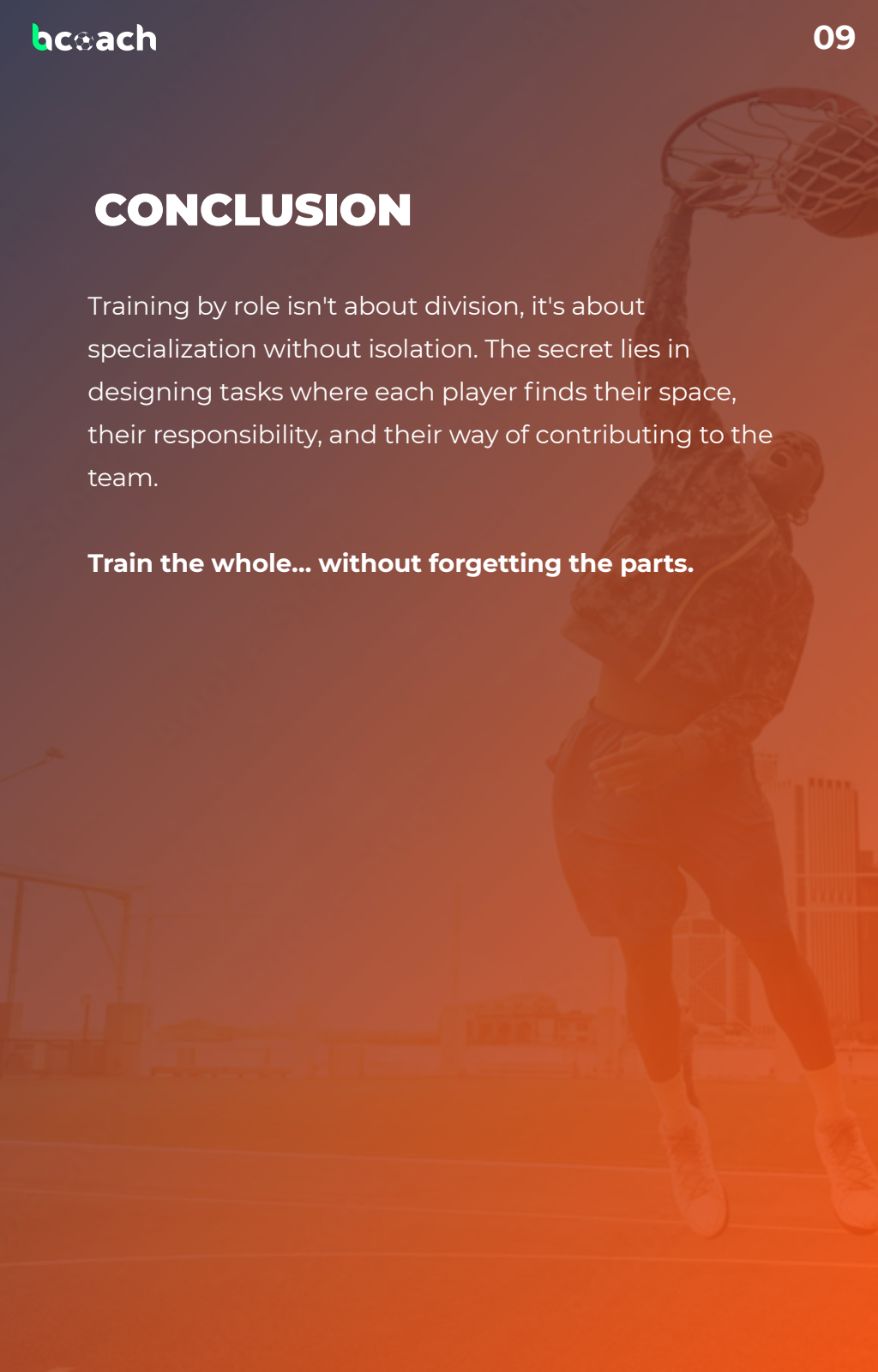
The platform allows you to build a balanced methodology, where each player feels like a protagonist without losing the group focus.



CONCLUSION

Training by role isn't about division, it's about specialization without isolation. The secret lies in designing tasks where each player finds their space, their responsibility, and their way of contributing to the team.

Train the whole... without forgetting the parts.



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