

# BALL SCREENS



## READS & FINISHING OFF THE BALL SCREEN

### WARMUP

5 min Continuous Handle  
Perform each move while  
walking forwards and  
backwards

- 1) Crossover BTL
- 2) In & Out Crossover BTL
- 3) Continuous BTB tight
- 4) BTL BTB
- 5) Cross, BTL, BTB

No dribble in between each rep

**FINISH WITH STATIONARY**

**25 REPS CROSS, BTL, BTB**

### READING THE SCREEN

Set up a wing ball screen.

For each, come off the screen  
towards the middle &

Make 10 shots

- **2 dribbles layup over front of the rim**
- **2 dribbles floater in the lane, (5 right, 5 left)**
- **2 dribbles pull up at free throw line**
- **1 dribble crossover into pull up**
- **1 dribble hesitation, eurostep finish**

**Repeat all, both sides of floor**

### GAME SITUATION REPS - KEEPING SCORE

**BEAT THE PRO DRILL - FOR EVERY MAKE YOU GET 1 POINT, EVERY MISS THE PRO GETS 2 POINTS. FIRST TO 21 WINS!**

- **NO TIME LIMIT**
- **COME OFF A BALL SCREEN FOR EACH, JUMP SHOTS ONLY**
- **MIX IT UP, PULL UPS, STEP BACKS, COMBO MOVES, ETC..**

**FINISHER - MAKE 7/10 SHOTS FROM 3 SPOTS (WINGS, TOP)**

- **EVERYTHING OFF THE BALL SCREEN**
- **2 DRIBBLE PULL UPS**
- **JAB AND SHOOT BEHIND THE SCREEN**
- **1 DRIBBLE CROSS OVER SIDE STEP OR STEP BACK**

**MAKE 7/10 FOR EACH MOVE BEFORE GOING TO NEXT SPOT**

**Check out my YouTube channel for video examples:**

**Jen Fay**