
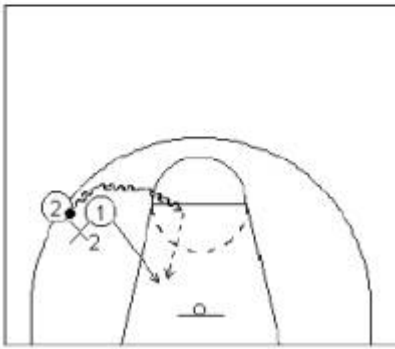
	Drill	Skill
	26 – Pick (screen) & roll	<ul style="list-style-type: none"> ● Motion offense ● Pick & roll

Description	 
<ul style="list-style-type: none"> ● These drills teach the pick and roll. ● Point O1 passes to wing O2 and sets pick on O2s defender. ● O2 reads defense, v-cuts (if appropriate) and drives off pick. ● O1 rolls to basket looking for (bounce) pass from O2. 	
Variations	
<p>a) Start 2 on 0, progressing to 2 on 2.</p> <p>b) Start with token defense, move to full 2 on 2.</p>	
Points of emphasis	
<p>Offense...</p> <ol style="list-style-type: none"> 1 Cutter must wait for picker to set. 2 Picker must set wide, low, balanced pick, arms in, make contact with defense. 3 Cutter uses pick - brush shoulders. 4 Drive hard, penetrate - look to score. 5 Picker rolls - see ball rule. <p>Defense...</p> <ol style="list-style-type: none"> 1 Picker's defender must show numbers and recover. 2 Cutter's defender must fight over top of pick (hips and leg over). 	