



**DEFENDING THE
PICK & ROLL:**

**READS, ADJUSTMENTS,
AND COMMUNICATION**

**PICK
&
ROLL**



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Introduction

The pick & roll is the most used action in modern basketball — and at the same time, one of the hardest to defend.

Many teams try to solve it by adding rules: switch, drop, hedge, adjust... but too much information usually leads to the opposite effect: players hesitate, arrive late, and become uncoordinated.

Defending the pick & roll is not about memorizing solutions. It's about **understanding what's happening and reacting as a team.**

This Pick & Roll provides a clear guide to teaching pick & roll defense without overload, prioritizing reading, communication, and progression.

The Problem: Many Solutions, Little Understanding

Common mistakes:

- Teaching multiple coverages from the start.
- Changing defensive rules constantly without a base.
- Giving rigid instructions without reading the game.
- Correcting actions without explaining why.

El resultado:

- Insecure players.
- Constant defensive breakdowns.
- Lack of coordination between ball and help.

Pick & roll defense is not built on options.
It is built on **clear principles**.



Before Adjustments: What Players Must Understand

Before talking about “drop,” “hedge,” or “switch,” players must understand:

- Where is the offensive advantage?
- What does the ball-handler want (drive, shoot, create)?
- Where is the help coming from?
- Which space are we protecting?

Without this understanding, any system will fail.

Types of Coverage and When to Introduce Them

1. Drop Coverage

The screener's defender protects the paint and gives space to the ball-handler.

When to teach it:

- Early stages.
- To protect the rim.
- With more positional bigs

Key: Control distance and timing.

2. Hedge / Show (Aggressive)

The screener's defender steps out to contain the ball.

When to introduce it:

- Once players understand help principles.
- Against strong shooters or creators.

Key: Quick recovery and coordination with the on-ball defender.

3. Switch

Defenders exchange assignments.

When to use it:

- When the team is strong in 1v1 defense.
- In specific situations (late clock, side pick & roll).

Key: Communication and defending mismatches.



Key Principles to Teach Without Overloading

1. One Main Coverage

Don't teach three defenses at once.

Define a base (e.g., drop) and build from there.

2. Constant Communication

Pick & roll defense cannot happen in silence:

- "Screen!"
- "Switch!"
- "Stay!"
- "Show!"

Without communication, there is no coordination.

3. Ball-Screener-Weak Side Relationship

It's not just 2v2.

It involves:

- Ball defense.
- Screener defense.
- Weak-side adjustments.

4. Progress from Simple to Complex

1.2v2 without help.

2.2v2 + weak-side help.

3.3v3 with rotations.

4.5v5 with full application.

Drills to Train Pick & Roll Defense

Drill 1 – Basic 2v2

Simple pick & roll situation without help.

Focus: Positioning, communication, first decision.

Drill 2 – 2v2 + Weak-Side Help

Add a weak-side defender who must decide when to help.

Focus: Coordination and collective reading.

Drill 3 – 3v3 with Mandatory Rotation

Every pick & roll forces help and rotation.

Focus: Defensive continuity.

Drill 4 – 5v5 with Defined Coverage

The team must apply one defensive coverage (e.g., drop).

Focus: Automating team behavior.

Common Mistakes

- ✗ Constantly changing defensive systems.
- ✗ Not defining a main coverage.
- ✗ Not training communication.
- ✗ Only correcting individual mistakes.

Defending the pick & roll is not about systems. It's about coordination.

How to Integrate It into Practice

Suggested progression:

Early week	2v2 fundamentals.
Midweek	3v3 and help defense.
End of week	5v5 application.

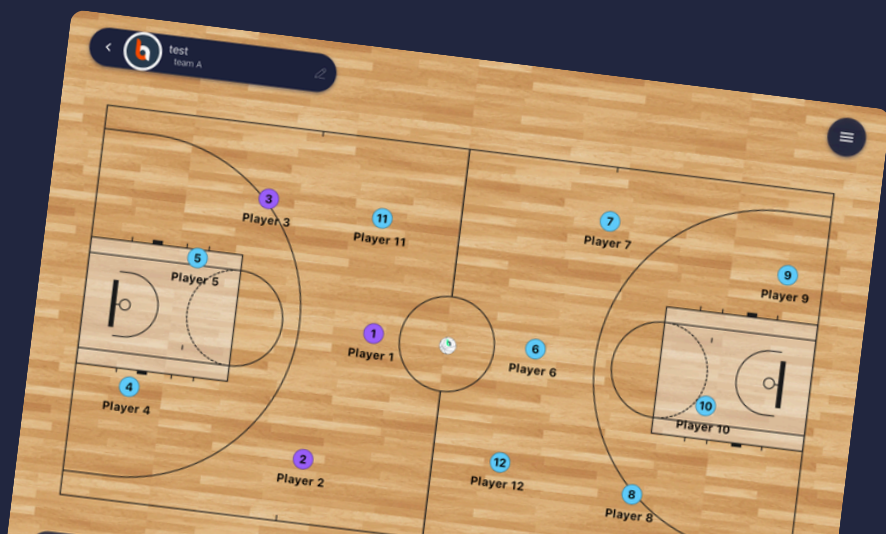
The key is repeating the same idea in different contexts.

Applying It with bcoach Basket

With bcoach, you can:

- **Design specific pick & roll** defensive drills.
- **Tag exercises by coverage** type.
- **Create structured microcycle** progressions.
- **Track defensive behaviors.**
- **Analyze which solutions** work best.

The task creator allows you to visualize and structure each situation clearly.



CONCLUSION

Defending the pick & roll is not about choosing the best option.

It's about executing one option well — as a team.
Fewer options. More clarity.

Less theory. More coordination.

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