

# **PICK & ROLL TEACHING PROGRESSION**

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**MEHMET FATIH AKSER**

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**UNIVERSITY OF CALGARY WOMEN'S BASKETBALL**

# MEETING AGENDA

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- WHY DO YOU WANT TO PLAY PICK & ROLL OFFENCE?
- HISTORY OF THE PICK & ROLL OFFENCE IN THE MODERN EUROLEAGUE
  - VIDEO SAMPLES AND DETAILED ANALYSIS FROM 2008 – 09 SEASON TO 2018 – 19 SEASON
- PICK AND ROLL LOCATIONS AND COMMON SPACING PATTERNS
  - 5 LOCATIONS AND 4 MAIN SPACING PATTERNS
- WHAT ARE THE MOST COMMON SPACING PATTERNS?
  - VIDEO SAMPLES FROM THE 2019 – 20 SEASON WOMEN'S EUROLEAGUE GAMES
- HOW DO WE TEACH PICK & ROLL ACTIONS (1V1 TO 4V4)?
  - VIDEO SAMPLES FROM THE 2019 – 20 SEASON UNIVERSITY OF CALGARY WOMEN'S BASKETBALL GAMES
- HOW DOES IT LOOK ON 5V5 SITUATIONS?
  - VIDEO EXAMPLES FROM THE 2019 – 20 SEASON UNIVERSITY OF CALGARY WOMEN'S BASKETBALL GAMES, 2019 – 20 MEN'S EUROLEAGUE GAMES AND 2020 WOMEN'S OLYMPIC QUALIFIER GAMES

# WHY DO YOU WANT TO PLAY PICK & ROLL OFFENCE?

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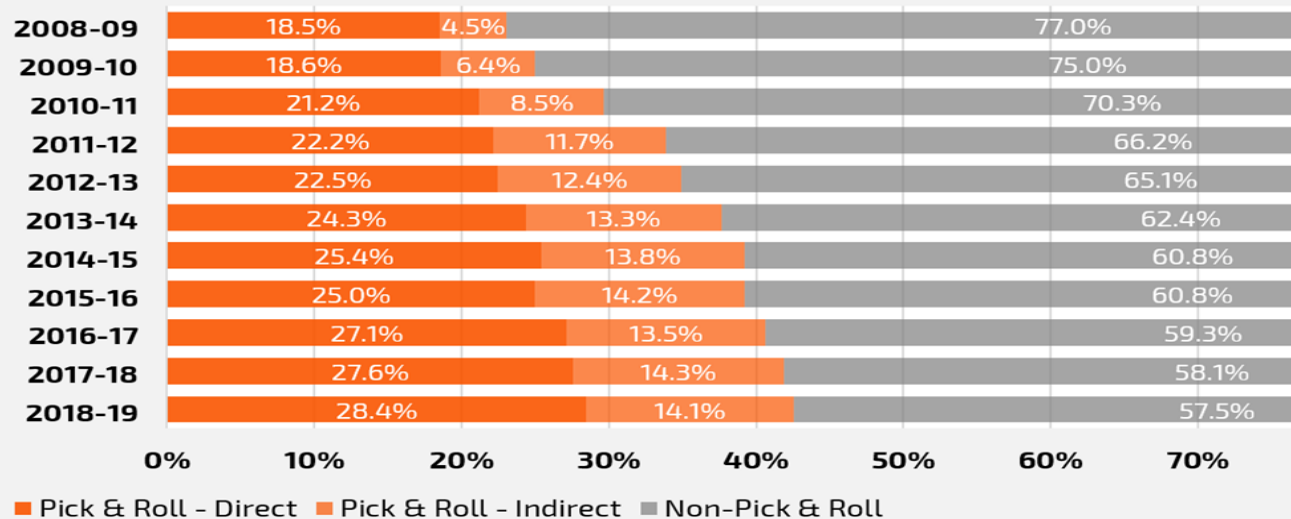
- The Pick and Roll action became the genesis of the modern offense. It is hard not to run this particular action within the offensive system anymore.
- We all know that Pick and Roll actions forces the defensive team to make a decision on each and every possession.
- We also know that, it causes mismatches which result in match up problems for the defensive team and lots of opportunity to score for the offensive team.
- I think Pick and Roll action gets defensive players in foul trouble relatively easier compare to non Pick and Roll actions.
- We probably all agree that, Pick and Roll actions force defenses into continuous rotations and eventually into messy scrambling type of recovery on the defensive end.
- Which would eventually allow offensive team a multitude of offensive options: drive and kicks, passing to the roller or passing to the pop player, creates extra passes to someone coming off an action on the opposite side and lots of other different options.
- There is just so much going on for the defensive team to work on to eliminate all the offensive actions happening after a very simple Pick and Roll action.
- I think that's why all the coaches in the world would want to play Pick and Roll actions within their offensive systems all the time.

# HISTORY OF THE PICK & ROLL OFFENCE IN THE MODERN EUROLEAGUE



## Year-by-Year Growth of Pick & Roll Offense Modern EuroLeague History







### Percentage of Half Court Possessions Derived from Different PlayTypes by Season



- In 2008 – 09 Season; Teams played the Pick and Roll actions **23%** of the time during the game.
- In 2018 – 19 Season; Teams played the Pick and Roll actions **42.5%** of the time during the game.
- In 2018 – 19 season;
  - **28.4%** of all half-court possessions in the Euroleague have been used by a ball handler or the screener in the Pick & Roll
  - **14.1%** of all half-court possessions in the Euroleague used to create for the other players that weren't directly involved with the action (cutters and spot – up shooters etc..)
- In terms of efficiency, half-court possessions originating in the Pick & Roll have been converted for 1.03 points per possession while all other half-court possessions have generated 0.96 points per possession.



2018-19 EuroLeague Team Pick and Roll Ball Handler Scoring  
Current Season Statistics





TEAM	%TIME	PTS/G	PTS/POS	aFG%	%TO	%FT
 Anadolu Efes Istanbul	17.4	17.2	0.99	56%	20%	11%
 KIROLBET Baskonia  Vitoria-Gasteiz	17.4	15.6	0.90	52%	20%	8%
 AX Armani Exchange  Olimpia Milan	19.4	15.0	0.77	41%	19%	11%
 Herbalife Gran Canaria	16.1	14.5	0.90	53%	22%	16%

## PICK & ROLL (BALL HANDLER SCORING)

- Vasilije Micic, Rodrigue Beaubois and Krunoslav Simon from Anadolu Efes have all used over 18% of the team's pick-and-roll ball handler possessions and all scored over 1.05 points per pick-and-roll possession as the team has found unprecedented success allowing its guards to simply create for themselves in ball screen situations.
- The average pick-and-roll ball handler possession is converted for only 0.85 points, meaning Efes is often generating above average looks in the half court merely by having one of its big men slide out and set a screen.



### 2018-19 EuroLeague Team Roll Man Scoring Current Season Statistics






TEAM	%TIME	PTS/G	PTS/POS	aFG%	%TO	%FT
 Olympiacos Piraeus	6.9	9.2	1.33	66%	5%	21%
 FC Barcelona Lassa	8.3	8.6	1.04	55%	10%	16%
 Anadolu Efes Istanbul	6.2	8.1	1.31	65%	1%	8%
 Khimki Moscow Region	7.6	8.1	1.07	56%	10%	11%

## PICK & ROLL (SCREENER SCORING)

- Screener (Roll/Pop) players' possessions tend to be relatively low as many teams look to take away angles to pass the ball to screeners, but generating 1.17 points per possession, they remain one of the Euroleague's most-efficient actions.
- Olympiacos Piraeus has been the Euroleague's most efficient team (PTS/POS) during the 2018 – 19 season as Nikola Milutinov led the EuroLeague in scoring efficiency on “Screener scoring” category.



2018-19 EuroLeague Team Pick and Roll Indirect Scoring  
Current Season Statistics

TEAM	%TIME	PTS/G	PTS/POS	aFG%	%TO	%FT
 Anadolu Efes Istanbul	12.3	15.9	1.29	69%	9%	9%
 Real Madrid	11.9	15.5	1.31	71%	9%	4%
 AX Armani Exchange  Olimpia Milan	12.0	13.7	1.14	58%	5%	6%
 CSKA Moscow	10.4	13.5	1.30	67%	6%	10%

## PICK & ROLL (INDIRECT SCORING)

- This diagram demonstrates which teams were the most efficient using the Pick & Roll in terms of creating scoring opportunities for someone other than the ball handler or screener.
- Anadolu Efes was very good with their Pick & Roll execution because of its off the ball scorers such as Micic, Beaubois, and Simon all doubling as excellent spot-up weapons among a host of capable role players.

# PICK & ROLL

## LOCATIONS & COMMON SPACING PATTERNS

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- If we want to run Pick and Roll offense, first we must have an understanding of our options in terms of **LOCATIONS** and **SPACING PATTERNS**.
- To me, there are essentially five different locations on the floor and in our league, we usually have to go against seven different Pick and Roll defensive coverages. So, we design our drills and offensive strategy to solve all the necessary defensive problems with answering these two important questions;
  - where to set the pick and,
  - how to position other players who are not involve with the 2v2 action.
- Defensively, within each coverage there are many moving parts, headlined by the defender of the ball handler and the defender of the screener. Because of that we have to teach all the necessary solutions to our players throughout the season.
- Also, to me, Pick & Roll is not only a 2v2 mini game situation but it is a 5v5 team play. Because of that, we have to go through our pick and roll strategy and details to make sure, offensively we must force weak side defenders not being able to provide correct support at the right time to eliminate our advantages.



# LOCATIONS & SPACING PATTERNS

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## LOCATIONS

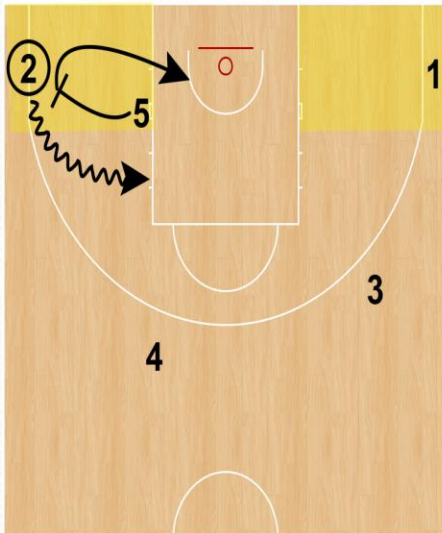
- 1) CORNER
- 2) WING
- 3) 45
- 4) HIGH ELBOW
- 5) MIDDLE

## SPACING PATTERNS

- 1) EMPTY SIDE
- 2) SINGLE SIDE
- 3) DOUBLE SIDE
- 4) TRIPLE SIDE

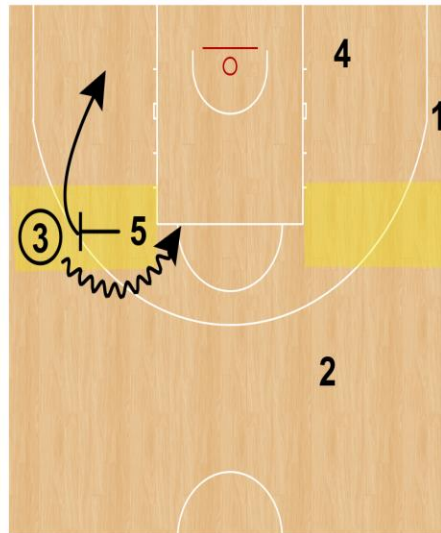
# LOCATIONS

Pick and Roll Teaching (Angles) (1 of 5)  
Fath Akser



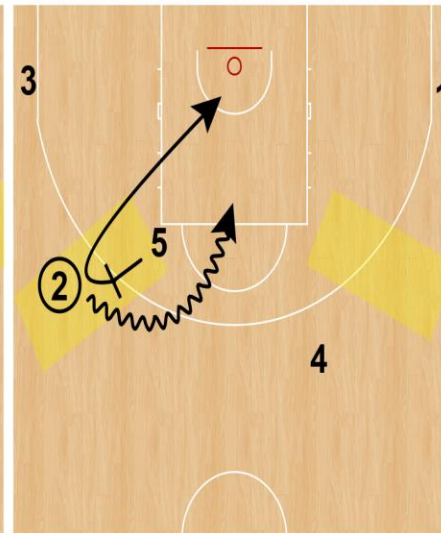
CORNER PICK & ROLL

Pick and Roll Teaching (Angles) (2 of 5)  
Fath Akser



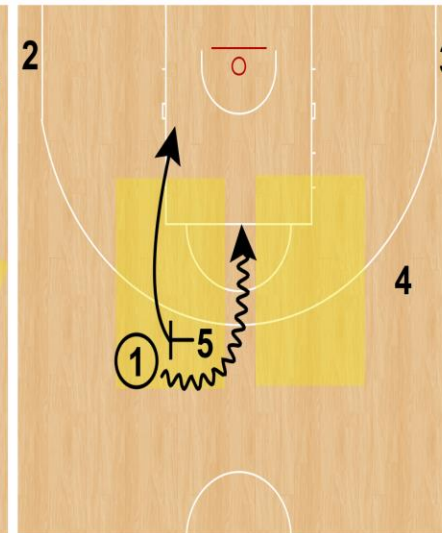
WING PICK & ROLL

Pick and Roll Teaching (Angles) (3 of 5)  
Fath Akser



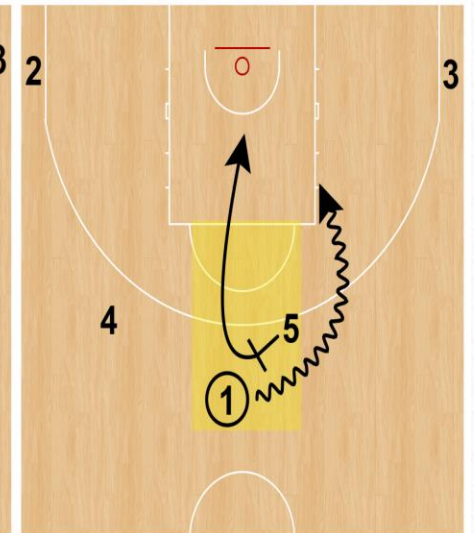
45 PICK & ROLL

Pick and Roll Teaching (Angles) (4 of 5)  
Fath Akser



HIGH ELBOW PICK & ROLL

Pick and Roll Teaching (Angles) (5 of 5)  
Fath Akser

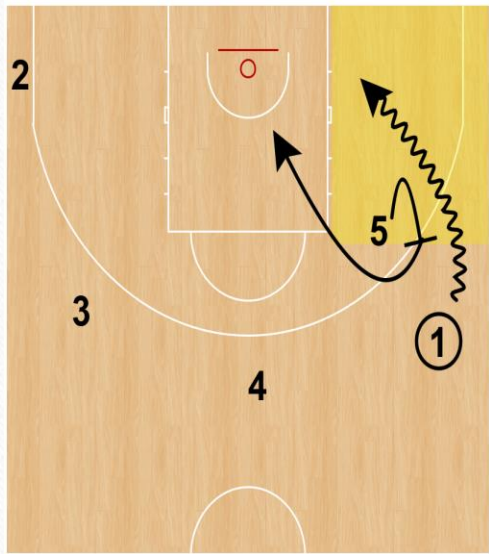


MIDDLE PICK & ROLL

# SPACING PATTERNS

Pick and Roll Teaching (Sides to Attack)

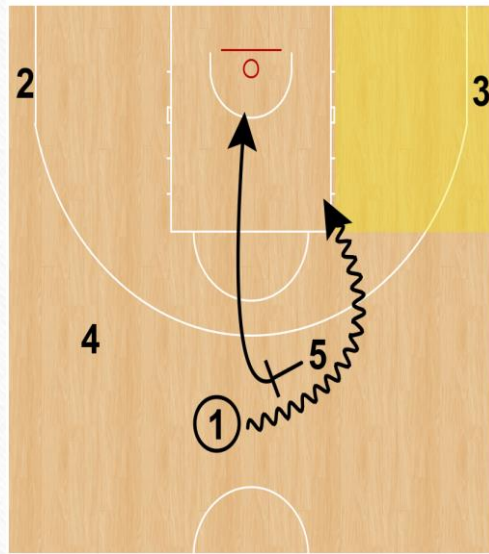
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EMPTY SIDE

Pick and Roll Teaching (Sides to Attack)

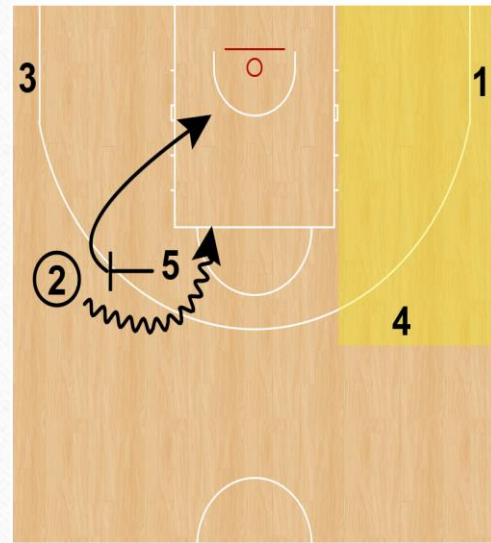
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SINGLE SIDE

Pick and Roll Teaching (Sides to Attack)

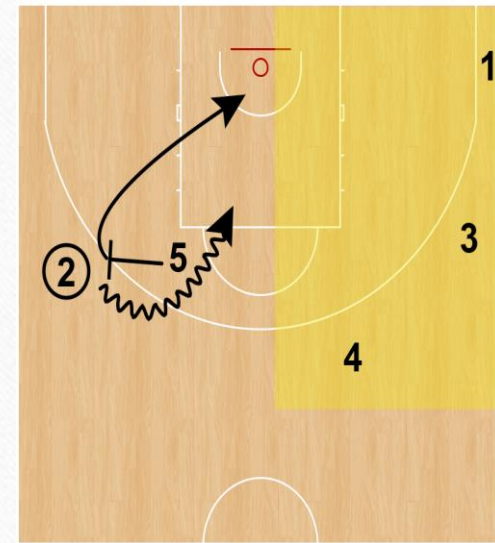
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DOUBLE SIDE

Pick and Roll Teaching (Sides to Attack)

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TRIPLE SIDE



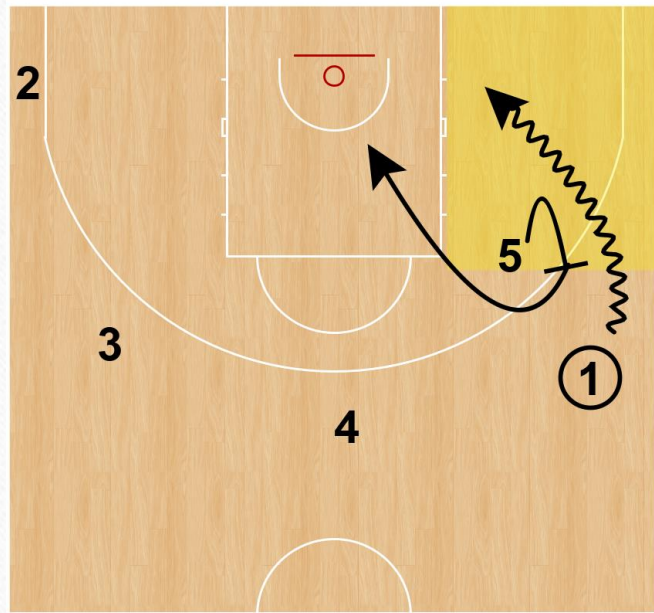
**MOST COMMON**

**PICK & ROLL**

**SPACING PATTERNS**

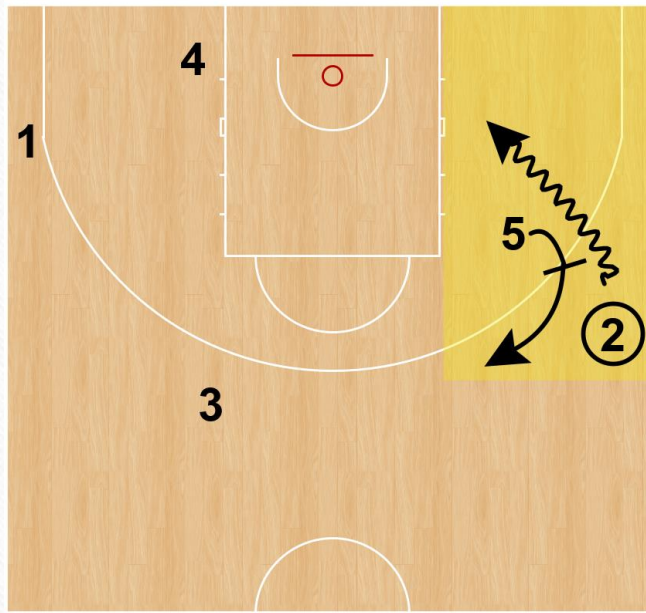
# EMPTY SIDE

Pick and Roll Teaching (Sides to Attack)  
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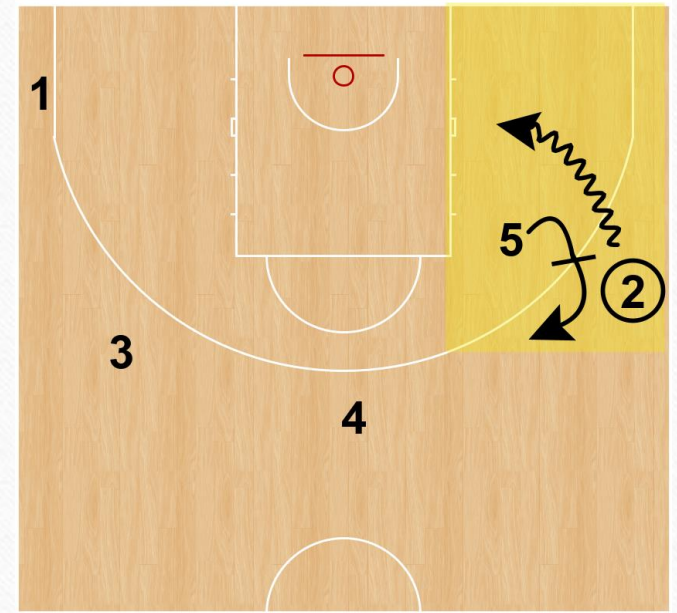
EMPTY SIDE

Pick and Roll Teaching (Sides to Attack)  
Fatih Akser



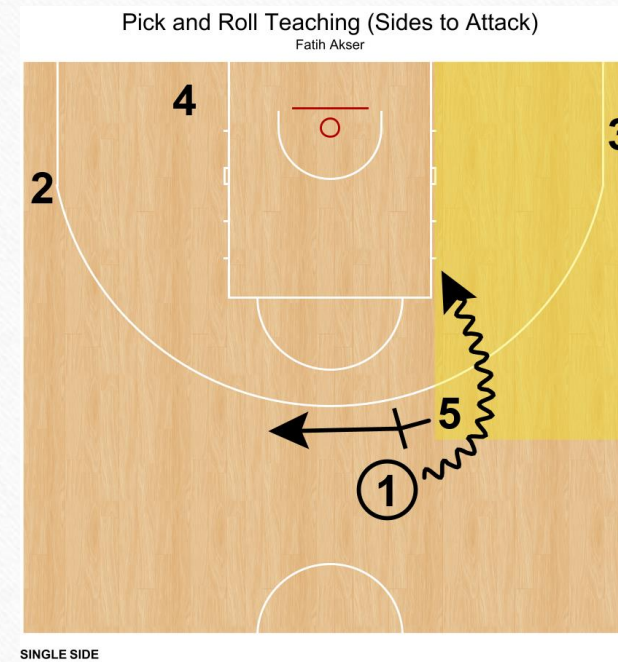
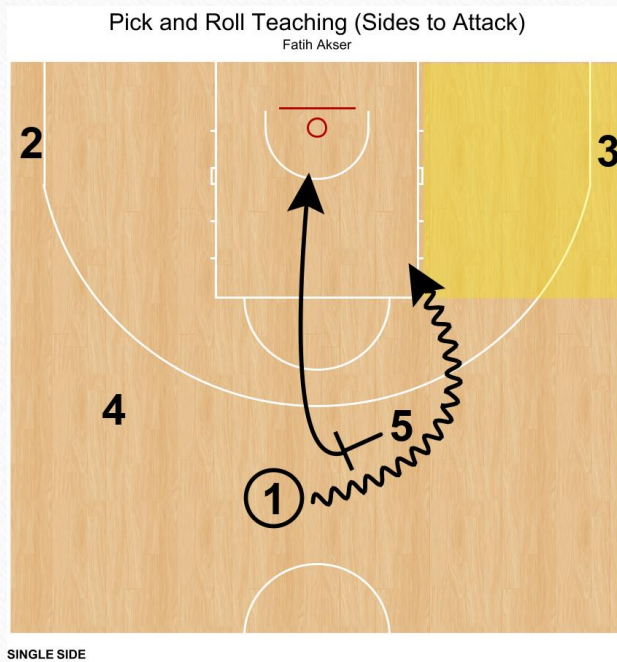
EMPTY SIDE

Pick and Roll Teaching (Sides to Attack)  
Fatih Akser



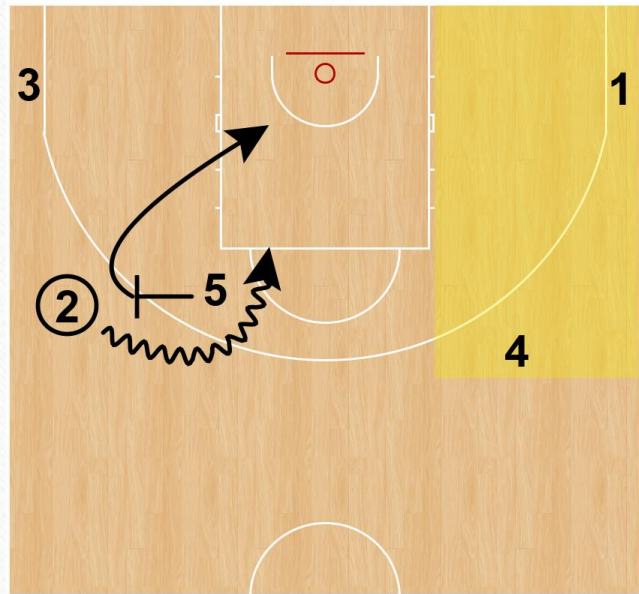
EMPTY SIDE

# SINGLE SIDE



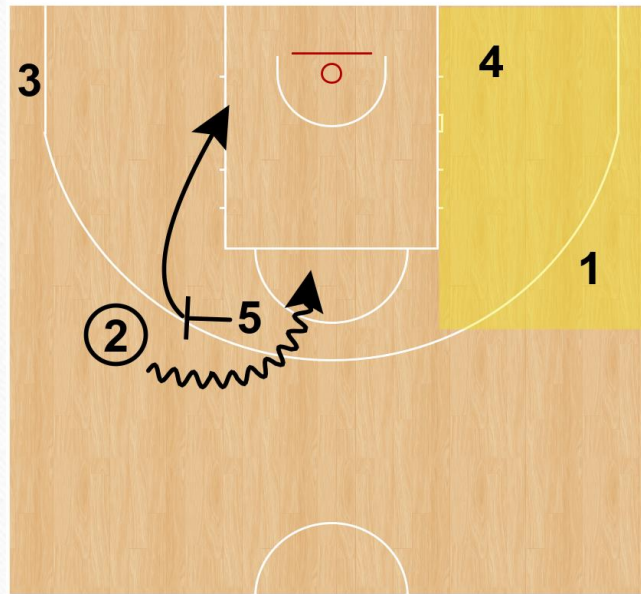
# DOUBLE SIDE

Pick and Roll Teaching (Sides to Attack)  
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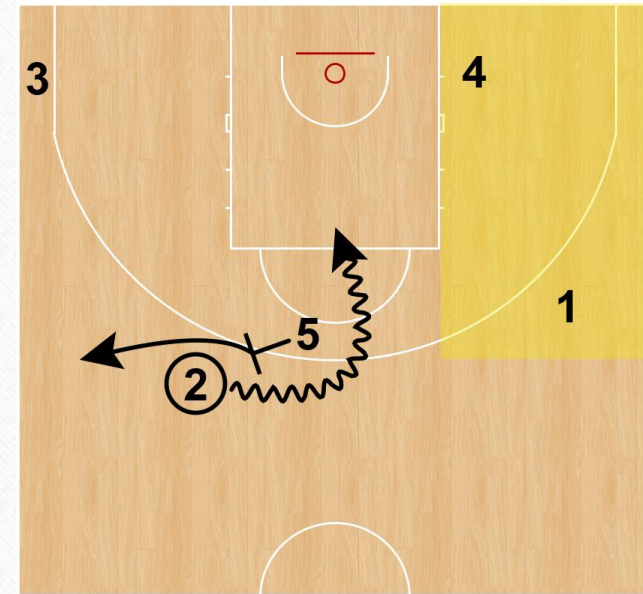
DOUBLE SIDE

Pick and Roll Teaching (Sides to Attack)  
Fatih Akser



DOUBLE SIDE

Pick and Roll Teaching (Sides to Attack)  
Fatih Akser

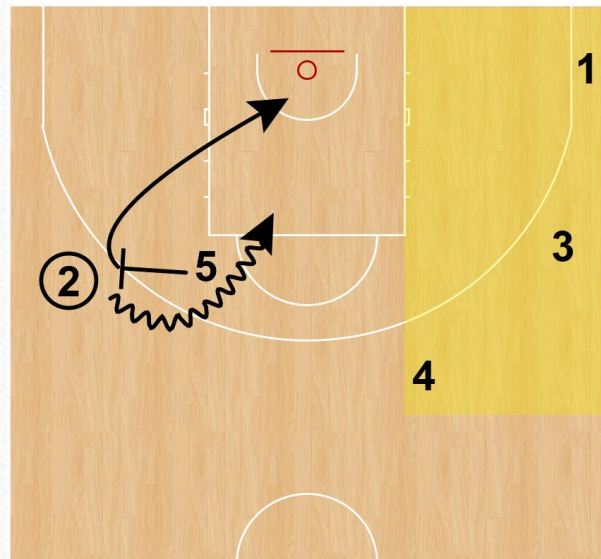


DOUBLE SIDE

# TRIPLE SIDE

Pick and Roll Teaching (Sides to Attack)

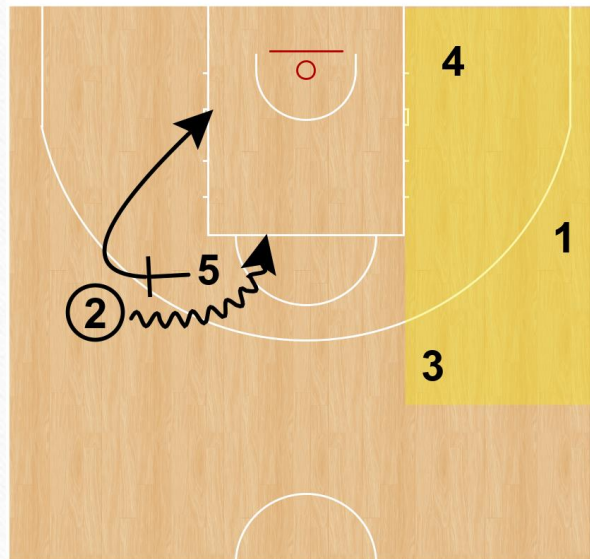
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TRIPLE SIDE

Pick and Roll Teaching (Sides to Attack)

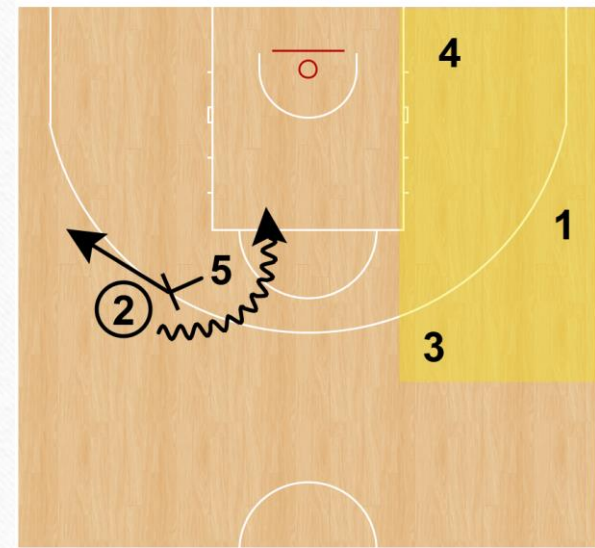
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TRIPLE SIDE

Pick and Roll Teaching (Sides to Attack)

Fatih Akser



TRIPLE SIDE



# **HOW DO WE TEACH PICK & ROLL?**

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**TEACHING PICK & ROLL THROUGH  
DECISION MAKING DRILLS**

# PICK & ROLL

## TEACHING PROGRESSION

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- 1) **1v0 TO 1v2** DECISION MAKING DRILLS
- 2) **2v0 TO 2v2** DECISION MAKING DRILLS
- 3) **3v0 TO 3v3** DECISION MAKING DRILLS
- 4) **4v0 TO 4v4** DECISION MAKING DRILLS

# **1V0 TO 1V2 PICK & ROLL TEACHING PROGRESSION**

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- 1) 1v0 (INTRODUCTION OF THE NEW SKILL)**

# FUNDAMENTALS

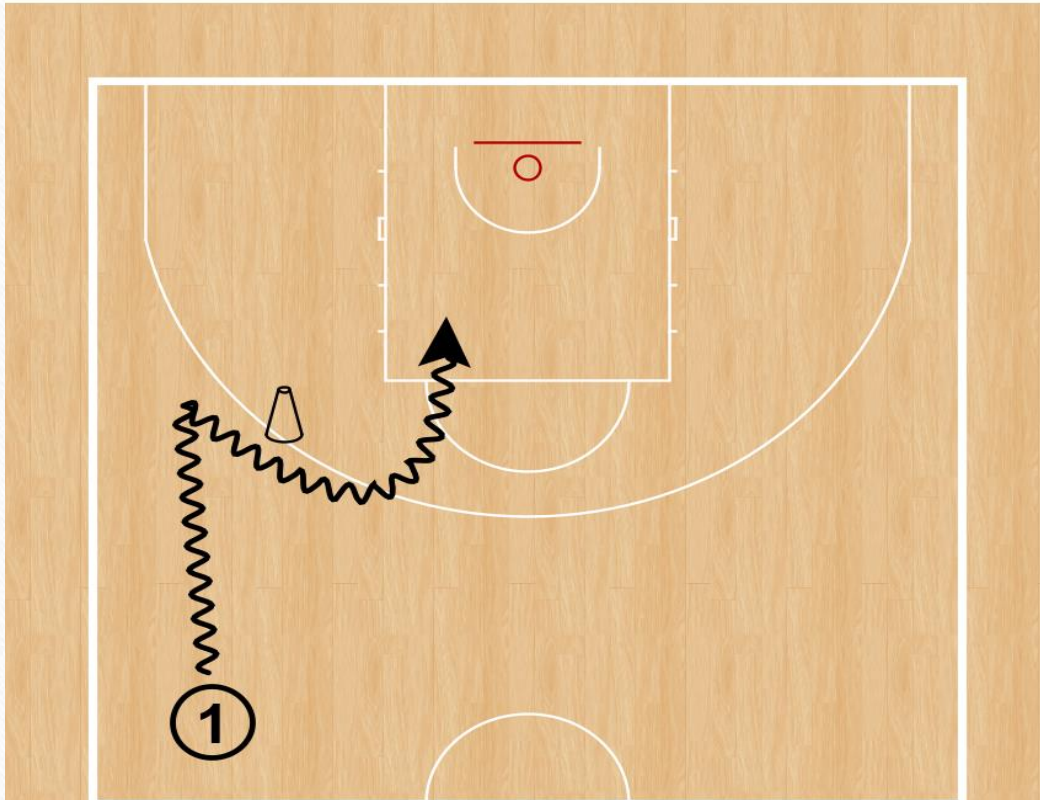
## (BALL HANDLER/SCREENER)

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- **FOOTWORK:** TWO FOOT STOP, OUTSIDE/IN AND INSIDE/OUT STEPS
- **BODY CONTROL :** OBSERVING THE CONTACT AND BEING ABLE TO PUSH BACK THE DEFENDER
- **DRIBBLING:** SHORT, LONG, STOP & GO, FAST & SLOW AND ALWAYS FOCUS ON TAKING MINIMUM AMOUNTS OF DRIBBLING BEFORE PASS OR SCORE
- **PASSING:** POCKET PASS– INSIDE HAND, HOOK PASS, SINGLE HAND PUSH PASS, UNDERHAND PASS, OVERHEAD JUMP PASS, ONE-TWO STEP OUTSIDE SPIN PUSH PASS, ETC..
- **FINISHING AROUND THE HOOP:** LAY-UPS: REGULAR, OPPOSITE, POWER, REVERSE, FLOATER, EURO STEP
- **SHOOTING:** 1-2 DRIBBLE (S) JUMPER, TWO FOOT STOP JUMPER (MID – RANGE & LONG RANGE)

## 1v0 (1 of 2)

Fatih Akser



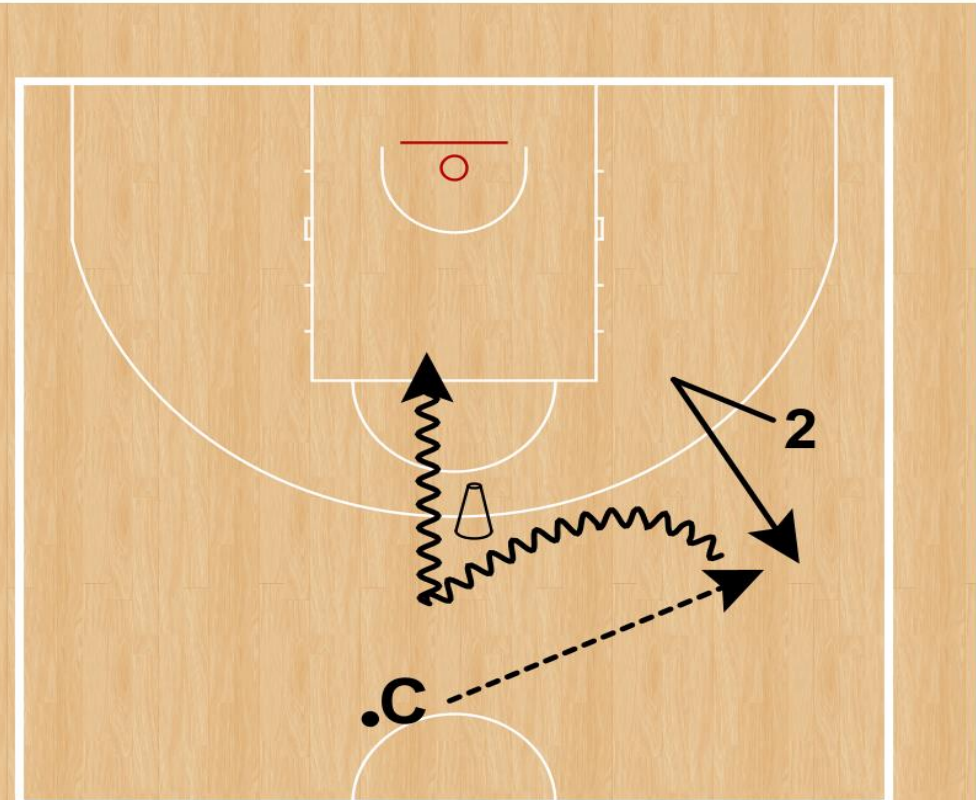
PLAYER HAS THE BALL

FULL SPEED STRAIGHT LINE DRIBBLE (TRANSITION)  
SIDEWAYS DRIBBLE (HALF-COURT)

DRIBBLE LOW AND CLOSE TO THE BODY  
BETWEEN THE LEGS/BEHIND THE BACK FOR CHANGE OF DIRECTION

## 1v0 (2 of 2)

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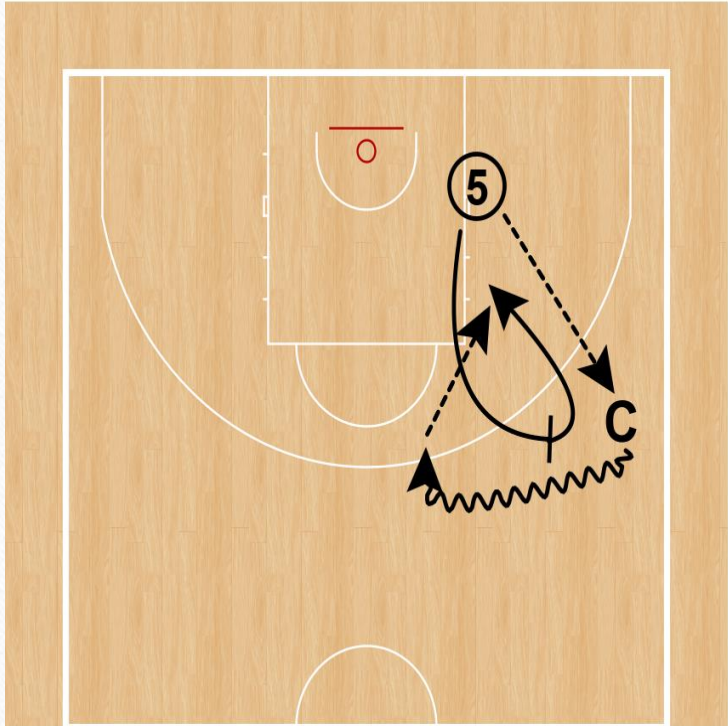
PLAYER MEETS WITH THE BALL

STOP & GO DRIBBLE (FAST/SLOW)  
USE YOUR BODY (BODY CONTACT) AND BRING THE IMAGINARY DEFENDER BELOW THE PICK LEVEL

DRIBBLE AWAY FROM THE DEFENDER  
USE YOUR BODY (SHOULDER TO HIP)  
PUSH THE BALL AHEAD AS SOON AS TURN THE CORNER

### 1V0 (POST) (1 of 3)

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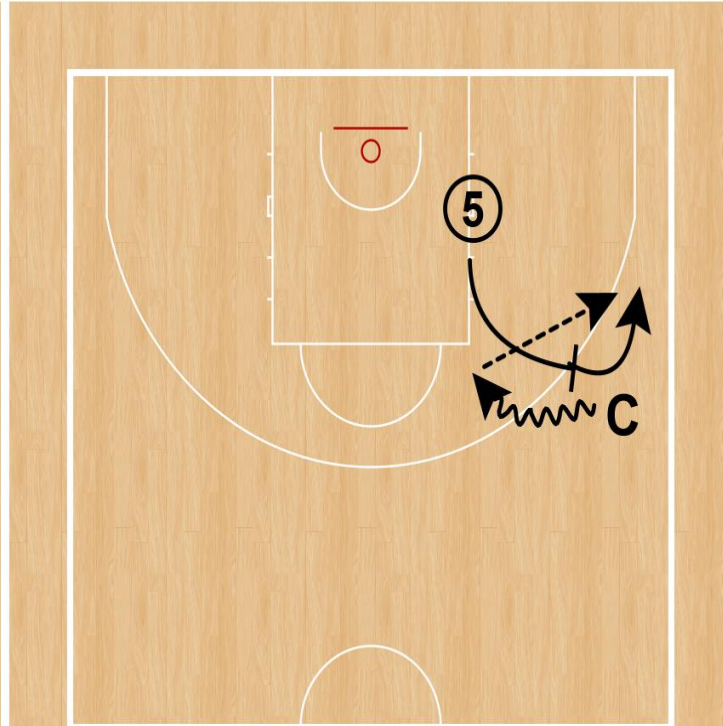


#### ROLL FINISHES

OUTSIDE/IN POWER LAY-UP,  
OUTSIDE/IN ONE DRIBBLE AND REVERSE LAY-UP  
OUTSIDE/IN ONE DRIBBLE, OUTSIDE SPIN BACK FOR A BABY HOOK FINISH  
OUTSIDE/IN ONE DRIBBLE, OUTSIDE SPIN MOVE, BABY HOOK FAKE AND UP/UNDER FINISH  
TWO FOOT STOP FLOATER  
TWO FOOT STOP, UP & UNDER AND HOOK FINISH ETC..

### 1V0 (POST) (2 of 3)

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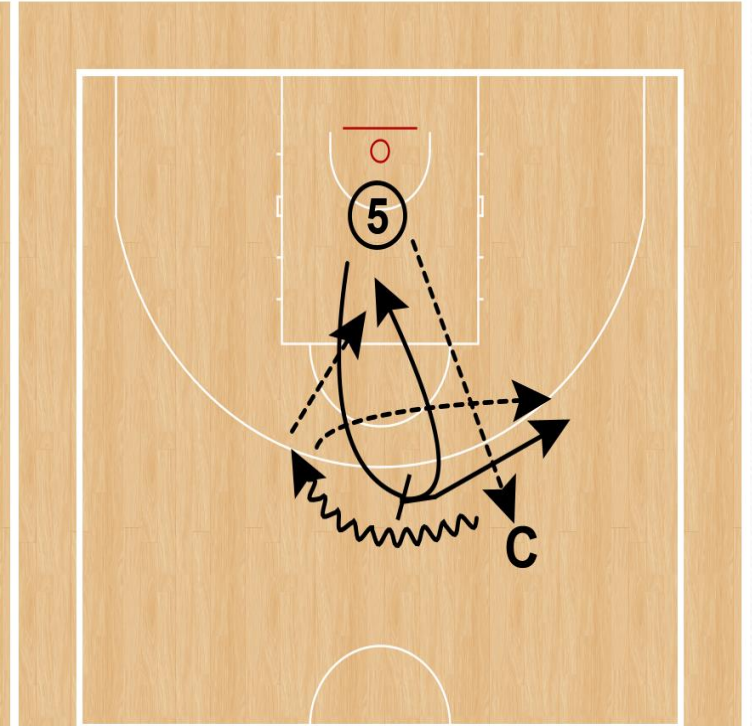


#### POP FINISHES

CATCH AND SHOOT  
CATCH THE BALL AND TAKE A DRIBBLE FOR A JUMP SHOT  
CATCH THE BALL, TAKE A DRIBBLE AND POST-UP

### 1V0 (POST) (3 of 3)

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#### ROLL SERIES POP SERIES

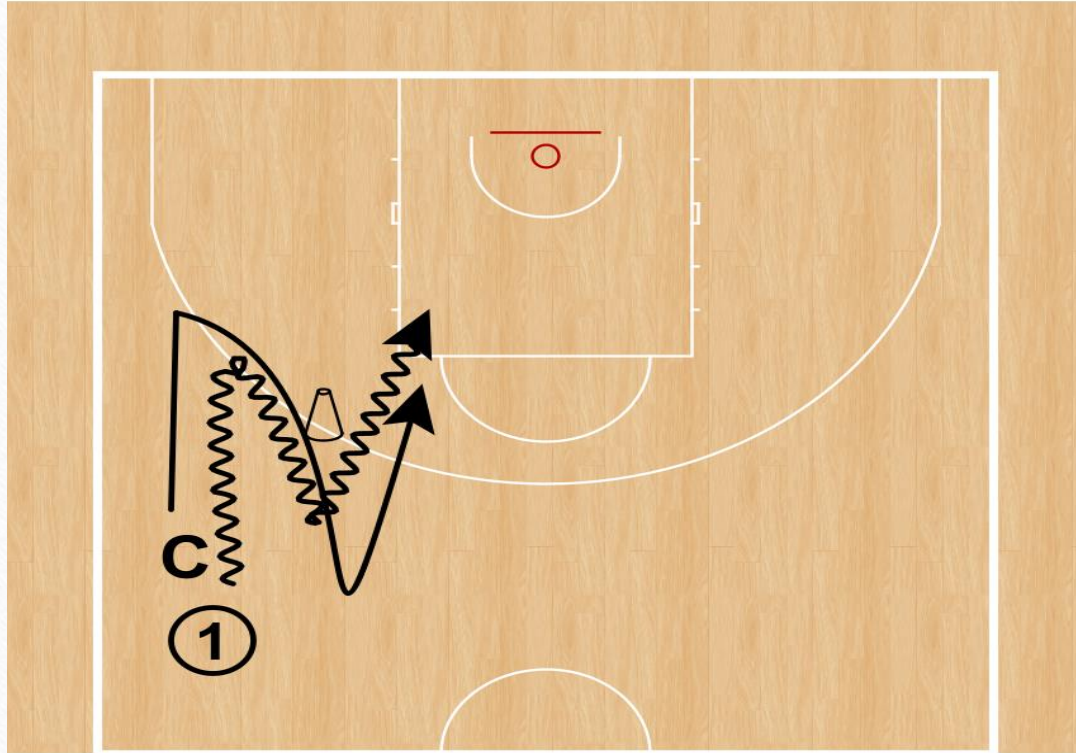
# **1V0 TO 1V2 PICK & ROLL TEACHING PROGRESSION**

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**2) 1vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)**

# 1VC (ON BALL DEFENDER SITUATIONS) (1 of 2)

Fatih Akser



PLAYER HAS THE BALL

DRILL #1: TRANSITION SCENARIO  
DRILL #2: HALF - COURT SCENARIO

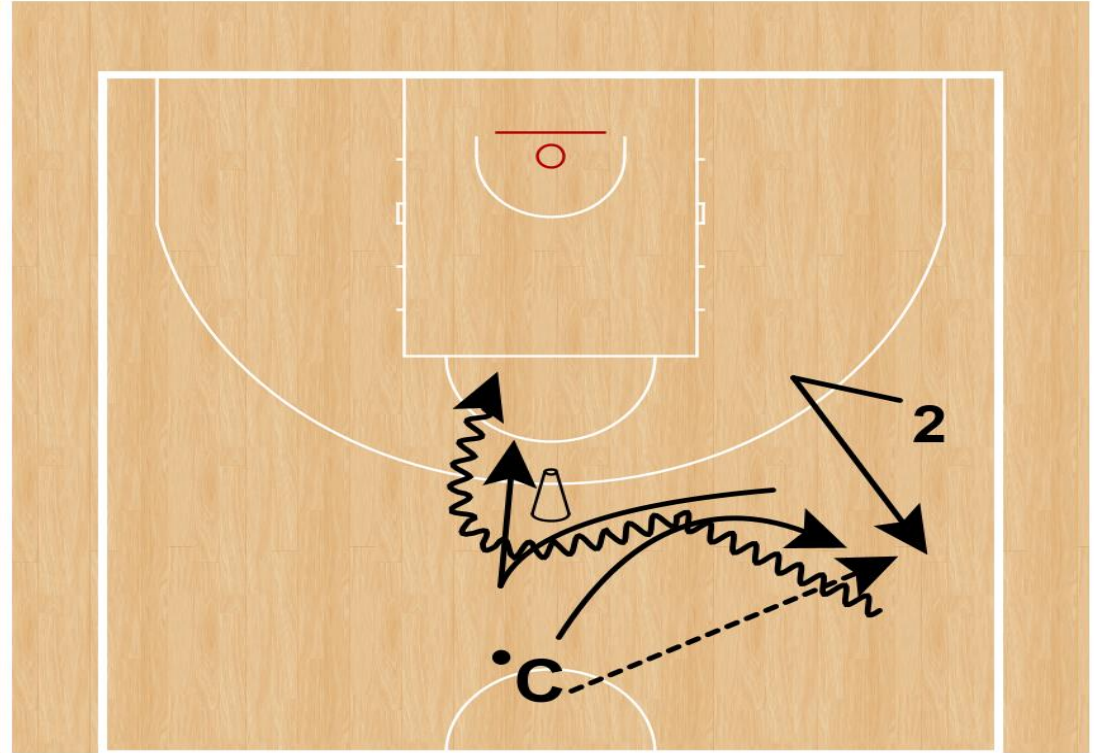
YOU CAN EMPHASIZE;

GUARD IS ALLOWED TO TAKE 1/2 DRIBBLES AFTER TURNS THE CORNER AND FINISH CERTAIN WAYS (ALWAYS CHALLENGE YOUR PLAYERS SKILL SET)

GUARD IS ALLOWED TO TAKE 1 DRIBBLE AFTER TURNS THE CORNER AND HAS TO TAKE A SHOT (MID RANGE OR LONG RANGE)

# 1VC (ON BALL DEFENDER SITUATIONS) (2 of 2)

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PLAYER MEETS WITH THE BALL

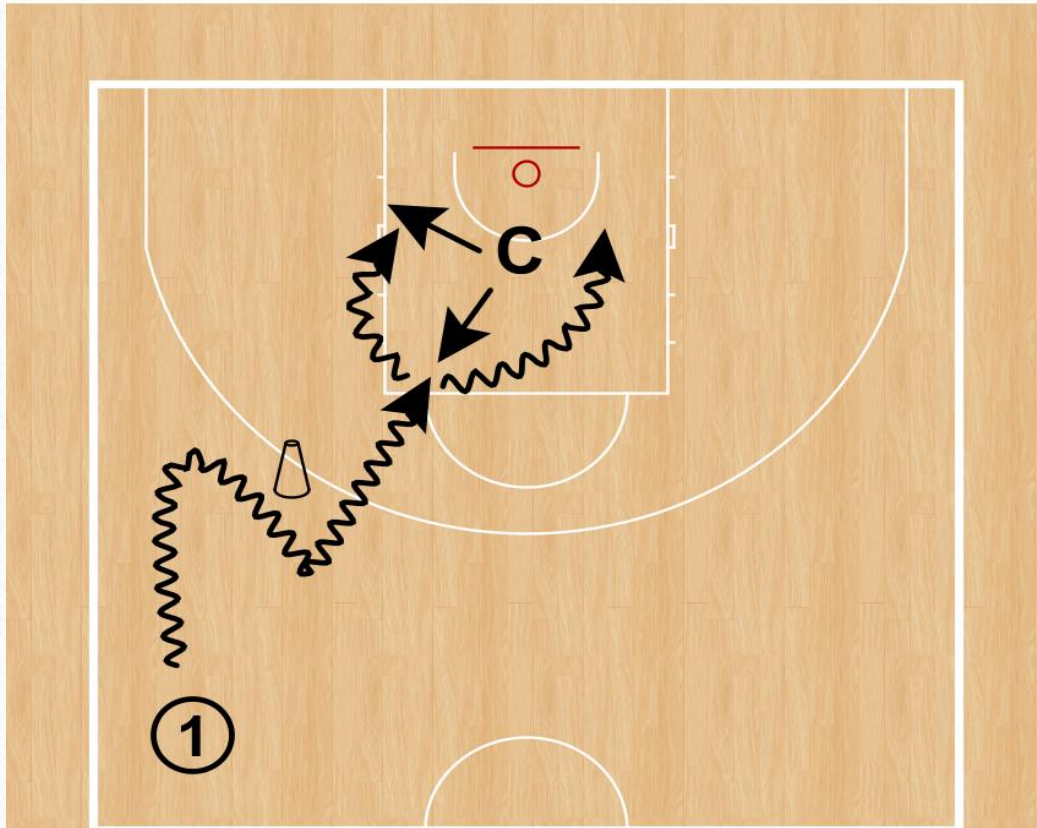
DRILL #1: 2 IS ONLY ALLOW TO TAKE A DRIBBLE AND FINISH WITH A FLOATER

DRILL #2: 2 IS ONLY ALLOW TO TAKE A DRIBBLE AND HAS TO MAKE A JUMPER (MID RANGE OR LONG RANGE)



## 1VC (VS. WEAKSIDE HELP) (1 of 2)

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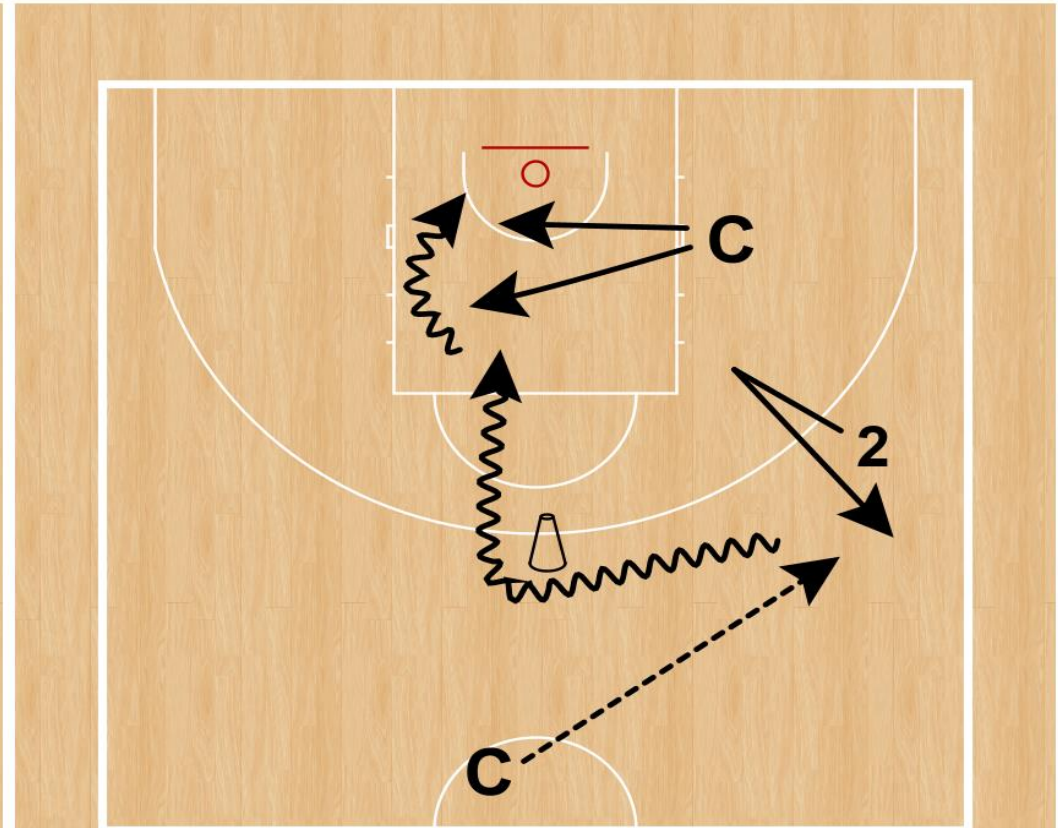


THREE SCENARIOS;

COACH REMAINS RIGHT IN THE MIDDLE  
COACH TAKES A STEP FORWARD TO STOP THE BALL  
COACH TAKES A STEP SIDWAYS TO MEET WITH THE BALL

## 1VC (VS. WEAKSIDE HELP) (2 of 2)

Fatih Akser

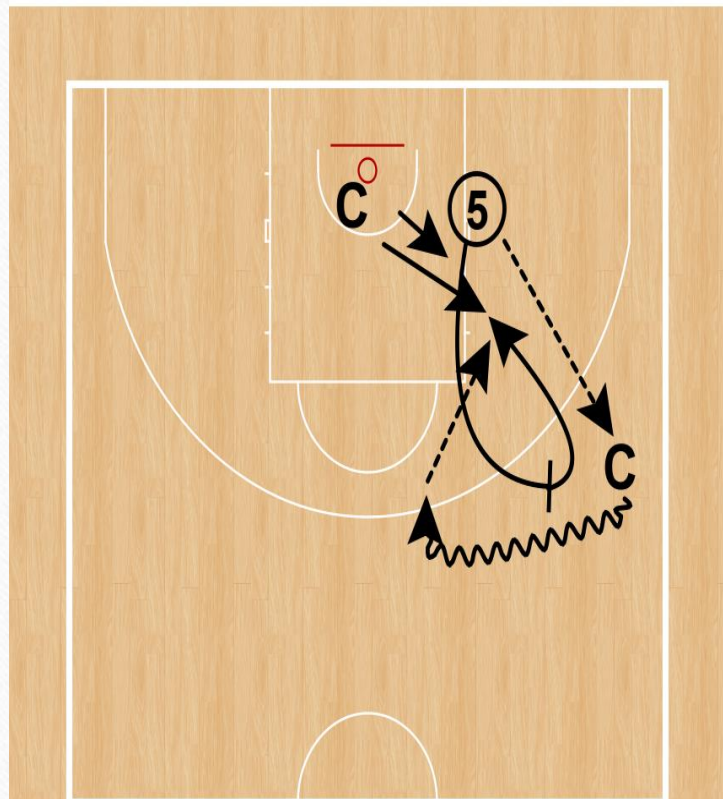


THREE SCENARIOS;

COACH REMAINS WEAKSIDE  
COACH TAKES A STEP FORWARD TO MEET WITH THE BALL  
COACH TAKES A STEP SIDWAYS TO MEET WITH THE BALL

### 1VC (POST) (1 of 3)

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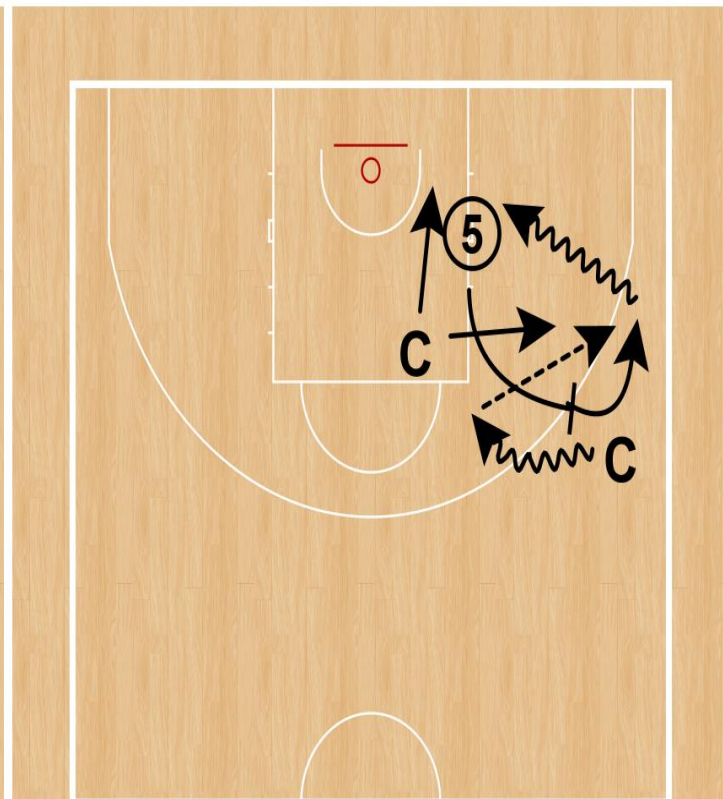


THREE SCENARIOS;

COACH REMAINS AT THE SAME SPOT  
COACH STEPS FORWARD TO MEET WITH THE BALL  
COACH STEPS SIDWAYS TO BLOCK THE SHOT (UNDERNEATH THE BASKET)

### 1VC (POST) (2 of 3)

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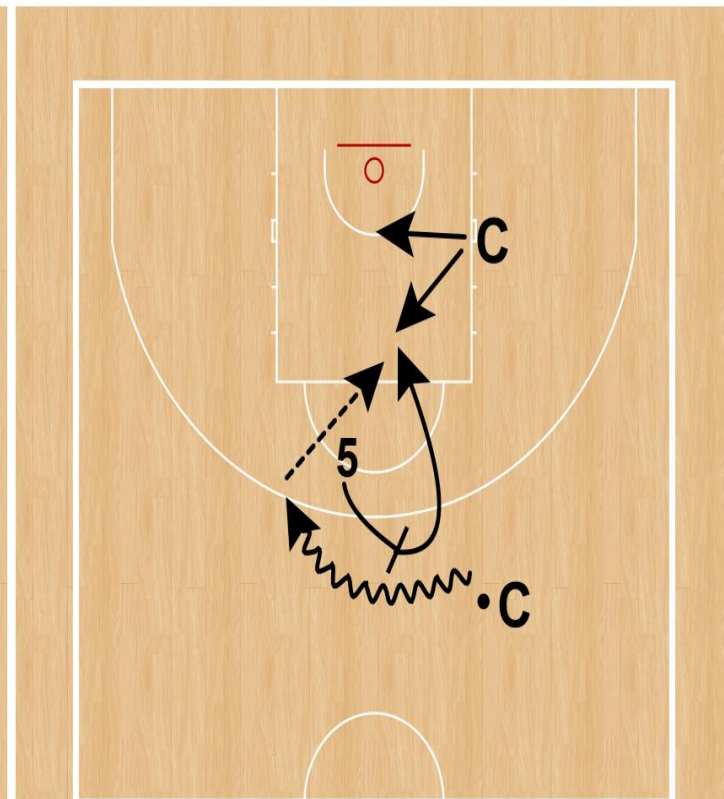


THREE SCENARIOS;

COACH REMAINS AT THE SAME SPOT  
COACH STEPS FORWARD TO MEET WITH THE BALL  
COACH STEPS SIDWAYS TO BLOCK THE SHOT (UNDERNEATH THE BASKET)

### 1VC (POST) (3 of 3)

Fatih Akser



THREE SCENARIOS

COACH REMAINS AT THE SAME SPOT  
COACH MEETS WITH THE BALL HIGH  
COACH MEETS WITH THE BALL UNDERNEATH THE BASKET

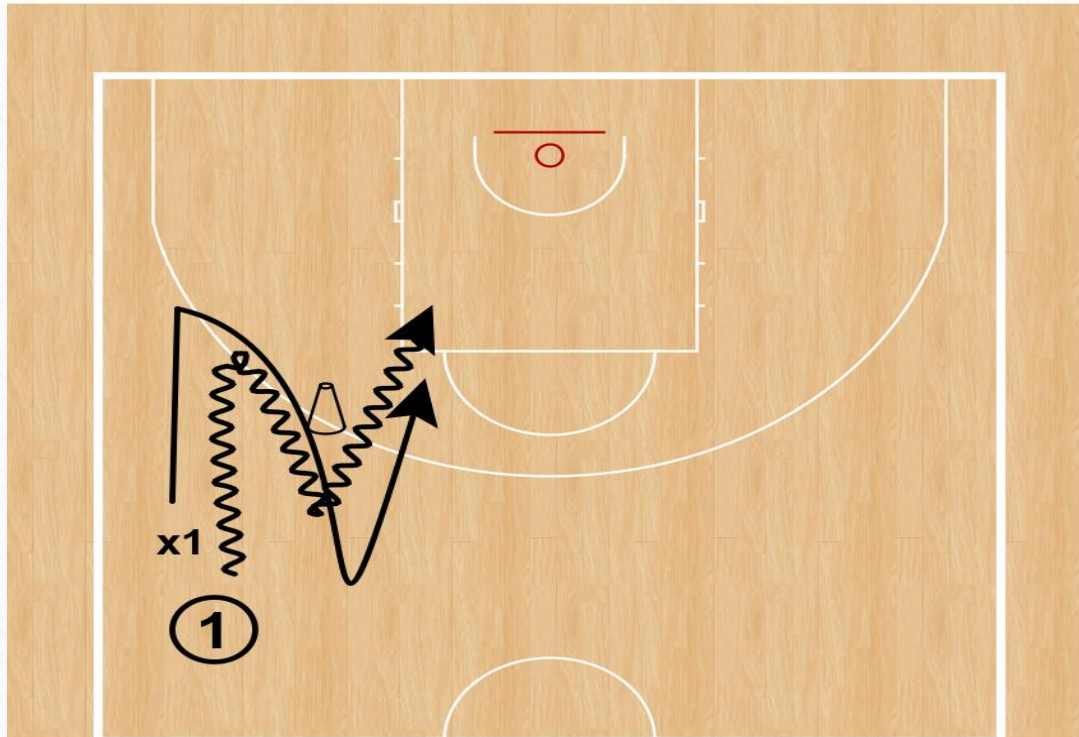
# **1V0 TO 1V2 PICK & ROLL TEACHING PROGRESSION**

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**3) 1v1 and 1v2 (CONTROLLED ADVANTAGE DRILLS)**

## 1V1 (ON BALL DEFENDER SITUATIONS) (1 of 2)

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PLAYER HAS THE BALL

DRILL #1: TRANSITION SCENARIO  
DRILL #2: HALF - COURT SCENARIO

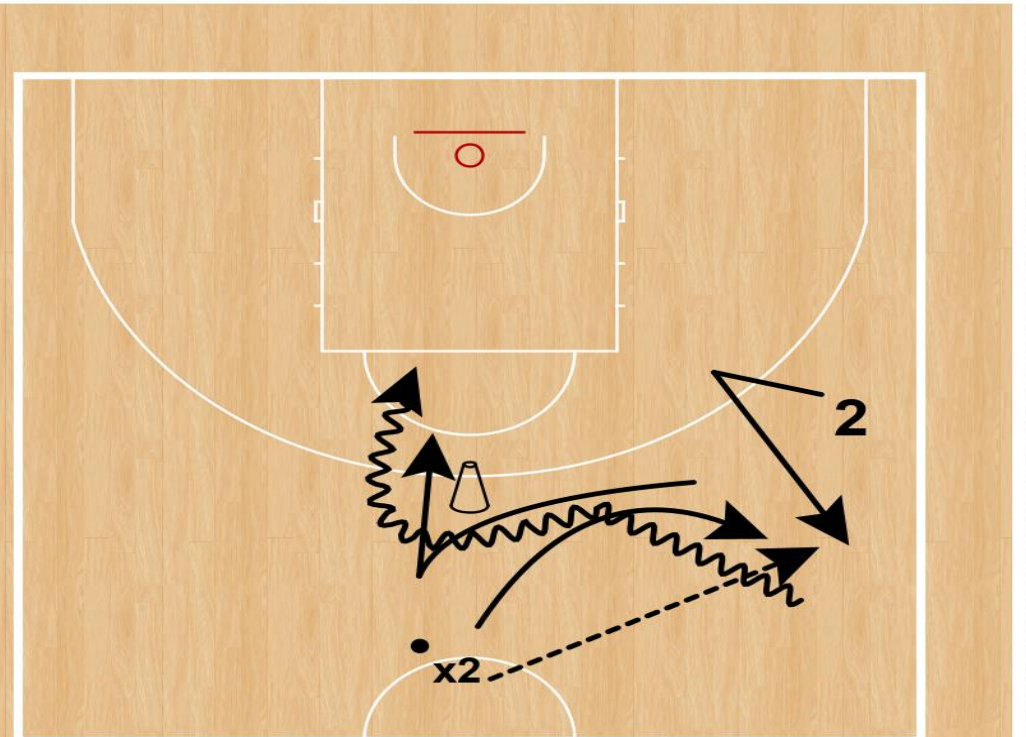
YOU CAN EMPHASIZE;

GUARD IS ALLOWED TO TAKE 1/2 DRIBBLES AFTER TURNS THE CORNER AND FINISH CERTAIN WAYS (ALWAYS CHALLENGE YOUR PLAYERS SKILL SET)

GUARD IS ALLOWED TO TAKE 1 DRIBBLE AFTER TURNS THE CORNER AND HAS TO TAKE A SHOT (MID RANGE OR LONG RANGE)

## 1V1 (ON BALL DEFENDER SITUATIONS) (2 of 2)

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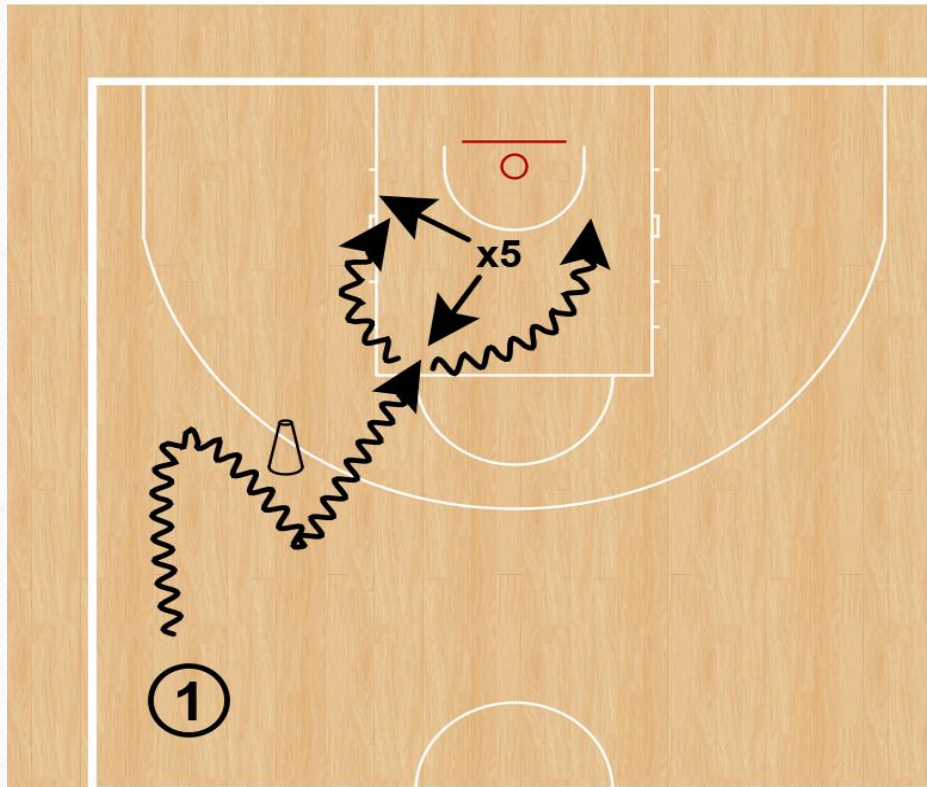
PLAYER MEETS WITH THE BALL

DRILL #1: 2 IS ONLY ALLOW TO TAKE A DRIBBLE AND FINISH WITH A FLOATER

DRILL #2: 2 IS ONLY ALLOW TO TAKE A DRIBBLE AND HAS TO MAKE A JUMPER (MID RANGE OR LONG RANGE)

## 1V1 (VS. WEAKSIDE HELP) (1 of 2)

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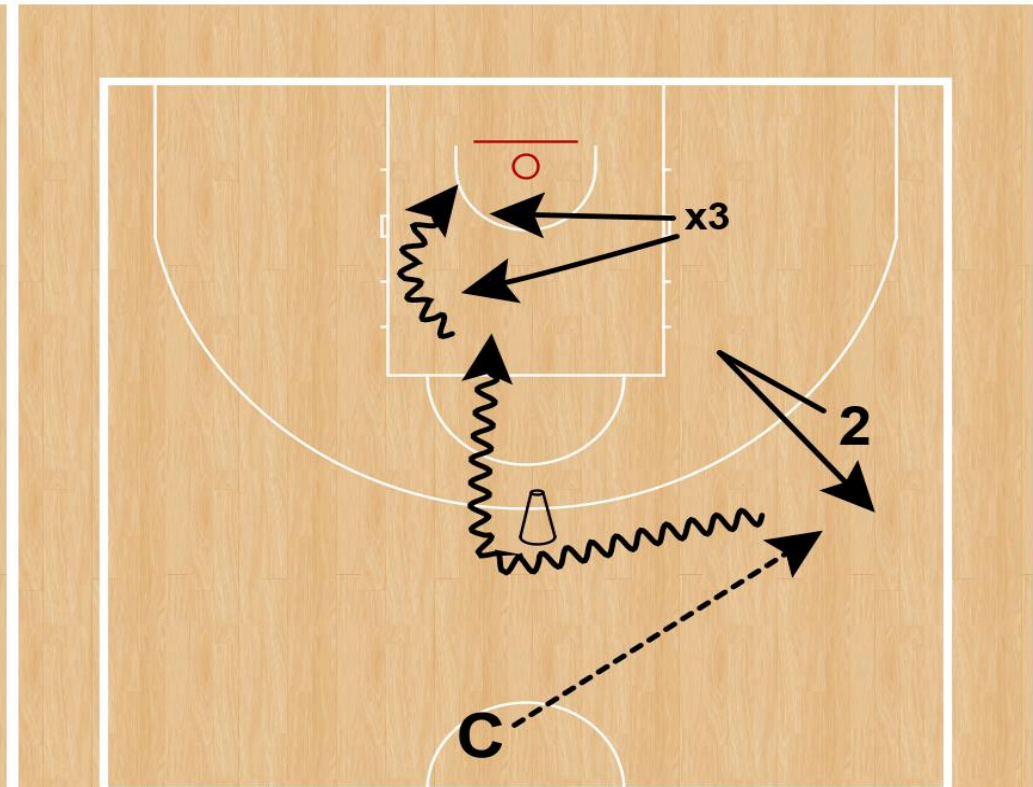


THREE SCENARIOS;

X5 REMAINS RIGHT IN THE MIDDLE  
X5 TAKES A STEP FORWARD TO STOP THE BALL  
X5 TAKES A STEP SIDWAYS TO MEET WITH THE BALL

## 1V1 (VS. WEAKSIDE HELP) (2 of 2)

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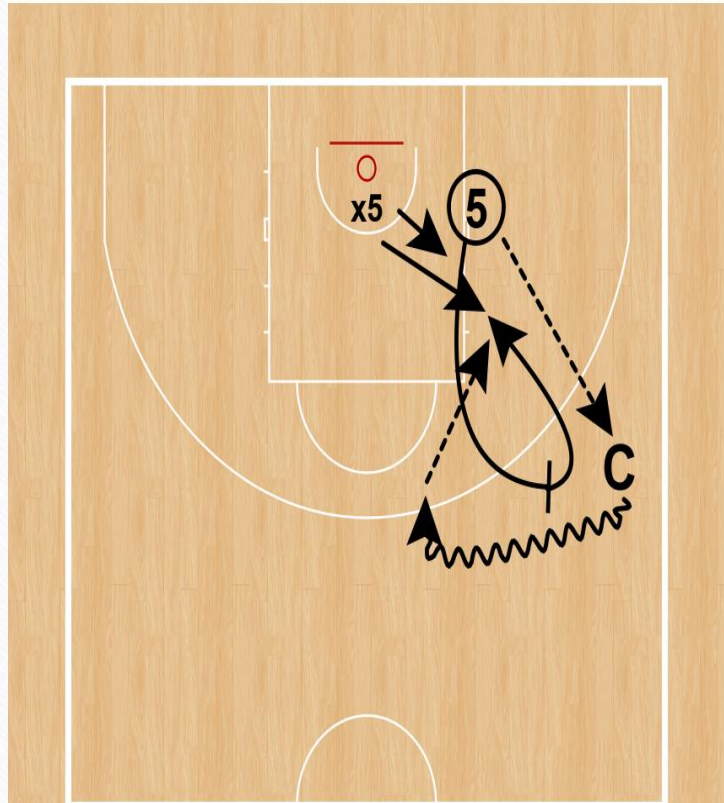


THREE SCENARIOS;

X3 REMAINS WEAK-SIDE  
X3 TAKES A STEP FORWARD TO STOP THE BALL  
X3 TAKES A STEP SIDWAYS TO MEET WITH THE BALL

### 1V1 (POST) (1 of 3)

Fatih Akser

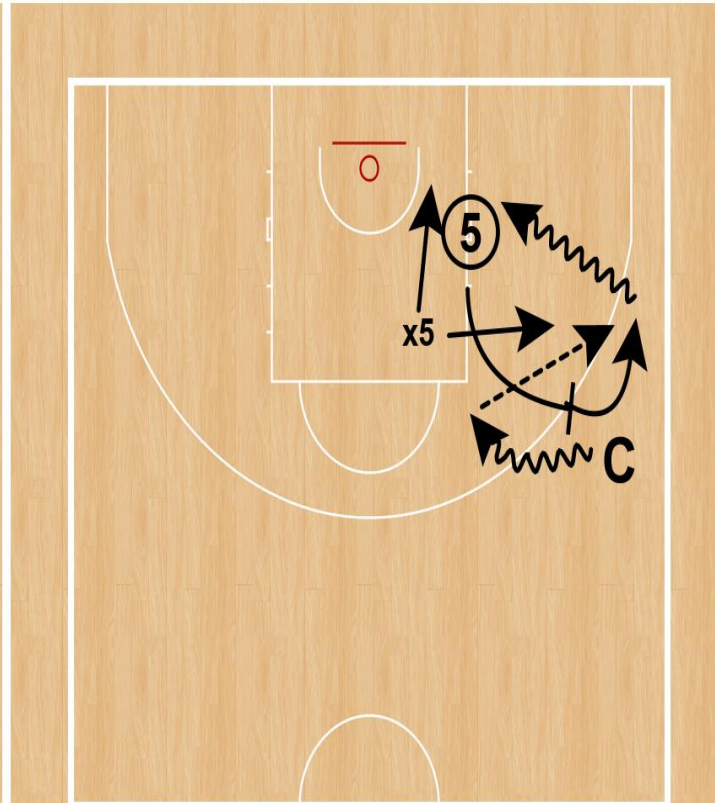


THREE SCENARIOS;

- X5 REMAINS AT THE SAME SPOT
- X5 STEPS FORWARD TO MEET WITH THE BALL
- X5 STEPS SIDWAYS TO BLOCK THE SHOT (UNDERNEATH THE BASKET)

### 1V1 (POST) (2 of 3)

Fatih Akser

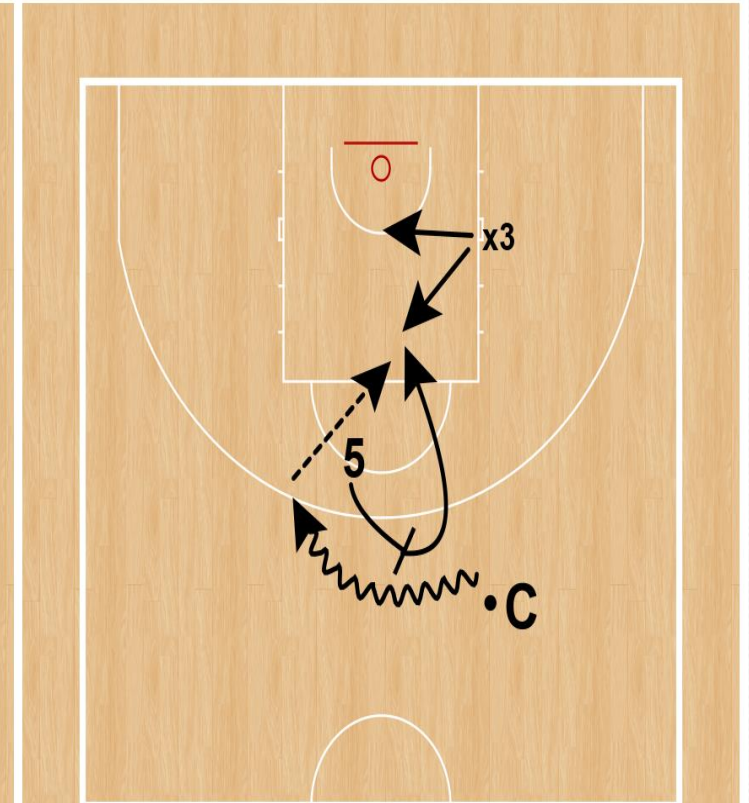


THREE SCENARIOS;

- X5 REMAINS AT THE SAME SPOT
- X5 STEPS FORWARD TO MEET WITH THE BALL
- X5 STEPS SIDWAYS TO BLOCK THE SHOT (UNDERNEATH THE BASKET)

### 1V1 (POST) (3 of 3)

Fatih Akser



THREE SCENARIOS

- X3 REMAINS AT THE SAME SPOT
- X3 MEETS WITH THE BALL HIGH
- X3 MEETS WITH THE BALL UNDERNEATH THE BASKET

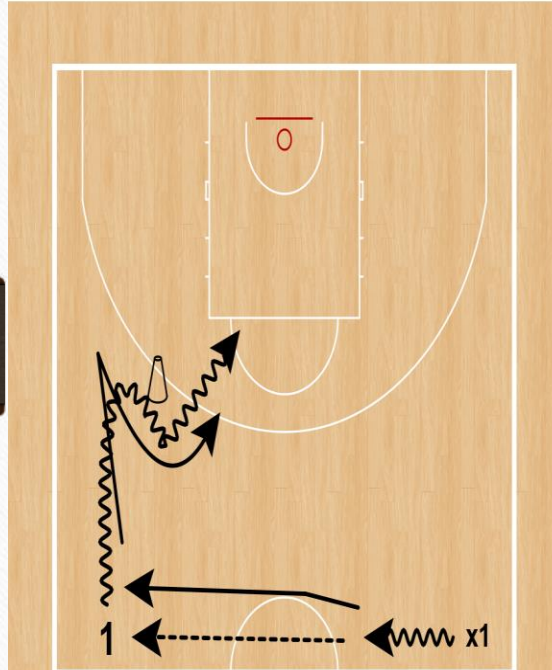
# **1V0 TO 1V2 PICK & ROLL TEACHING PROGRESSION**

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**4) 1v1 and 1v2 (GAME SITUATION DRILLS)**

1V1 (GAME SITUATION) (1 of 4)

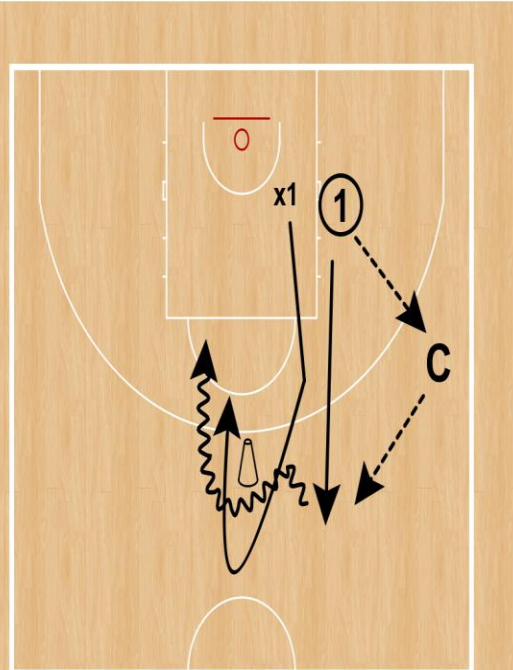
Fatih Akser



1V1 DRILL (TRANSITION)

1V1 (GAME SITUATION) (2 of 4)

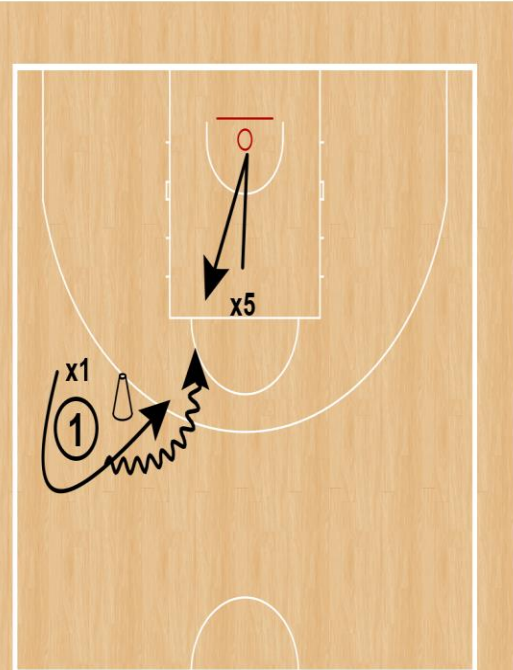
Fatih Akser



1V1 (ZIPPER)

1V1 (GAME SITUATION) (3 of 4)

Fatih Akser

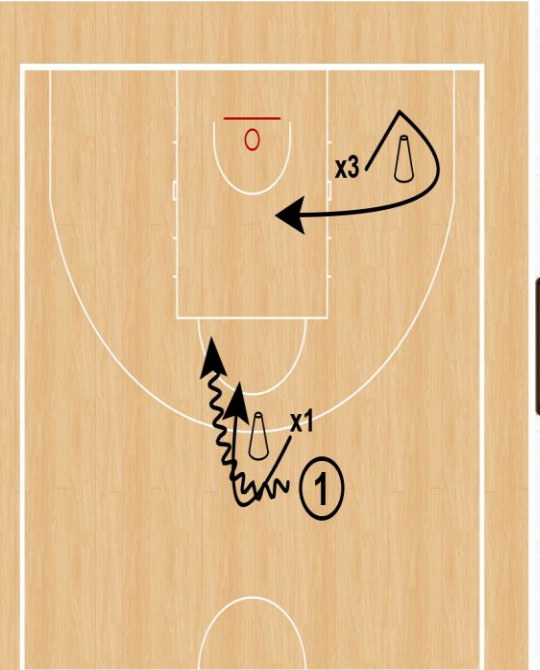


1V2 DRILL (WITH POST DEFENDER)

X5 STARTS AT THE FT, SPRINTS INSIDE THE CIRCLE (ONE STEP IN) AND SPRINTS BACK TO STOP THE BALL

1V1 (GAME SITUATION) (4 of 4)

Fatih Akser

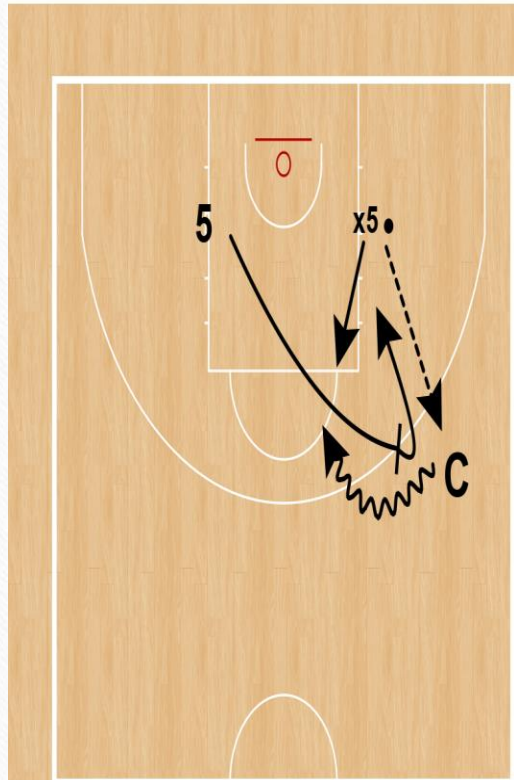


1V2 DRILL (WITH WEAK-SIDE HELP)

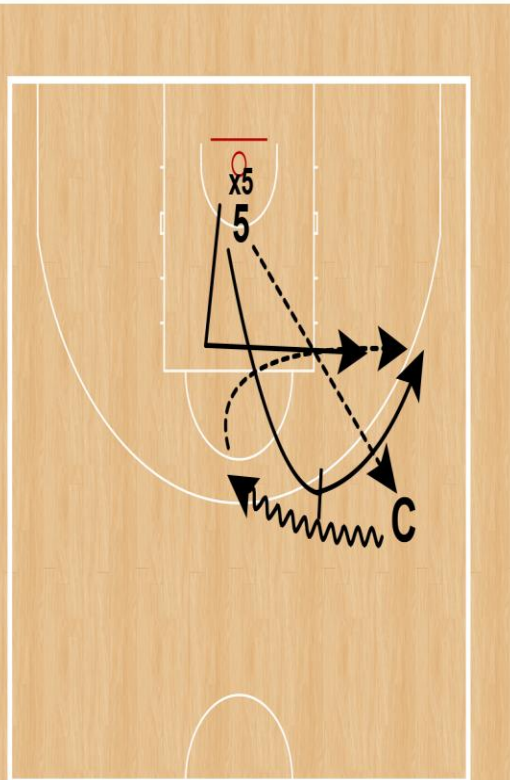
X3 CURLS AROUND THE CONE TO STOP THE BALL



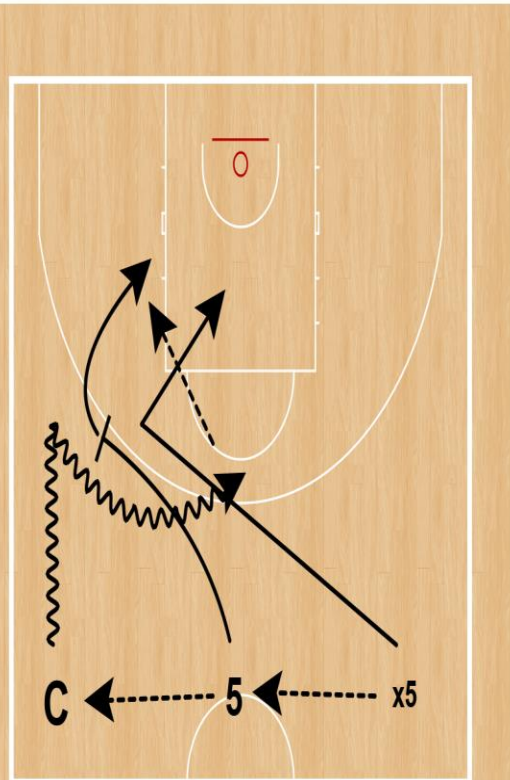
1V1 (POST) (1 of 4)  
Fatih Akser



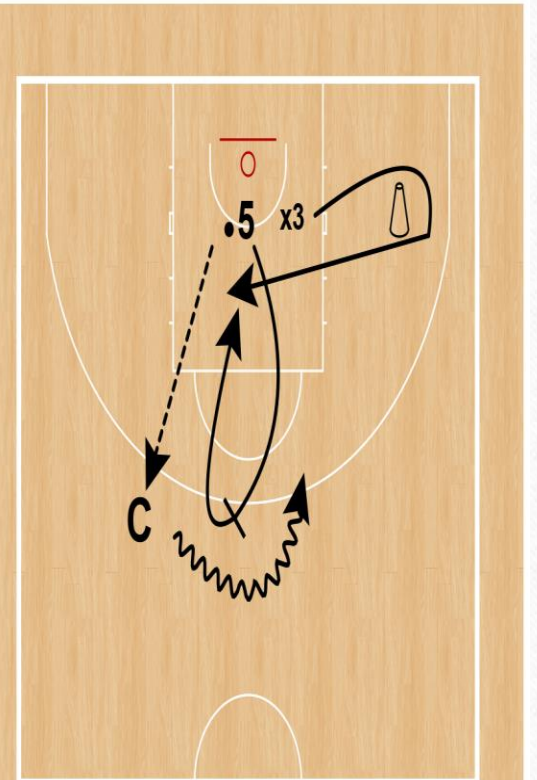
1V1 (POST) (2 of 4)  
Fatih Akser



1V1 (POST) (3 of 4)  
Fatih Akser



1V1 (POST) (4 of 4)  
Fatih Akser



# 2V0 TO 2V2 PICK & ROLL TEACHING PROGRESSIONS

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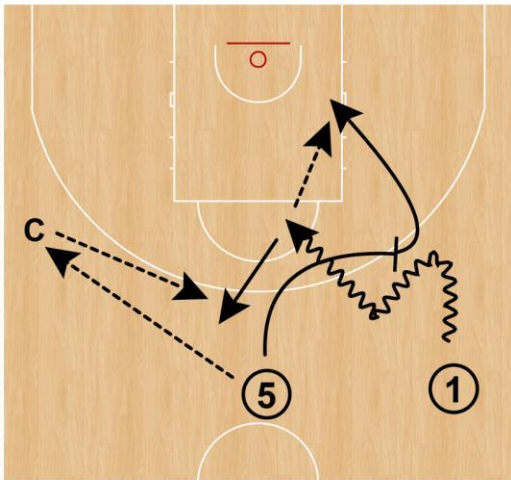
- 1) 2v0 (INTRODUCTION OF THE NEW SKILL)
- 2) 2vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)
- 3) 2v1 (CONTROLLED ADVANTAGE DRILLS)
- 4) 2v2 (GAME SITUATION DRILLS)

# **2V0 TO 2V2 PICK & ROLL TEACHING PROGRESSION**

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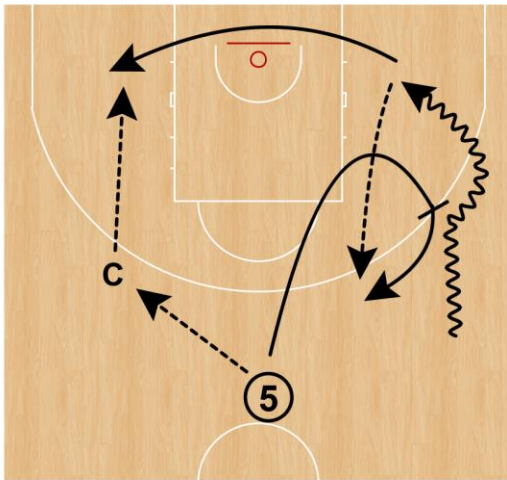
- 1) 2v0 (INTRODUCTION OF THE NEW SKILL)**

2V0 (Pick & Roll Teaching) (1 of 4)  
Fatih Akser



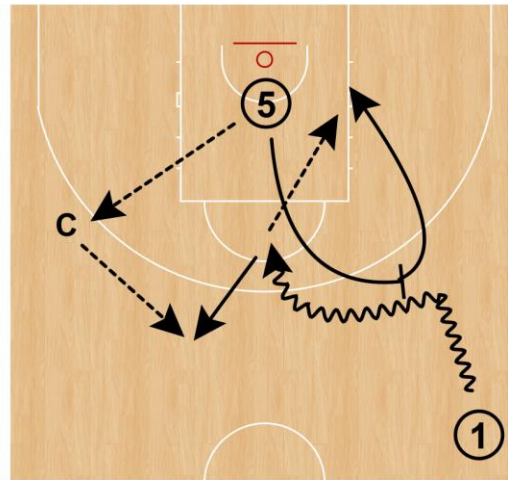
TRANSITION (ROLL)

2V0 (Pick & Roll Teaching) (2 of 4)  
Fatih Akser



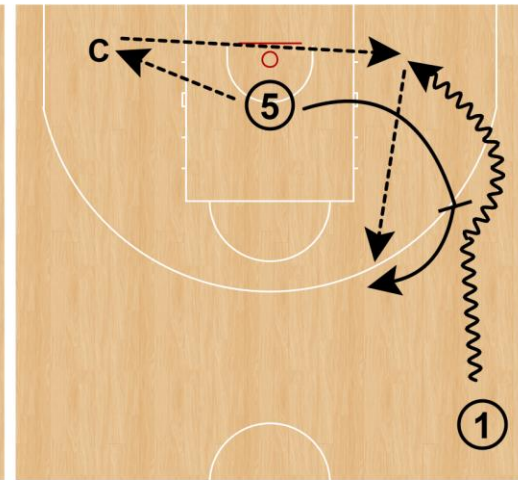
TRANSITION (POP)

2V0 (Pick & Roll Teaching) (3 of 4)  
Fatih Akser



HALF - COURT (ROLL)

2V0 (Pick & Roll Teaching) (4 of 4)  
Fatih Akser



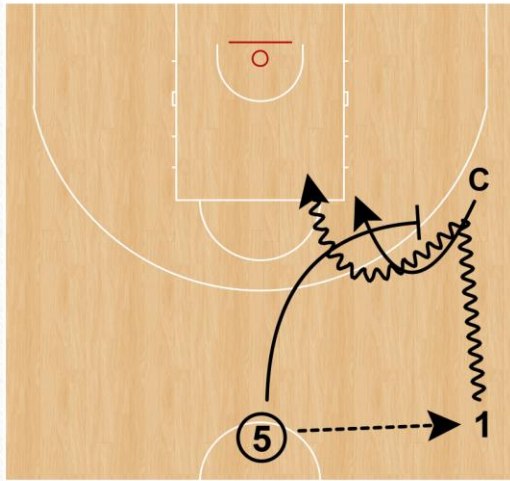
HALF - COURT (POP)

# **2V0 TO 2V2 PICK & ROLL TEACHING PROGRESSION**

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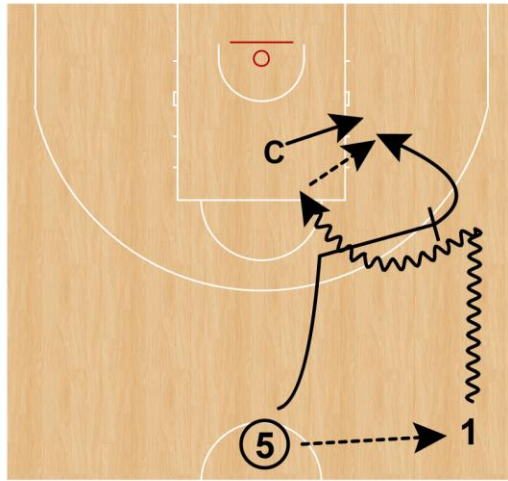
**2) 2vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)**

2VC (Pick and Roll Teaching) (1 of 4)  
Fatih Akser



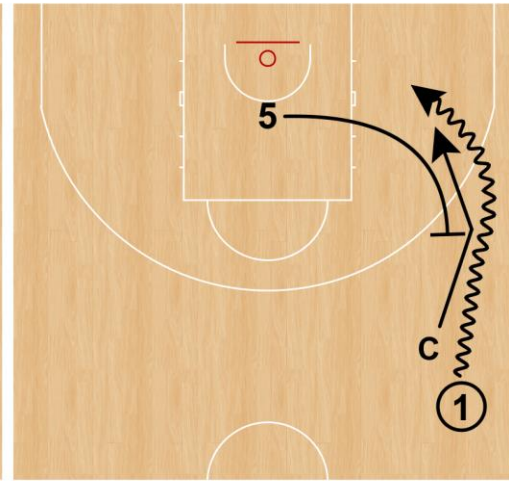
TRANSITION (1VC)

2VC (Pick and Roll Teaching) (2 of 4)  
Fatih Akser



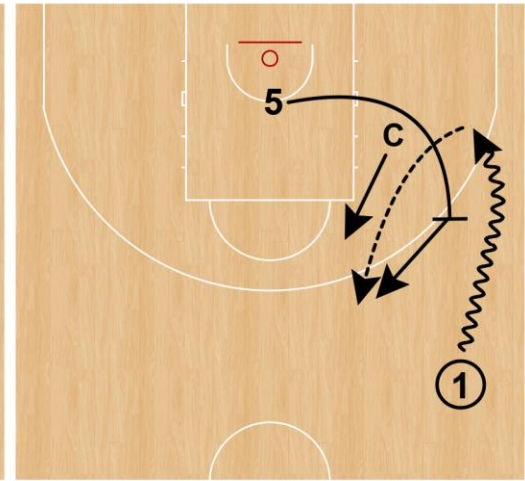
TRANSITION (5VC)

2VC (Pick and Roll Teaching) (3 of 4)  
Fatih Akser



HALF - COURT (1VC)

2VC (Pick and Roll Teaching) (4 of 4)  
Fatih Akser



HALF - COURT (5VC)

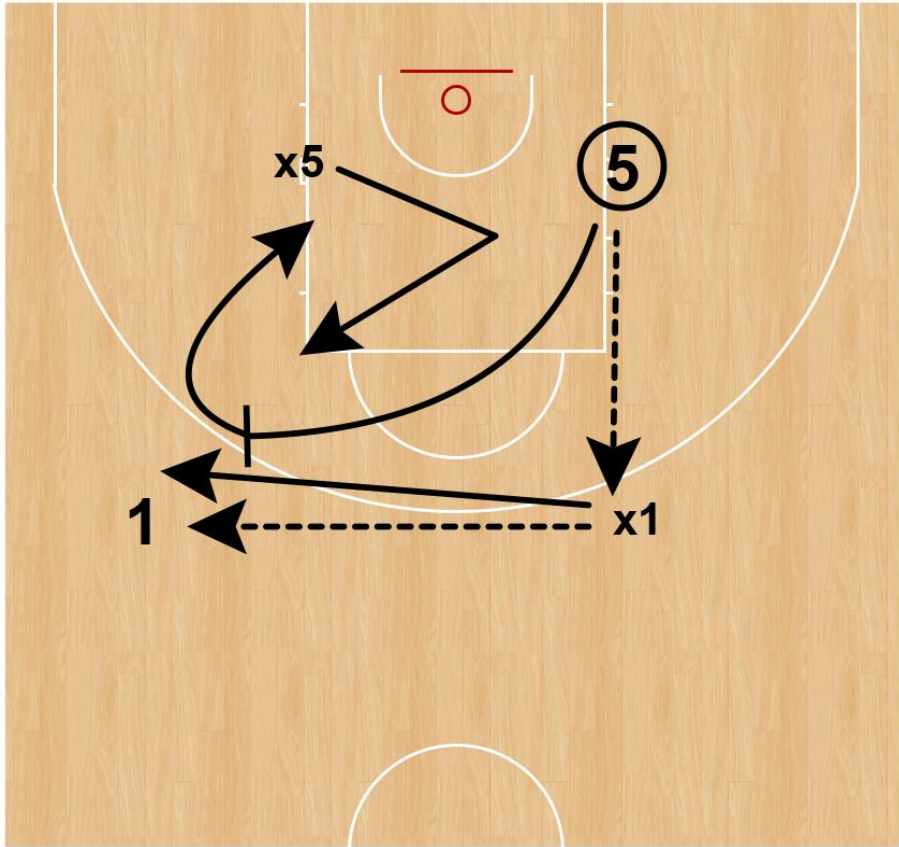
# **2V0 TO 2V2 PICK & ROLL TEACHING PROGRESSION**

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**3) 2v1 (CONTROLLED ADVANTAGE DRILLS)**

### 2V1 (Pick & Roll Teaching) (1 of 2)

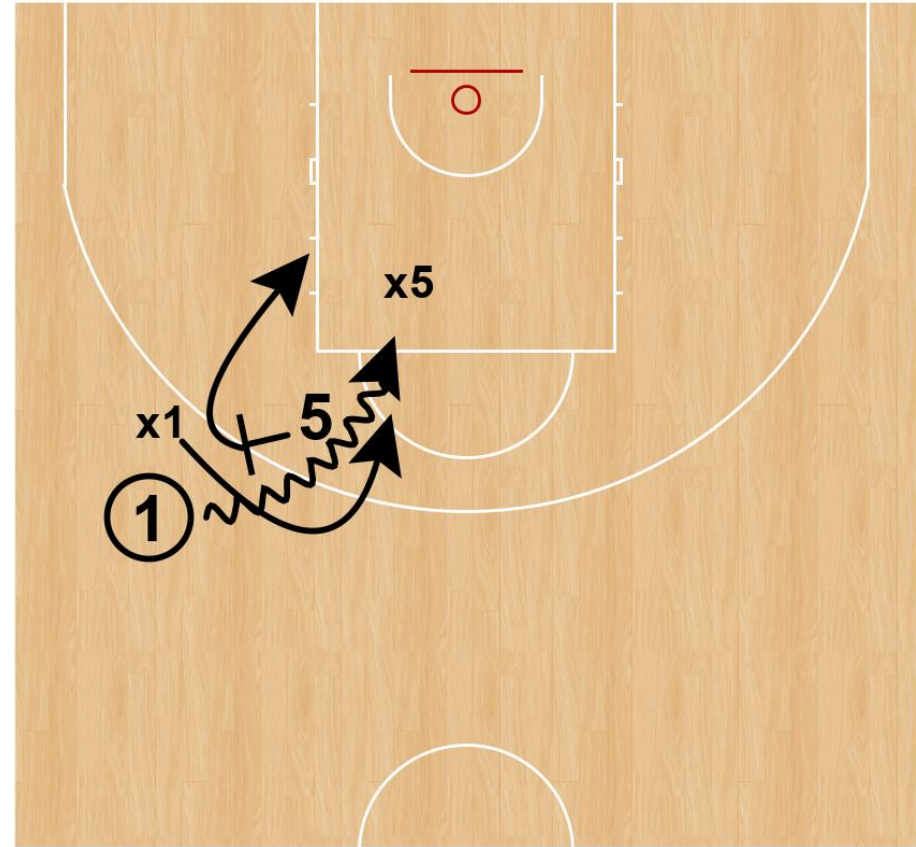
Fatih Akser



HALF - COURT

### 2V1 (Pick & Roll Teaching) (2 of 2)

Fatih Akser

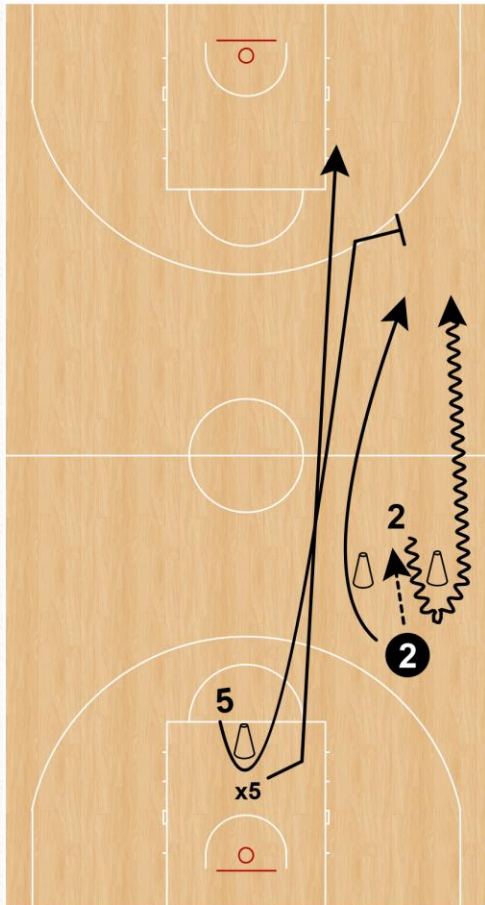


HALF - COURT



2V1 Transition (Pick & Roll) (1 of 4)

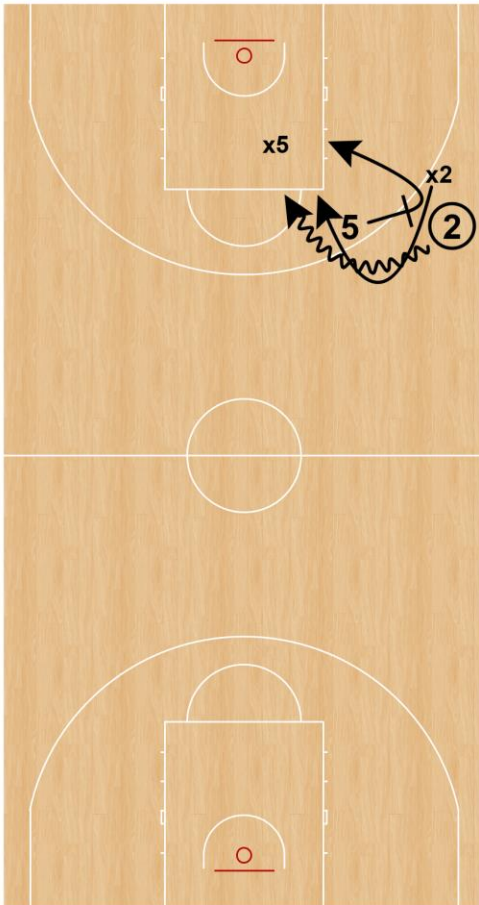
Fatih Akser



TRANSITION

2V1 Transition (Pick & Roll) (2 of 4)

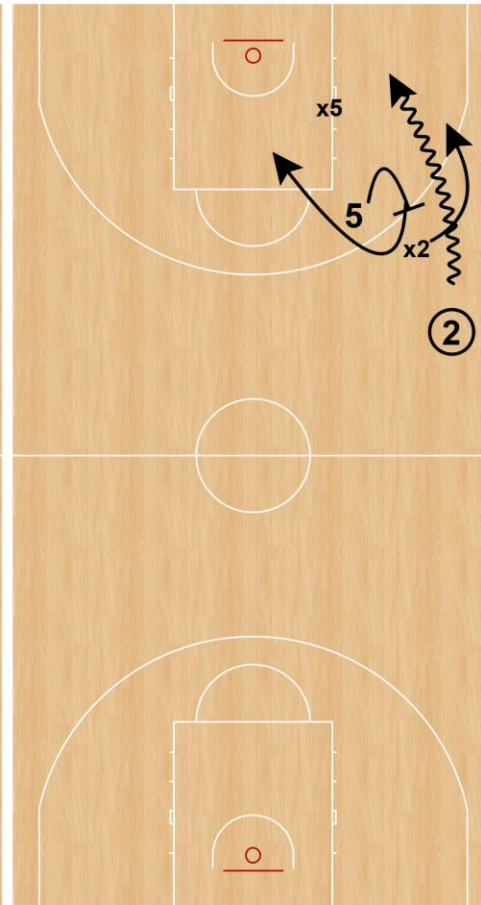
Fatih Akser



TRANSITION

2V1 Transition (Pick & Roll) (3 of 4)

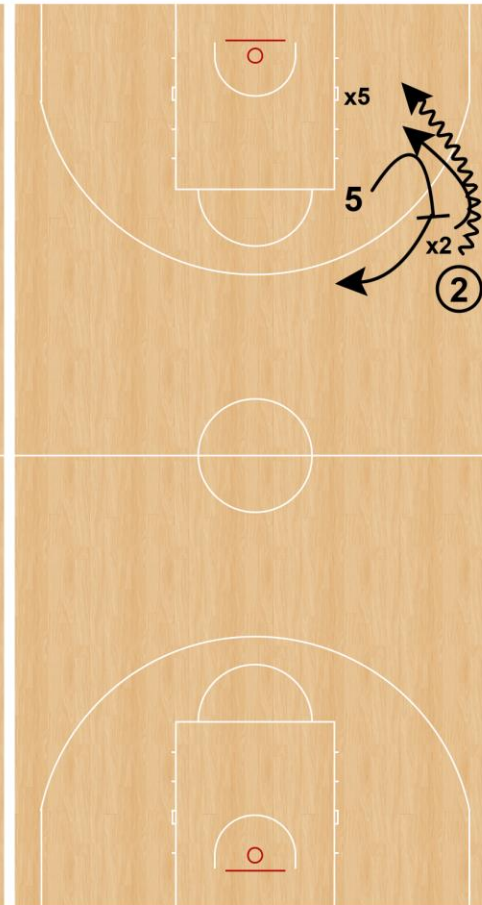
Fatih Akser



TRANSITION

2V1 Transition (Pick & Roll) (4 of 4)

Fatih Akser



TRANSITION

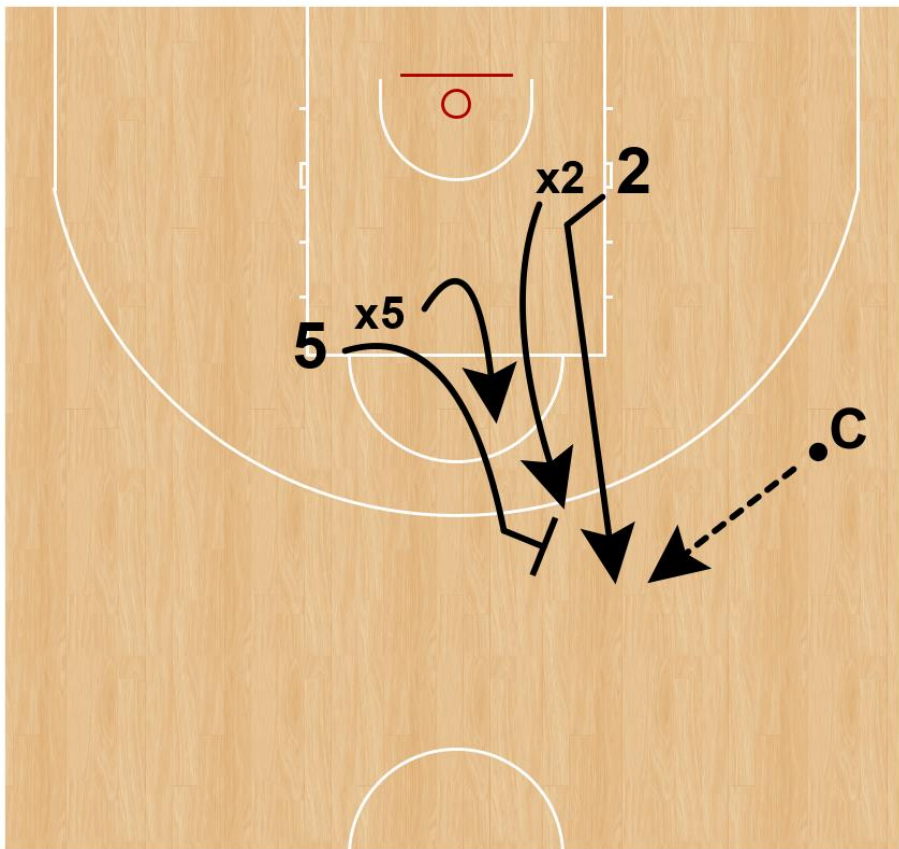
# **2V0 TO 2V2 PICK & ROLL TEACHING PROGRESSION**

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**4) 2v2 (GAME SITUATION DRILLS)**

### 2V2 (Game Situation Drills) (1 of 2)

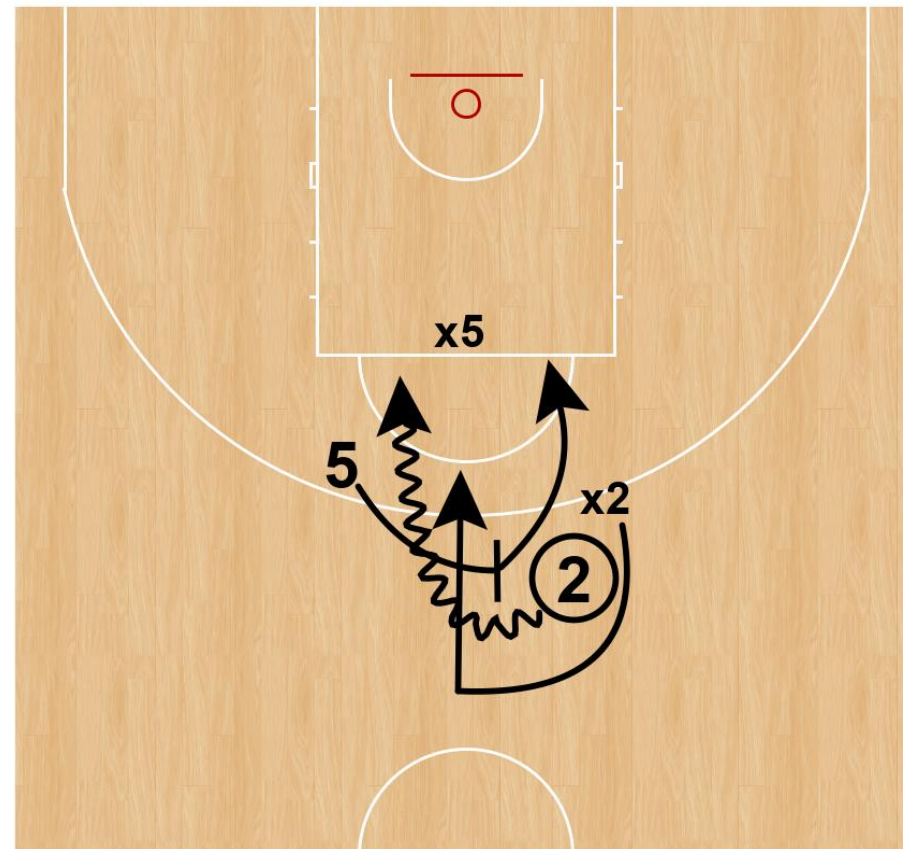
Fatih Akser



HALF - COURT (ZIPPER)

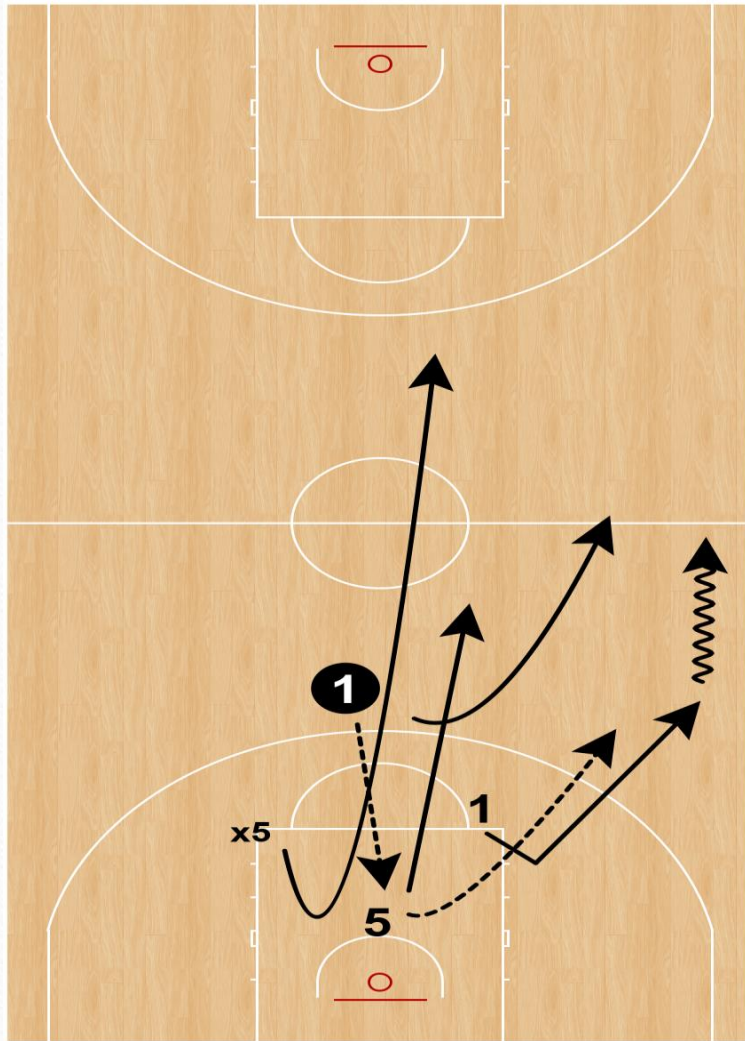
### 2V2 (Game Situation Drills) (2 of 2)

Fatih Akser



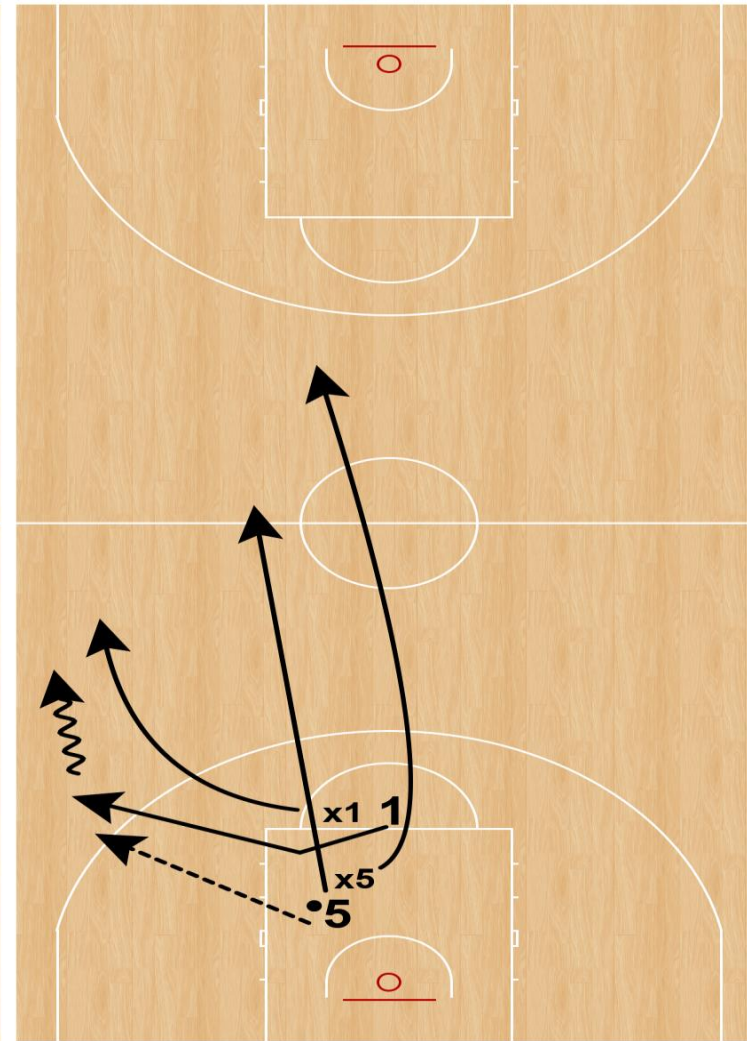
HALF - COURT (ZIPPER)

2v2 Transition Drag (1 of 2)  
Fatih Akser



TRANSITION DRAG

2v2 Transition Drag (2 of 2)  
Fatih Akser



TRANSITION DRAG (POST TAPS THE BALL ON THE BOARD)

# 3V0 TO 3V3 PICK & ROLL OFFENCE TEACHING PROGRESSIONS

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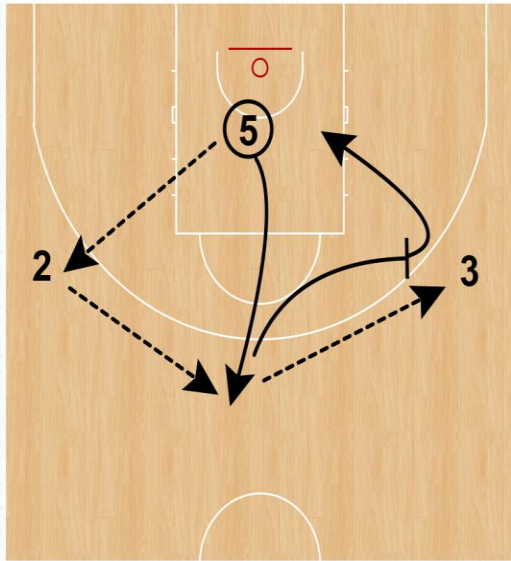
- 1) 3v0 (INTRODUCTION OF THE NEW SKILL)
- 2) 3vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)
- 3) 3v2 (CONTROLLED ADVANTAGE DRILLS)
- 4) 3v3 (GAME SITUATION DRILLS)

# **3V0 TO 3V3 PICK & ROLL TEACHING PROGRESSION**

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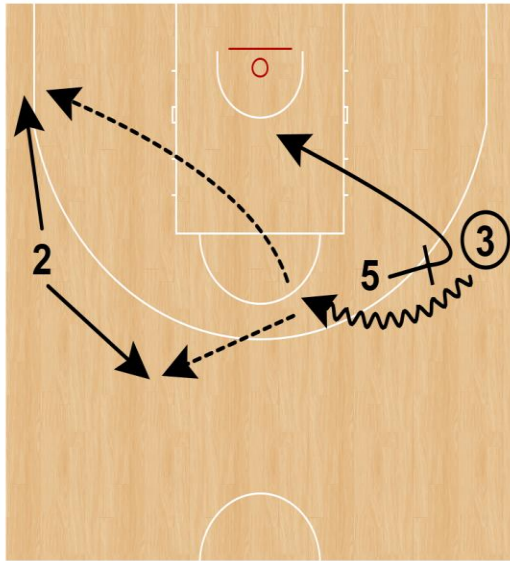
- 1) 3v0 (INTRODUCTION OF THE NEW SKILL)**

3V0 (Pick & Roll Teaching) (1 of 4)  
Fatih Akser



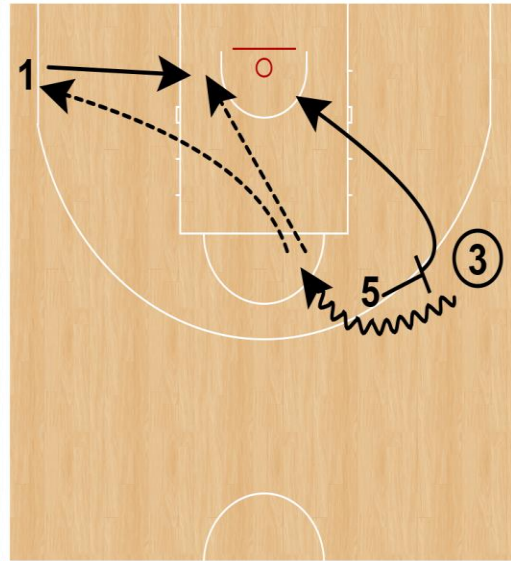
HALF - COURT

3V0 (Pick & Roll Teaching) (2 of 4)  
Fatih Akser



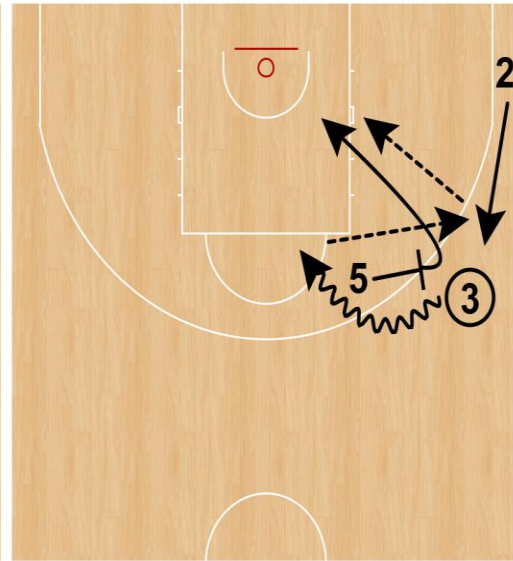
BALL SIDE (FIRST PLAYER)

3V0 (Pick & Roll Teaching) (3 of 4)  
Fatih Akser



BALL SIDE (SECOND PLAYER)

3V0 (Pick & Roll Teaching) (4 of 4)  
Fatih Akser



TRIANGLE PASS

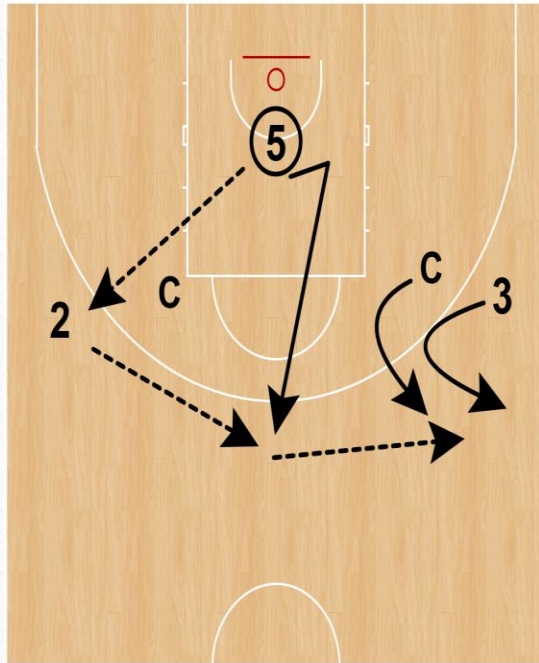
# **3V0 TO 3V3 PICK & ROLL TEACHING PROGRESSION**

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**2) 3vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)**

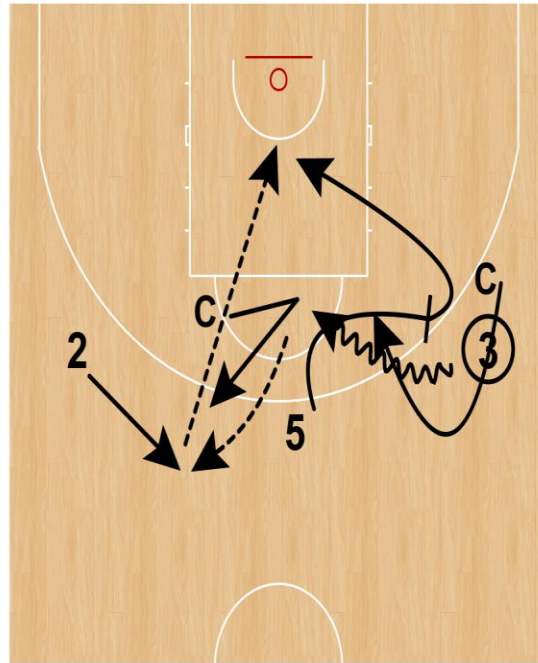


3VC (1 of 4)  
Fatih Akser



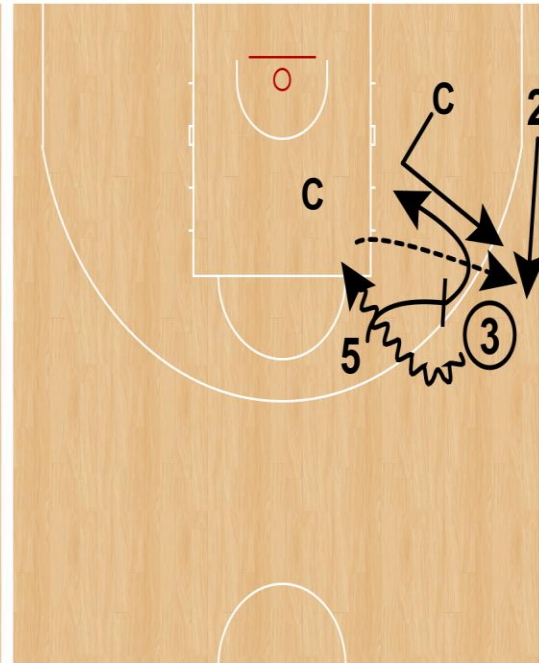
HALF - COURT

3VC (2 of 4)  
Fatih Akser



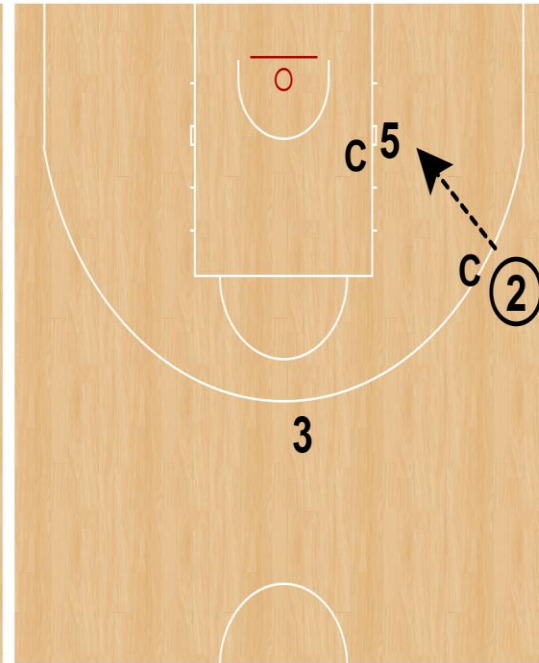
BALL SIDE HIGH-LOW

3VC (3 of 4)  
Fatih Akser



TRIANGLE POST ENTRY

3VC (4 of 4)  
Fatih Akser



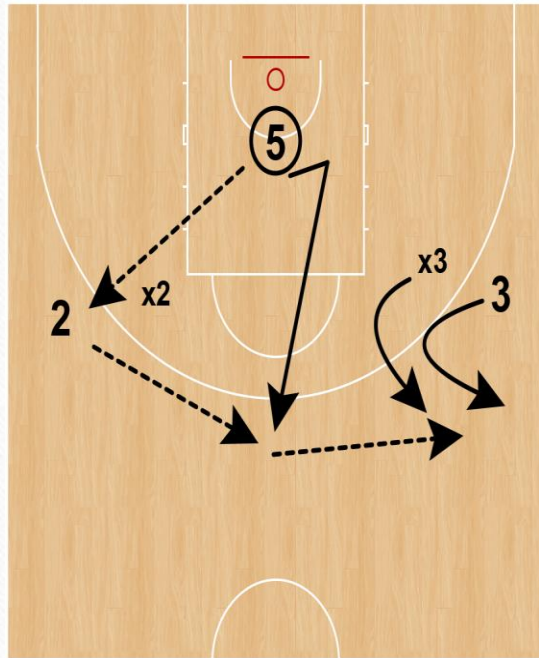
TRIANGLE POST ENTRY

# **3V0 TO 3V3 PICK & ROLL TEACHING PROGRESSION**

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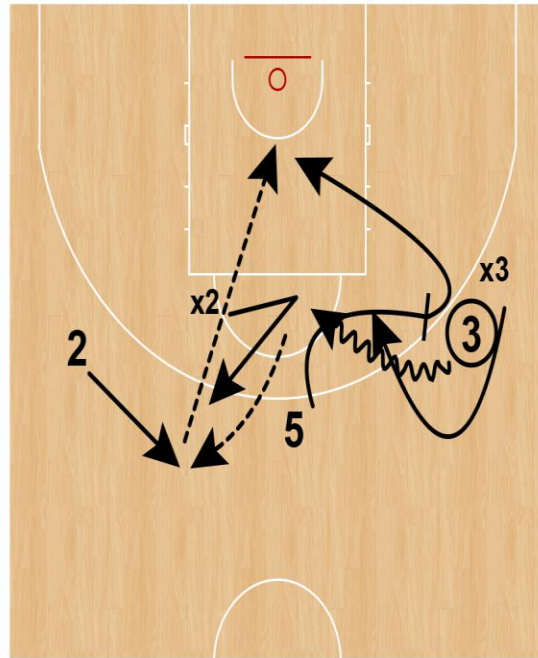
**3) 3v2 (CONTROLLED ADVANTAGE DRILLS)**

3VC (1 of 4)  
Fatih Akser



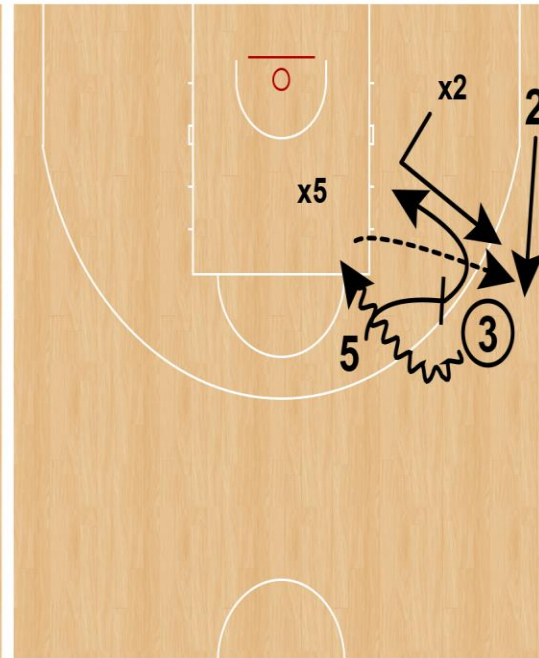
HALF - COURT

3VC (2 of 4)  
Fatih Akser



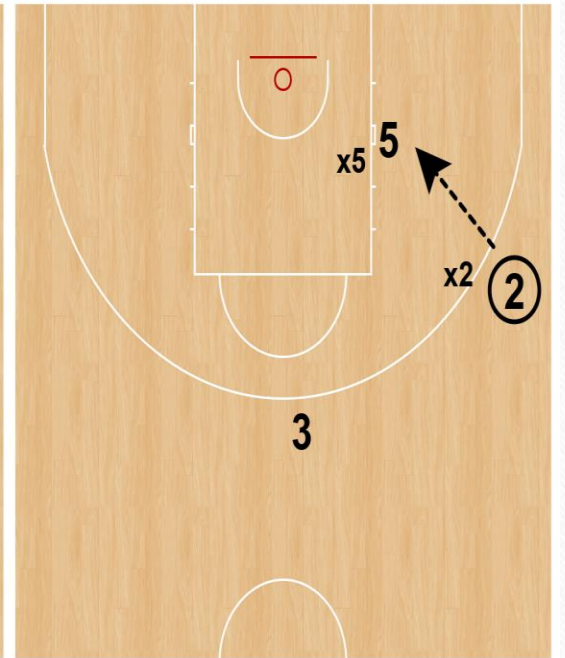
BALL SIDE HIGH-LOW

3VC (3 of 4)  
Fatih Akser



TRIANGLE POST ENTRY

3VC (4 of 4)  
Fatih Akser



TRIANGLE POST ENTRY

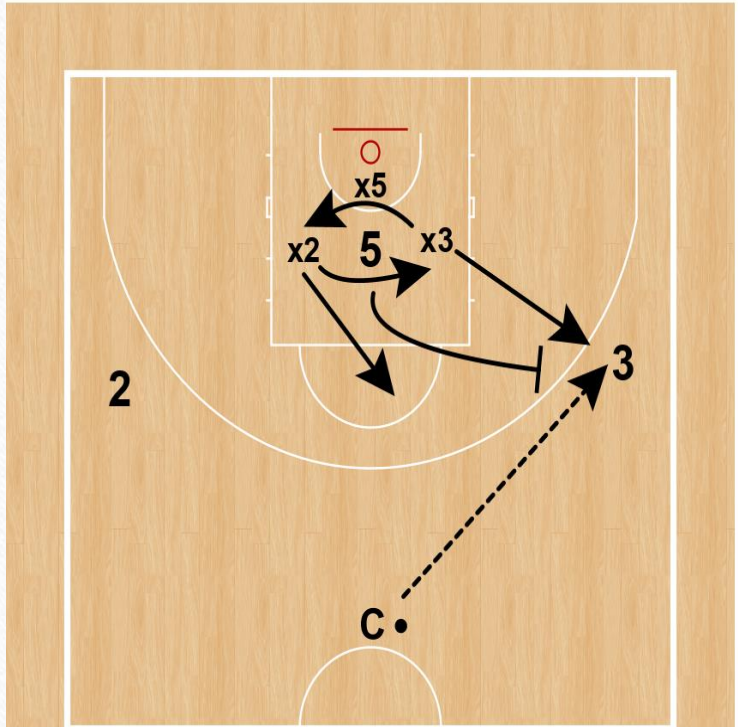
# **3V0 TO 3V3 PICK & ROLL TEACHING PROGRESSION**

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**4) 3v3 (GAME SITUATION DRILLS)**

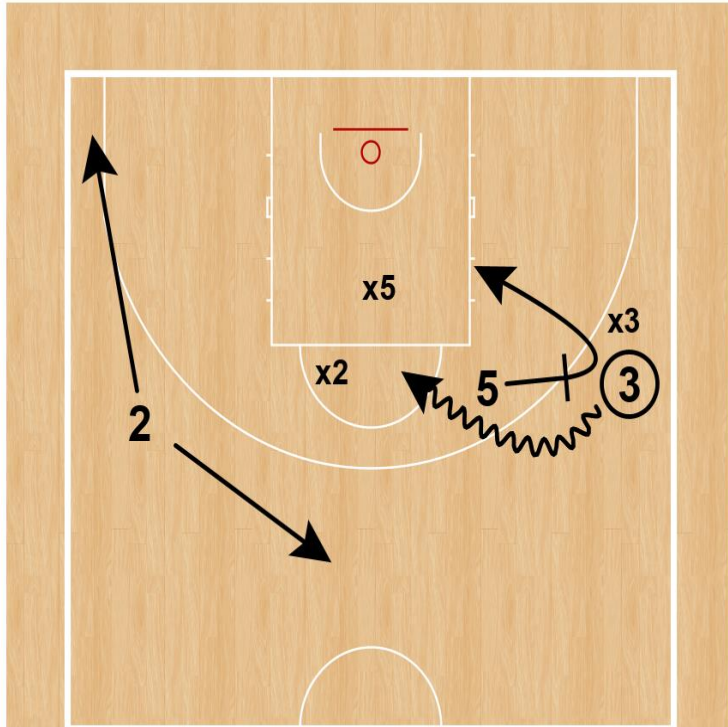


3V3 (1 of 3)  
Fatih Akser



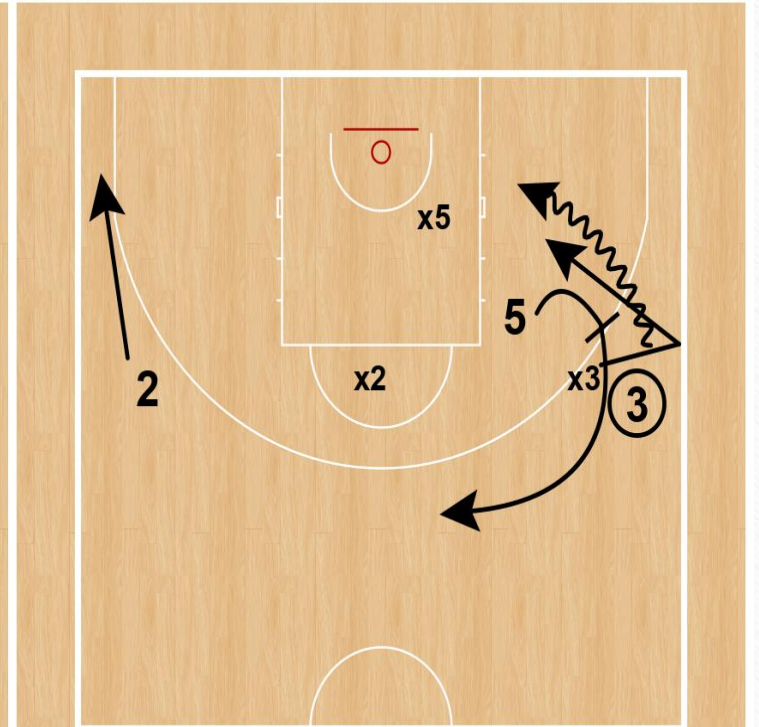
X2 AND X3 CIRCLE AROUND 5  
DRILL BEGINS WITH COACH MAKING THE PASS TO ONE OF THE WING PLAYER AND 5 SETS A SIDE PICK (OR OUTSIDE FLAT PICK)

3V3 (2 of 3)  
Fatih Akser



BALL HANDLER USES THE PICK AND BALL SIDE OFFENSIVE PLAYER (2) MOVES WITHOUT THE BALL TO CREATE SCORING OPTIONS

3V3 (3 of 3)  
Fatih Akser



OUTSIDE FLAT SCREEN OPTION  
5 POPS AND 2 CUTS TO THE BALL SIDE CORNER

# 4V0 TO 4V4 PICK & ROLL OFFENCE TEACHING PROGRESSIONS

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- 1) 4v0 (INTRODUCTION OF THE NEW SKILL)
- 2) 4vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)
- 3) 4v3 (CONTROLLED ADVANTAGE DRILLS)
- 4) 4v4 (GAME SITUATION DRILLS)

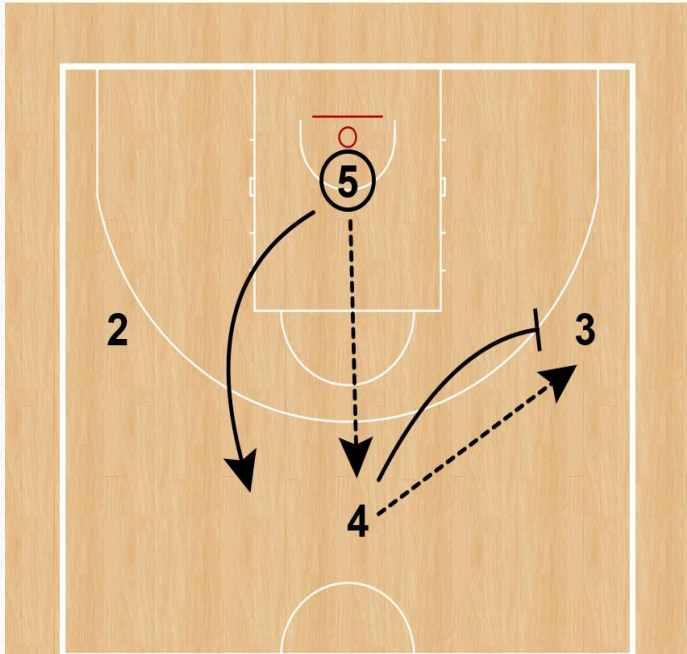
# **4V0 TO 4V4 PICK & ROLL TEACHING PROGRESSION**

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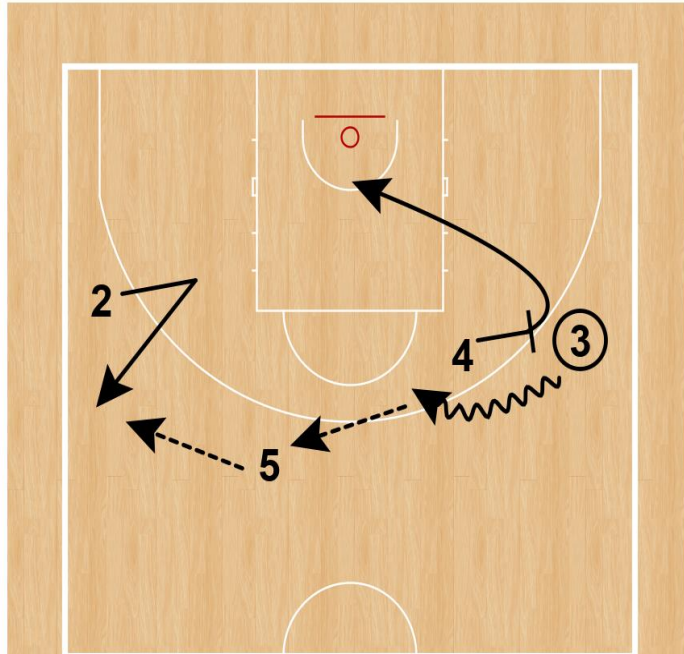
- 1) 4v0 (INTRODUCTION OF THE NEW SKILL)**



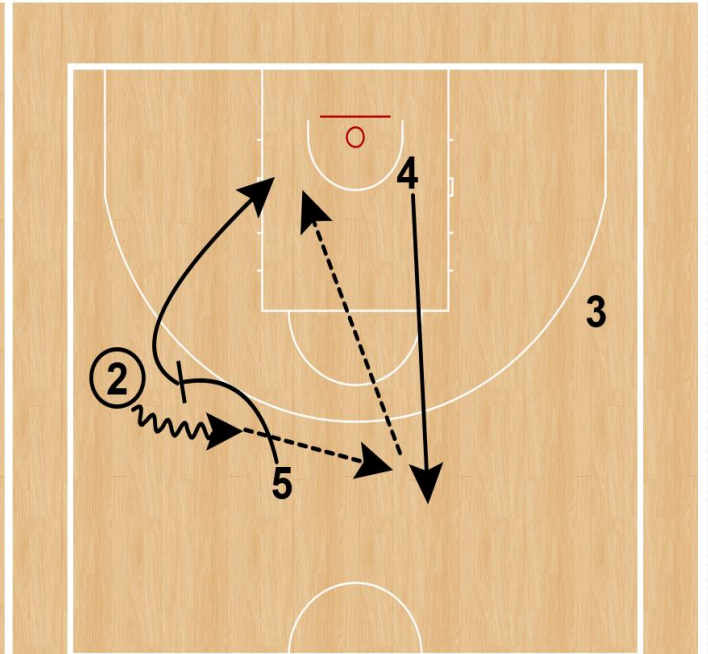
4V0 (1 of 3)  
Fatih Akser



4V0 (2 of 3)  
Fatih Akser



4V0 (3 of 3)  
Fatih Akser

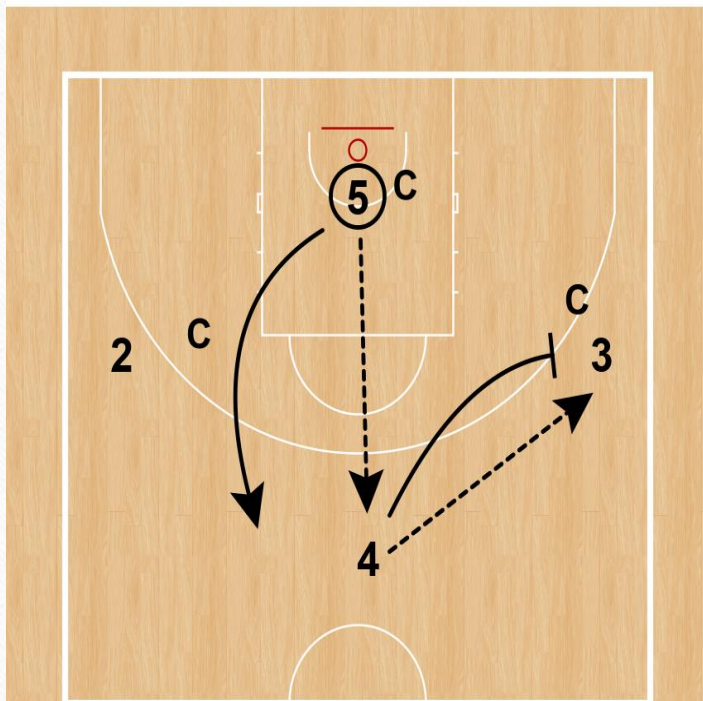


# **4V0 TO 4V4 PICK & ROLL TEACHING PROGRESSION**

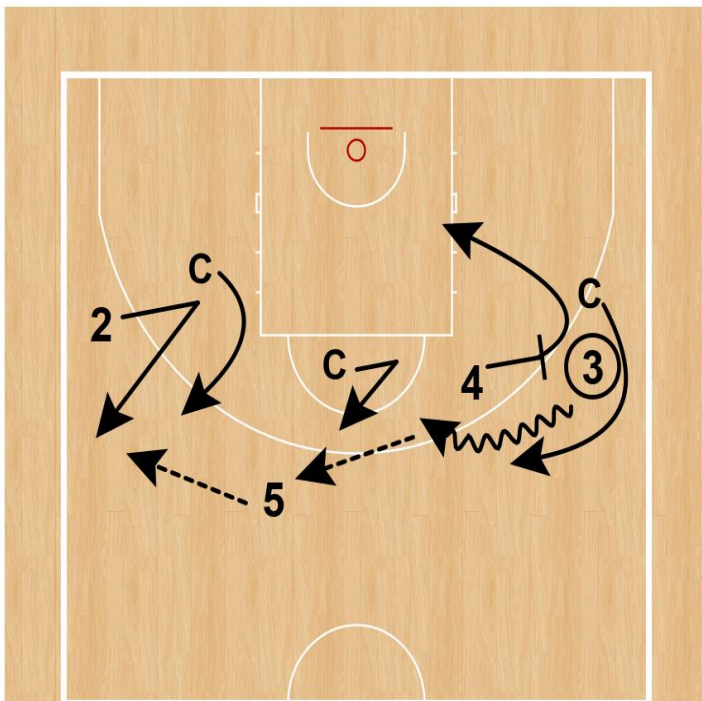
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**2) 4vC (COACH GUIDES THROUGH READ/REACT SITUATIONS)**

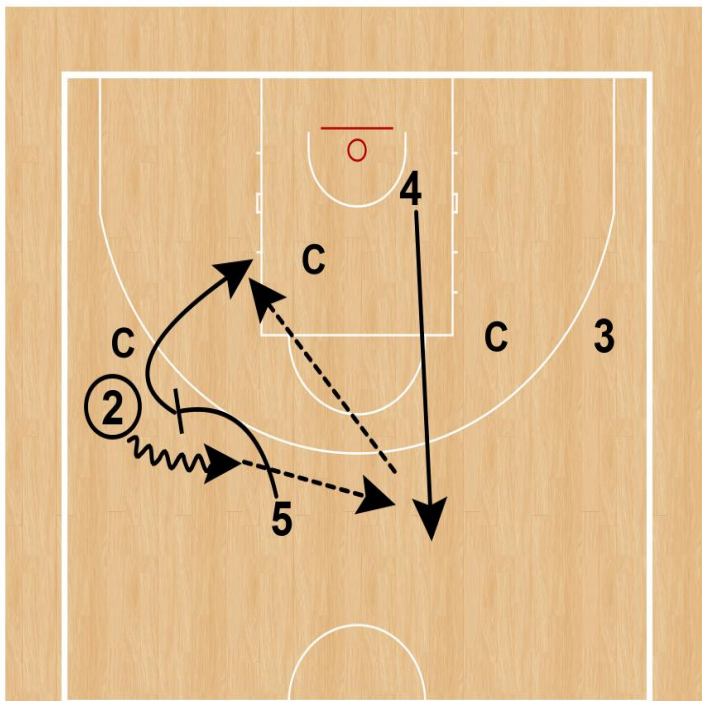
4V0 (1 of 3)  
Fatih Akser



4V0 (2 of 3)  
Fatih Akser



4V0 (3 of 3)  
Fatih Akser



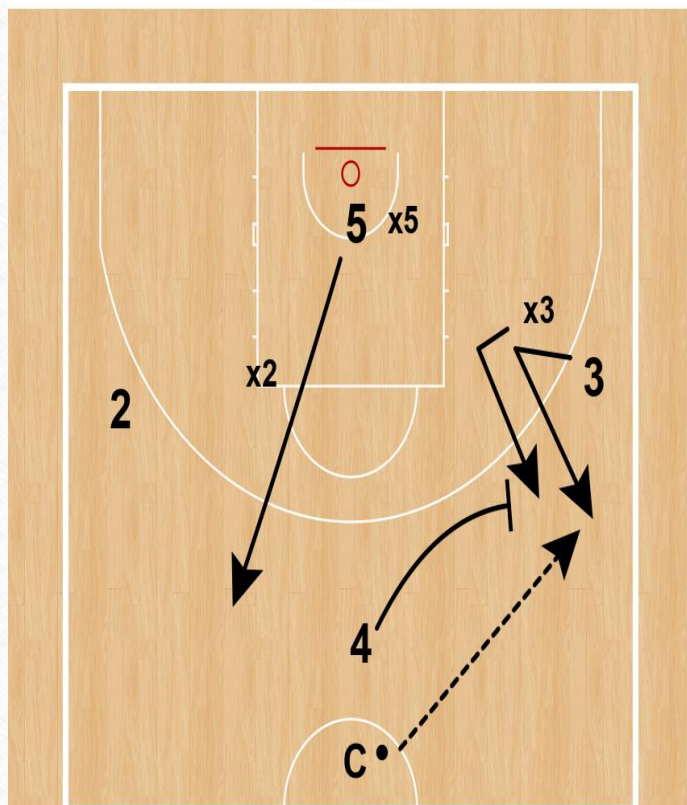
# **4V0 TO 4V4 PICK & ROLL TEACHING PROGRESSION**

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**3) 4v3 (CONTROLLED ADVANTAGE DRILLS)**

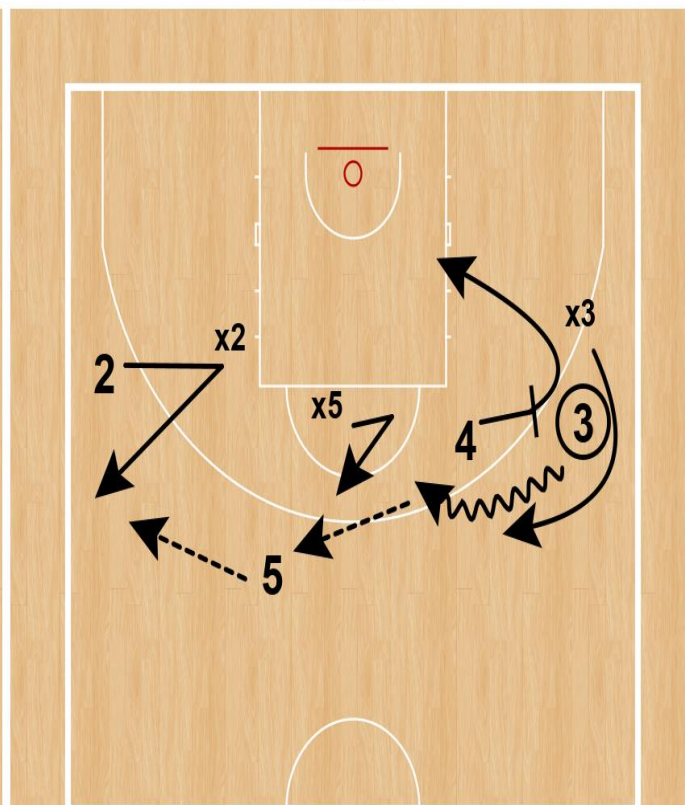
### 4V3 (1 of 3)

Fatih Akser



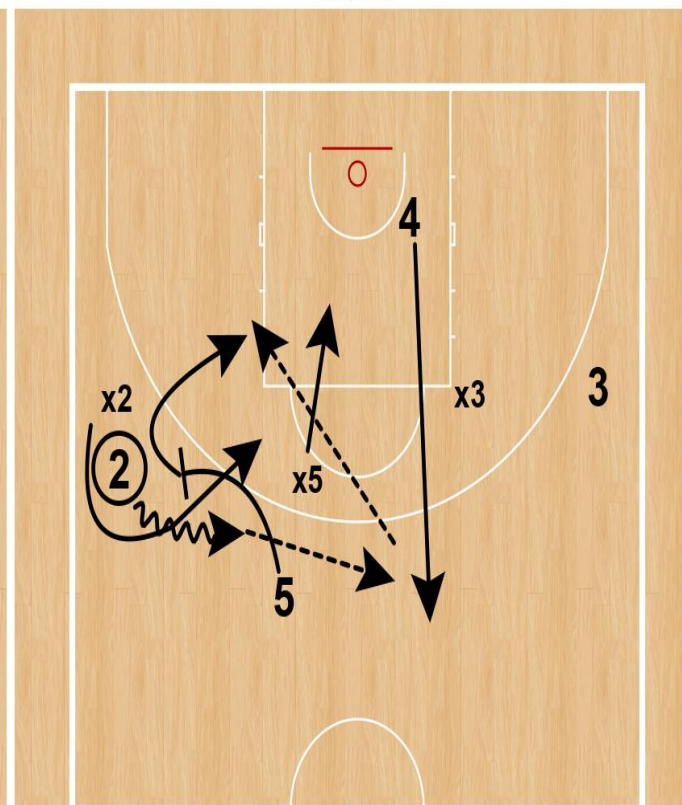
### 4V3 (2 of 3)

Fatih Akser



### 4V3 (3 of 3)

Fatih Akser

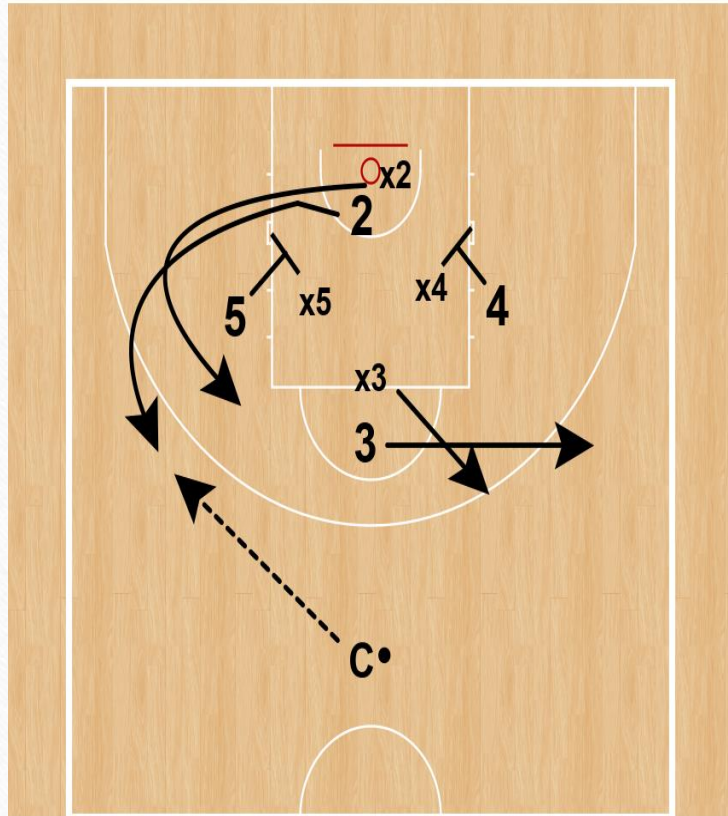


# **4V0 TO 4V4 PICK & ROLL TEACHING PROGRESSION**

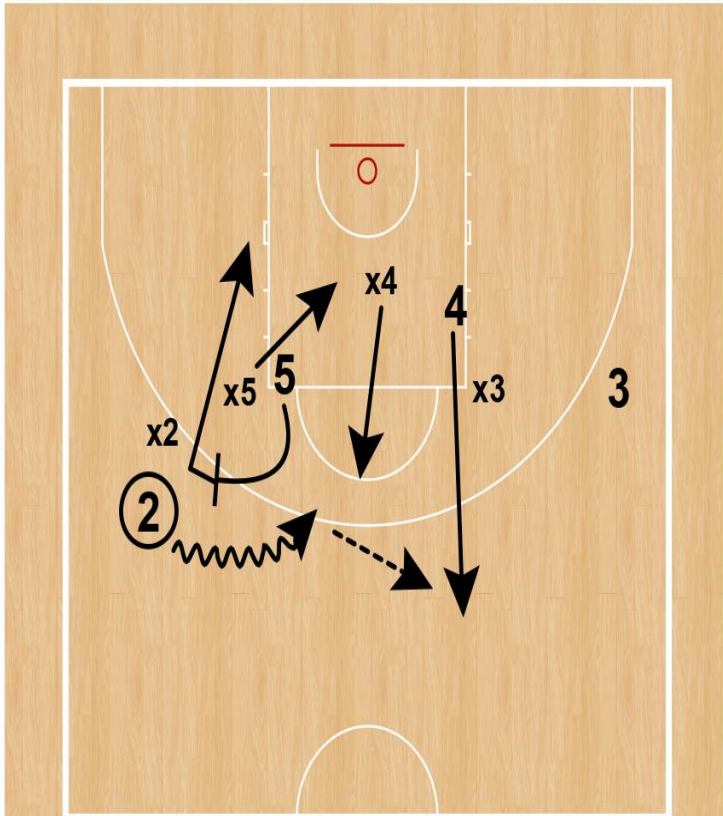
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**4) 4v4 (GAME SITUATION DRILLS)**

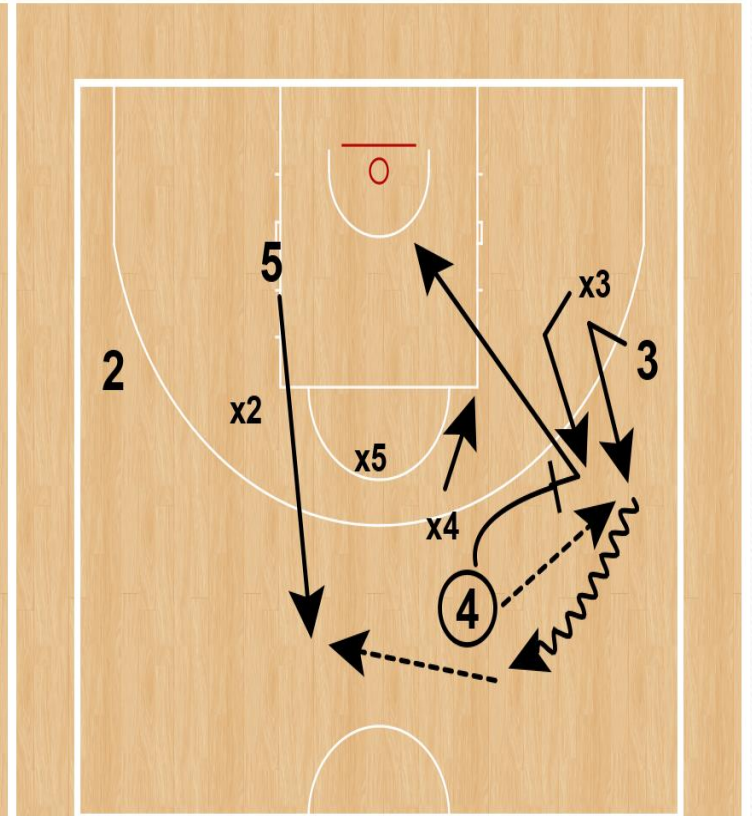
4V4 (1 of 3)  
Fatih Akser



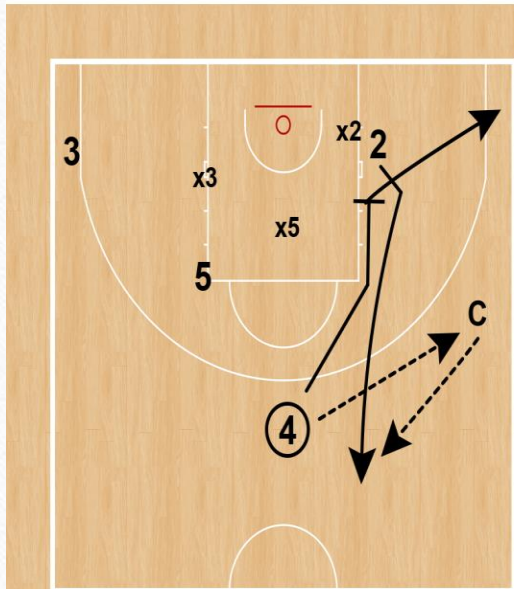
4V4 (2 of 3)  
Fatih Akser



4V4 (3 of 3)  
Fatih Akser

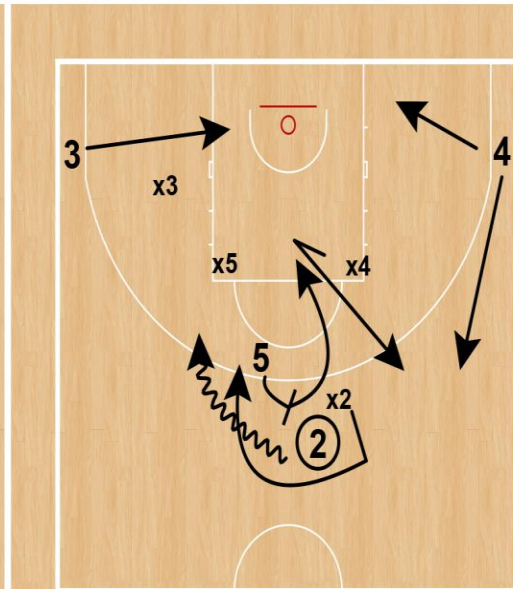


4V4 (1 of 4)  
Fatih Akser



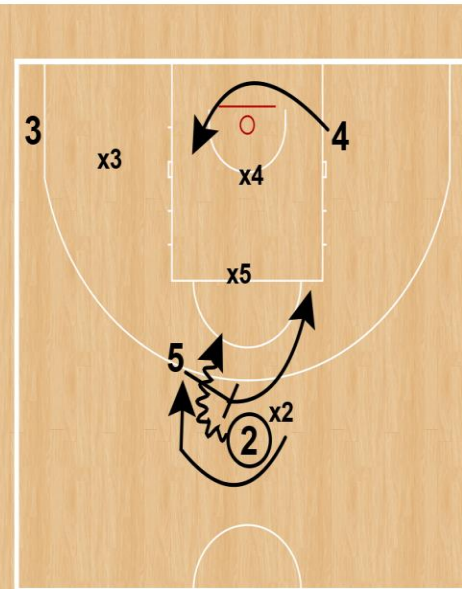
ZIPPER ACTION (4 MAN OUTSIDE THE 3 POINT LINE)

4V4 (2 of 4)  
Fatih Akser



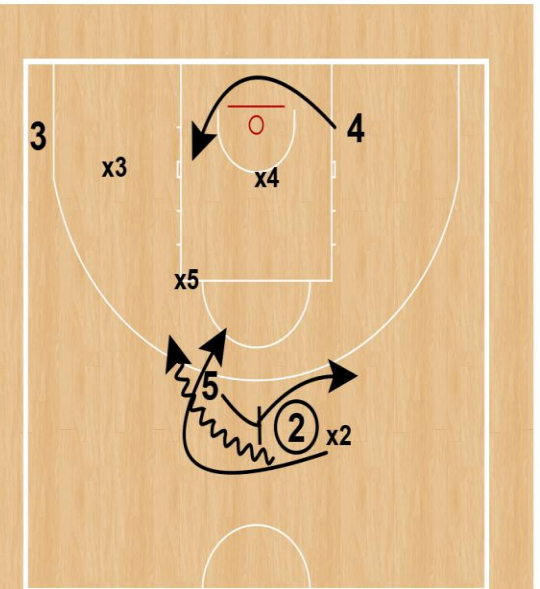
ZIPPER ACTION (4 MAN OUTSIDE THE 3 POINT LINE)

4V4 (3 of 4)  
Fatih Akser



ZIPPER ACTION (4 MAN INSIDE - 5 MAN SHORT ROLL OPTION)

4V4 (4 of 4)  
Fatih Akser



ZIPPER ACTION (4 MAN INSIDE - 5 MAN POP OPTION)



**HOW DOES IT LOOK ON  
5V5 SITUATIONS?**

# QUESTIONS TO ASK

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- 1) HOW DO YOU DESIGN YOUR PICK & ROLL OFFENCE?
- 2) WHERE (LOCATION) DO YOU WANT YOUR PICK & ROLL (POP) TO HAPPEN?
- 3) WHAT KIND OF SPACING PATTERNS DO YOU PREFER TO USE AND WHY?
- 4) HOW MANY DIFFERENT SPACING PATTERNS DO YOU HAVE IN YOUR OFFENSIVE PLAYBOOK?
- 5) WHAT ARE THE CRITERIAS AND DECISION MAKING PROCESS DO YOU GO THROUGH TO DECIDE WHICH PICK & ROLL SPACING PATTERNS DO YOU WANT TO RUN THROUGHOUT THE SEASON?
- 6) WHAT IS YOUR TEACHING STRATEGY AND HOW DO YOU TEACH THESE PICK & ROLL SPACING PATTERNS THROUGHOUT THE SEASON?

# PICK & ROLL TEACHING PROGRESSION

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**MEHMET FATIH AKSER**

**ASSISTANT COACH**

**UNIVERSITY OF CALGARY WOMEN'S BASKETBALL**

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