

Pick and Roll basketball game



How to Perform the Pick and Roll

The big man sets the pick

The pick and roll strategy in basketball is one of the easiest ways to get a layup. If both players follow the method here, it is almost impossible to defend.

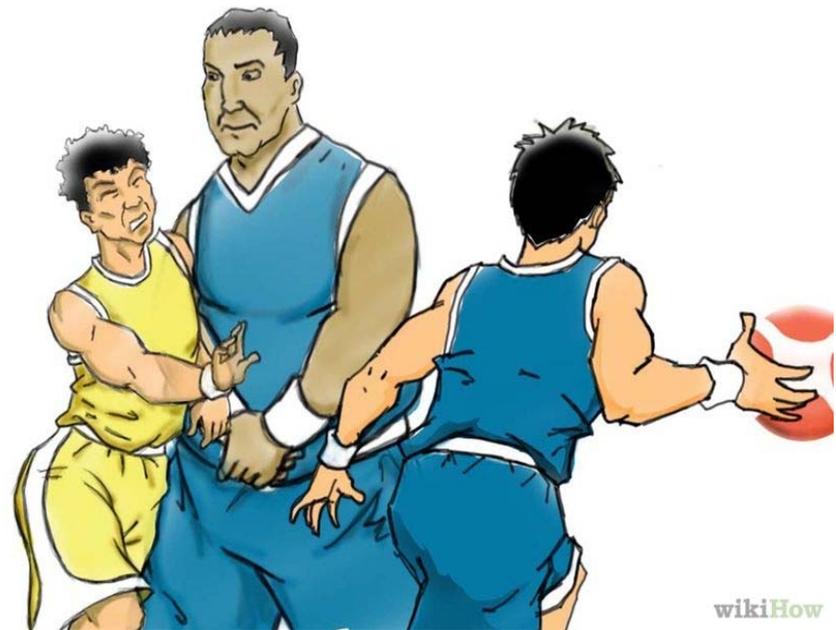
Steps

The big man sets the pick. For the pick and roll to work properly, the offense must be spreading the floor and the lane must be open. Since the center is usually occupying the lane, he is the best person to set the pick. Approach the defender quickly, get right up against him, set yourself and brace yourself for the impact.



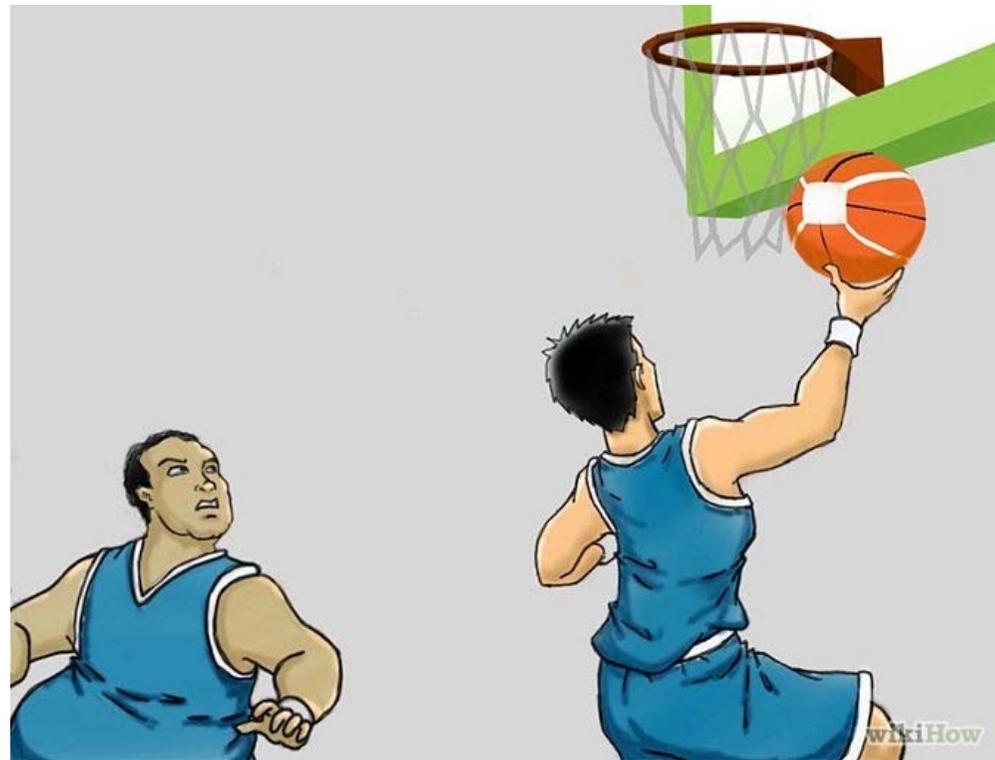
The guard uses the pick

The guard uses the pick. Drive hard and fast laterally and brush up against your teammate so that there is no way the defender can go over the pick. His only choice is to go under the pick (leaving you open) or switch (giving the big man an open lane).



If there is no switch

If there is no switch, the guard drives to the basket for a layup.



If there is a switch

If there is a switch, the big man rolls immediately. Pivot towards the basket leaving the switched defender in the dust. Both players need to be quick and remain more or less parallel with at least ten feet of space between them.



The big man makes the layup or dunks the ball

While the big man is driving, the guard passes the ball to him. Since the guard has a mismatch in size, a bounce pass will work best.

The big man makes the layup or dunks the ball. It should be easy since there is no one guarding him.

If the center/forward setting the pick has the ability, the pick and roll creates a perfect opportunity for an alley-oop. This play is not only a crowd-pleaser, but is also very intimidating.

