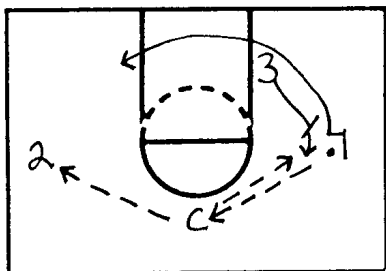
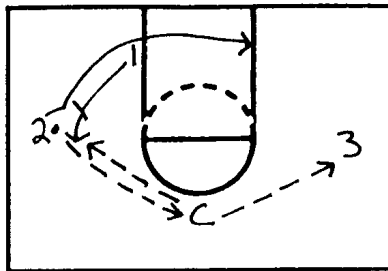


TEACHING THE UP SCREEN AND DOWN SCREEN

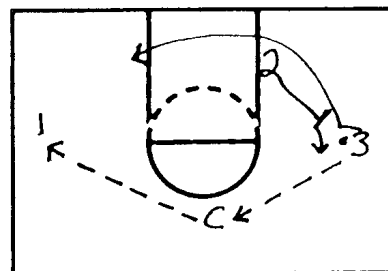
Diagrammed below are three drills to teach up screening and down screening. The drills are first used without defense to teach the techniques of screening.



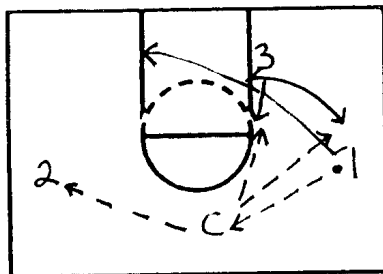
Up Screen - #1 passes to C and #3 sets an up screen for #1. #1 cuts to the basket and #3 steps to the ball. C may pass back to #3 for shot. C passes to #2 and #1 continues to block.



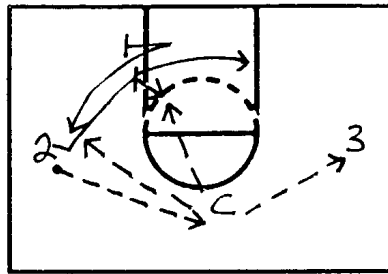
#2 looks for #1 then passes to C. #1 sets an up screen and #2 cuts to the basket. #1 steps to ball after screen. C may pass back to #1 for shot. C passes to #3 and #2 continues to block.



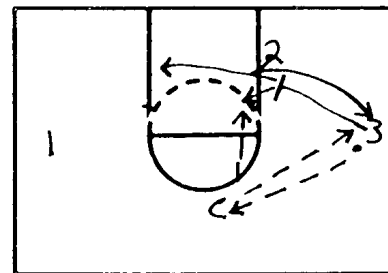
#3 looks for #2 then passes to C. #2 sets an up screen and #3 cuts to the basket. #2 steps to ball after screen. C may pass back to #2 for shot or to #1. The drill continues



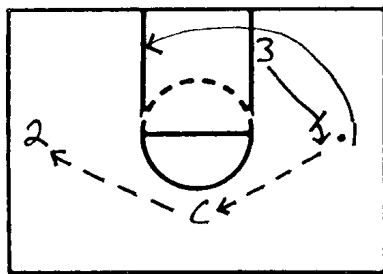
Down Screen - #1 passes to C and down screens for #3. #3 pops to wing. #1 steps to ball after screen. C may pass to #3 or to #1 for shot. C passes to #2 and #1 continues to block.



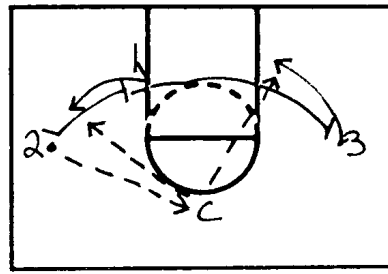
#2 passes to C and down screens for #1. #1 pops to wing. #2 steps to ball after screen. C may pass to #1 or to #2 for shot. C passes to #3 and #2 continues to block.



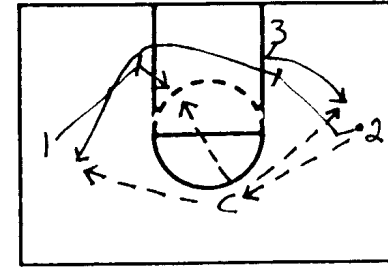
#3 passes to C and down screens for #2. #2 pops to wing. #3 steps to ball after screen. C may pass to #2 or #3 for shot. C passes to #3 and the drill continues.



Live - Players #1, #2 and #3 may up or down screen. #1 passes to C and #3 up screens. #1 cuts and #3 steps to ball. C may pass to #1 or #3 or pass ahead to #2.



#2 passes back to C and down screens for #1. #2 continues across and up screens for #3. C may pass to #1, #2, or #3.



#2 passes back to C and down screens for #3. #1 down screens for #2. C may pass to #3, #2, or #1. The drill continues.