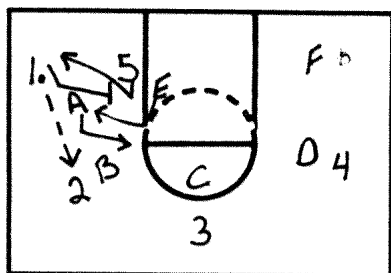
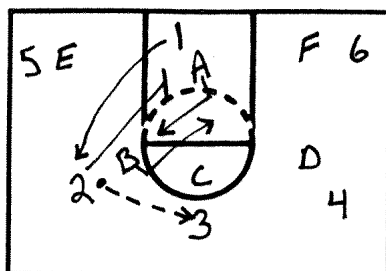


**SCREENING DRILL - DOWN SCREEN AND UP SCREEN**

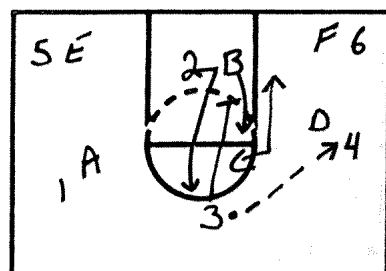
Diagrammed below is an ideal method of teaching down screening and up screening. Emphasis can be on either offensive or defensive techniques. The drill requires six pairs of players with only three participating at one time.



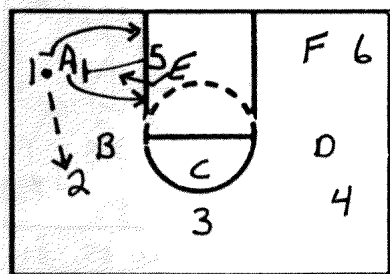
"Down Screen" - #1 passes to #2. #A and #B jump to the ball. #1 screens down on #E. #E jumps to the ball and slides between #1 and #A.



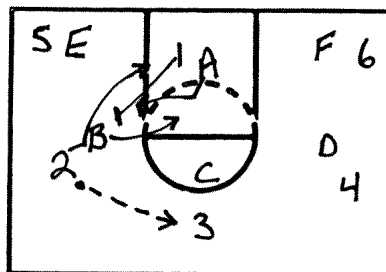
#2 passes to #3. #B and #3 jump to the ball. #2 screens down on #A. #A jumps to the ball and slides between #2 and #B. #B must let #A through.



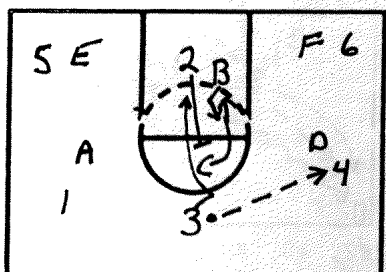
#3 passes to #4. #C and #D jump to the ball. #3 screens down on #B. #B jumps to the ball and slides between #3 and #C. #C must let #B through.



"Up Screen" - #1 passes to #2. #A and #B jump to the ball. #5 up screens on #A. #1 goes to basket. #A must get over screen. #E helps out then recovers to #5 stepping to the ball.



#2 passes to #3. #B and #C jump to the ball. #1 up screens on #B. #2 goes to basket. #B must get over screen. #A helps out then recovers to #1 stepping to the ball.



#3 passes to #4. #C and #D jump to the ball. #2 up screens on #C. #3 goes to basket. #C must get over screen. #B helps out then recovers to #2 stepping to the ball.