

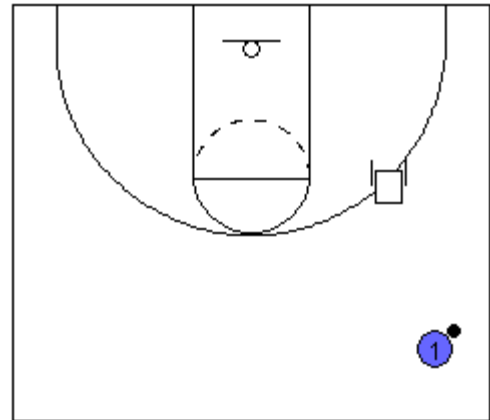
Drill for Guards: Dribble Screens

Drill Purpose

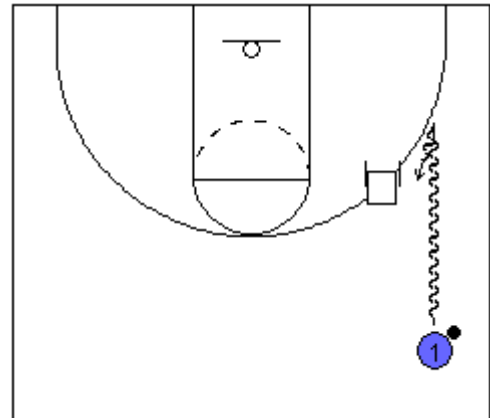
Teaches players how to come off ball screens from the wing and improves ballhandling skills.

Instructions for Option 1: Over the Top

1. Set a chair 20 feet out at the foul line extended.
2. Player starts with the ball near mid-court.

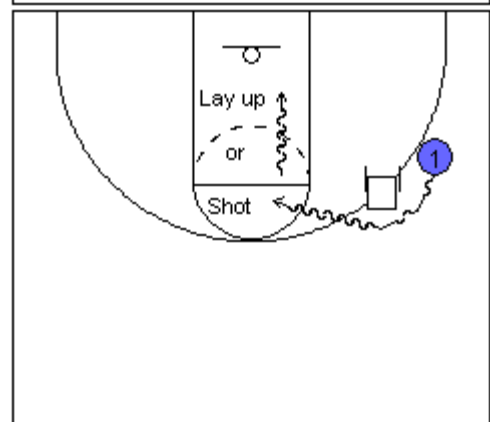


3. Player dribbles and takes the ball below the chair.



4. Once below chair, player makes change dribble and comes off the chair, simulating a ball screen.

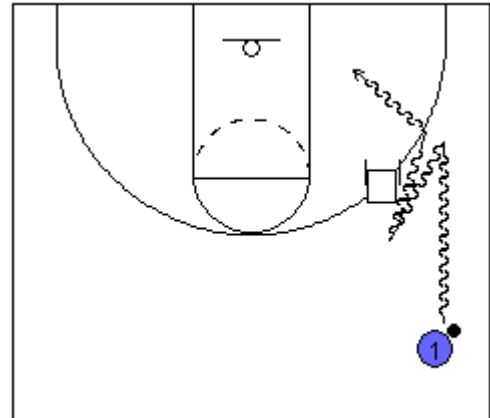
5. Player can now finish with a shot or take it to the rim.



Option 2: Turn Down Option

This simulates what the guard can do if the defense beats the ball over the top of the screen.

1. Once below the chair, player makes a change dribble to go over the top over the screen.
2. Player then makes a second change to "turn down" the screen and goes below.
3. Player finishes either with shot or at the rim.



Teaching Points

- Set screen on an angle toward the corner.
- Ball should be brought below the screen. That, in combination with the angle the screen is being set at makes it very difficult for the defense to get over the top.
- Experiment with different change dribbles. Crossover, inside-outs, spins and half spins are all very effective in going over the top or turning it down.
- Ball handler should explode off the screen. His first thought should be to get separation off the screen. He should get as much distance as possible off the screen with his first dribble. This will be a major benefit when teams hedge or trap on your screens. When done properly, separating off the screen will force switches and mis-matches.