

### Basketball Pick 'n' Roll

Submitted by [Shoshoni Walker](#) on Mon, 12/05/2011 - 00:38 [Basketball](#) [Technical Skill](#)



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Original Video:

[basketball-pick\\_n\\_roll.mov](#)

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## Comments

### Pick n' Roll

Submitted by [Alaura Seley](#) on Mon, 12/05/2011 - 23:47.

Stage: Intermediate

Characteristics: Good video. Shows a nice slow example.

What to Change: Have a full team on the court.

Cue: Helpful

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### • Stage: Identify the stage

Submitted by [Sarah Jackson](#) on Tue, 02/28/2012 - 12:46.

- Stage: Identify the stage of the skill that is exhibited (e.g. beginner, intermediate, expert).  
intermediate

- Stage Characteristics: Describe 2-3 features of the movement on the video that is characteristic of the stage identified.  
screen the defense, screener rolls to the basket, person with ball passes to cutter

- What to Change: Identify and describe the most important aspect of the skill that will need to be changed for the subject to improve.  
have a full team out there so you can see what it really would look like but i think it is good to break it down but then add everyone on the court.

- Cue: Write the single most important verbal instructional cue to help the performer improve.  
set good screens

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### Analysis

Submitted by [Doug Benson](#) on Sun, 03/18/2012 - 17:18.

Stage: Beginner/Intermediate leaning more to the intermediate side

Characteristics of Movement: Player Screens defence by standing in a assertive post like position. Then spins/rolls away to recieved the bounced ball and scores with a lay up.

Players: Post, run, jump, side step, and dribble.

What to change: Biggest thing to change would be playing with a full team in a unscripted situation to show the full effectiveness and realisticness of the play. Maybe actual game film of this play.

Cue: Read the defense

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## The Pick N Roll

Submitted by [Michael Krafsg](#) on Tue, 05/28/2013 - 21:40.

Stage: With regards to the Pick and Roll I believe the required skill that will be needed to perform this is intermediate skill level. Being able to know how to use the pick and roll; with rolling and passing the ball at the moment when the other player is ready to score. This does not take expert level of skill to understand and perform this play. People that take part in basketball usually learn this play at the early stages of their life. Having the skills like; dribbling a basketball, setting a screen, passing the ball, shooting a layup are all skills that a intermediate person can and would be able to do.

Stage Characteristics: the first action is by the other player on offense that does not have the play by setting a solid screen on the defender that is guarding the ball. Then by using this screen the player with the ball uses this screen by dribbling to the side to where the screen has been set by his or her own team mate. Afterwards the teammate that screened will roll towards the basketball hoop doing a half circle turn that will allow her to be open to shoot. The last action in the player originally with the basketball will pass the ball to the open player for her to make a easy layup with the defense being able to defend. Screen, dribbling, spin, pass, and shoot are the actions that are being made in this example.

What to Change: I order to improve this skill you can do one of two things, the first thing is providing a full game of five on five to simulate a real game situation that involves other payers making this play more difficult and more of challenge to master. The other way to improve this video on smaller scale is by putting two offensive players like there was before, but adding another defensive player so they going two against two making it more fair for both sides. This will prove that mastering the skill and play of the pick and roll to be much more important and needs to be better executed to work properly.

Cue: The most important verbal instruction cue in the pick and roll would be setting a quality screen on the defender. This is by far the most important aspect of this play, without having a good screen on the defender the defense will be able to steal the ball or disrupt the play from being executed properly.

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## The Pick N Roll

Submitted by [Kasey McFetridge](#) on Thu, 06/06/2013 - 13:43.

Skill Level: Intermediate, the pick roll is something that a beginner may not understand but is something you learn as you become a more successful player and it doesn't take an expert to successfully complete a pick and roll play. It is evident by how the screener sets the pick and waits for the player dribbling the ball to pass by before she rolled that this is a skill all of the players know how to do.

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## Brooke Randall Stage: I

Submitted by [Kelsea Hurliman](#) on Fri, 06/07/2013 - 14:31.

Brooke Randall

Stage: I believe this is an intermediate. It is too skilled for a new beginner to comprehend, an expert should already know how to do this.

The screener sets the screen on the ideal side that the dribbler is going too. Making sure they seal off their defender they then will roll to the basket with their hands in the air calling for the ball. A Cue for the pick and roll would be to read what the defense is giving you. This will allow the two people involved to get open more efficiently.

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## **basketball pick'n' roll**

Submitted by [Daniel Welch](#) on Mon, 11/11/2013 - 08:15.

Stage 1: beginner to intermediate. A basic play in basketball, but not quite beginner. In coaching my son's 3rd grade team, the pick 'n' roll is the most basic play we run, as well as a screen away from the ball. Although it is beginner, it also takes a basic foundation of understanding the game and rules.

Stage 2: The player setting the pick has feet set and a strong base. Also, the screener does not set up too close to the defender. It is important to set your base and brace yourself a few feet away from your target, not to get too close to the target and let the player with the ball run the defender into you. Lastly, the screener rolls to the basket after setting the screen, very important and nicely done.

Stage 3: My verbal cue here is "Hold the screen!" In this video the player setting the screen does not hold the screen long enough. Only a split second longer will keep the defender off balance. Also, after holding the screen a split second longer, the player setting the screen needs to drop her left foot towards the basket and use her right foot as a pivot. This will seal off the defender from rolling to the basket with the person that set the screen. The verbal cue "Hold the screen" would be the reminder to the player to hold the screen, seal off the defender, and roll to the basket.

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## **Pick N Roll**

Submitted by [Willie Shaw](#) on Sat, 12/07/2013 - 22:12.

Stage: Intermediate

Stage Characteristics: The initial screen in the movement was illegal because it was a moving screen which is why this is not an expert movement. The actual ball players roll off of the screen was well executed, but needed to be tighter to the screen to avoid giving opportunity for a screen defender to easy step to defend them. The screeners roll was well done in that they turned and rolled in the right direction, they rolled strong and right down the lane. The pass was an ok pass but a direct pass is usually the first option when passing the ball in the paint.

What to Change: I would say improving the actual screen or the "Pick" would be the most important aspect of the skill that needs to be changed for the subject to improve. They need to get up to the defender and keep their feet steady.

Cute: Steady quick feet.

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## **Analysis Basketball pick' n' roll**

Submitted by [Cedric Dawkins](#) on Thu, 02/13/2014 - 07:52.

Stage: intermediate - Used at the college and professional level on a normal basis so maybe considered advanced also.

Stage 1: Ball handler sets up the pick by dribbling to the left to move the defender and then coming back to his right to location of the pick by teammate.

Stage 2: Teammate setting pick must set feet and get defender to be picked aligned in the middle of their body. This give a full body surface to pick defender and not commit a foul. Ball handler dribbles tight to teammate setting pick to not allow space for defender to get around pick.

Stage 3: Once person dribbling passes pick the teammate setting pick will pivot and open toward and get even with teammate running to basket. Player setting pick must keep good spacing from ball handler, approximately 4 to 5 feet.

What to Change: Player setting pick must make sure feet are set in place before defender gets to them. Pick cannot slide or move to defender at all once they are there.

Cue: Pick set feet and keep shoulders square. Ball handler stay tight to pick. Pick open and roll to basket once ball is pass you. Keep spacing.

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## **PES 494**

Submitted by [Zachary Griffith](#) on Fri, 05/09/2014 - 15:43.

Stage: intermediate, possibly beginner. The setting of a screen is definitely a beginner, but taking that further to create a pass play is more of an intermediate skill level.

Stage characteristics: player setting the screen does a proper job of crossing her arms to protect herself and reinforce a base. The ball handler reads the screen and dribbles around the screener. After stopping and screening the defense, the player who sets the screen turns and run towards the basket. Ball handler then feeds her with a pass on the opposite side of the paint as him, as to avoid clogging up the key. The player who sets the screen finishes the play by receiving the pass and laying up the ball.

What to change: Ball handler should be making contact with his team mate when going around the screen, that way the defender has no room to get around it. Also, I know this has been said already but it would be beneficial to see more players in this video. 5 on 5 isn't completely necessary, but 3 on 3 would be helpful. By adding an even amount of defenders per offensive player, we can see how the pick and roll down the paint is beneficial against defenders guarding the key, and how the offense is able to score due to the defense having to shift to adjust for the loss of the defender on the ball.

Cue: read the weaknesses of the defense

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## **HWS 320 Analysis for Sports Skill Video**

Submitted by [keri martin](#) on Tue, 08/12/2014 - 15:06.

Written Analysis:

Stage: Identify the stage of the skill that is exhibited (e.g. beginner, intermediate, expert).

- Intermediate to Expert

Stage Characteristics: Describe 2-3 features of the movement on the video that is characteristic of the stage identified.

- Great presentation area.
- The video pauses are great for explaining the play-by-play movements.

What to Change: Identify and describe the most important aspect of the skill that will need to be changed for the subject to improve.

- Because the presenter did a wonderful job with pausing the video and breaking down each play, I feel an introduction would have been a wonderful touch to the video.
- I would have liked to see the teammates wearing a colored jersey to show which team they were on.

Cue: Write the single most important verbal instructional cue to help the performer improve.

- After stating the name of the move, the presenter should have briefly described when and why this play occurs.

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## **Basketball Pik n Roll**

Submitted by [Tyler Johnson](#) on Tue, 08/12/2014 - 16:17.

What to Change: The players should use the practiced skill in a game with two full teams.

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### PES 294 Analysis

Submitted by [Erin Mills](#) on Tue, 12/02/2014 - 16:46.

Stage: Intermediate

Stage Characteristics: Players are skilled at dribbling, passing and performing the play. Screener plants feet wide and crosses arms to chest. She effectively screens defender from player with the ball. The player with the ball waits until the screener is "set" before he cuts around her. They are not experts, however, in that their movements lack finesse and the girl on defense lacks effective moves.

What to Change: The defensive player could be more aggressive and skilled at interrupting the duo completing the play. The pass from the boy to the shooter should have been more direct.

Cue: To defender: Where's the screen? Keep you eye on your screener as well as the ball.

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### PES 294 ANALYSIS

Submitted by [Zachary Underwood](#) on Thu, 12/04/2014 - 18:31.

Stage: Intermediate

Characteristics: The Players are knowledgeable of the setting a screen and open and rolling to the basket and the ball handler coming off the pick tight.They can use some work on setting up the defender to use the screen instead of just telegraphing the screen.

What to change: Incorporate more defenders, show how to communicate with each other about when a screen is coming so that the defender does not get blind sided. As for the offense set firmer screens. Don't run over a person but don't give a lack lustered screen.

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## Recommended Skill Analysis Tasks

Written Analysis: Analyze the following

- **Stage:** Identify the stage of the skill that is exhibited (e.g. beginner, intermediate, expert).
- **Stage Characteristics:** Describe 2-3 features of the movement on the video that is characteristic of the stage identified.
- **What to Change:** Identify and describe the most important aspect of the skill that will need to be changed for the subject to improve.
- **Cue:** Write the single most important verbal instructional cue to help the performer improve.

Video Annotations

1. Download the original video
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3. Go to the My Videos section and choose Annotations
4. Copy the link provided for the video.
5. Return to the comment form and share your work by pasting the link in the comment field.

