



PLAY INDIVIDUAL TECHNIQUE: CROSS SCREEN



OBJECTIVE:

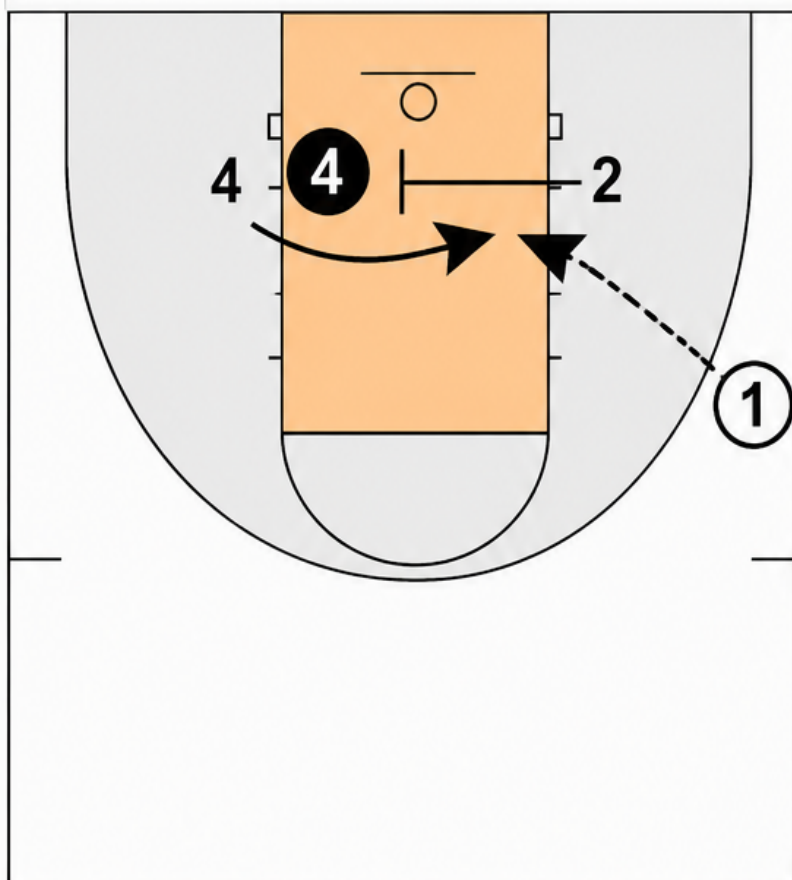
A cross screen occurs when a player cuts to the opposite side of the floor to set a screen for a teammate.



FOCUS:

Timing • Angle • Screening action • Passing

DIAGRAM



DESCRIPTION

WHAT IS IT?

A cross screen occurs when a player cuts to the opposite side of the floor to set a screen for a teammate.

This most commonly happens in the paint and can be a great way to get a player who was on the weak side of the floor open for a quick shot or layup.

EXAMPLE OF A CROSS SCREEN:

- 2 cuts across the paint to screen 4's defender.
- 4 cuts towards the strong side of the court.
- 1 passes inside to 4 for an open layup.

KEY COACHING POINTS

- Set a solid screen: wide base, chest up, stay still.
- Cut hard and use change of pace.
- Screen in the right spot: defender shoulder to shoulder.
- Make the pass on time and into space.
- Communicate: "Screen!", "Cut!", "Pass!"

PRIMARY EFFECTS

- Creates an advantage by moving the screen across.
- Gets the weak side player open.
- Confuses the defense and causes switches.
- Creates easy scoring opportunities in the paint.

VARIATIONS / PROGRESSIONS

- Use on different parts of the floor.
- Change who sets the cross screen.
- Add a dribble handoff after the screen.
- Use against man-to-man and zone defenses.

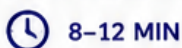
COACHING REMINDERS

- Read the defense before cutting and screening.
- Screen with purpose and hold your position.
- Cut with speed and purpose.
- Deliver the pass with accuracy and timing.

DIFFICULTY



RECOMMENDED TIME



PLAY CATEGORY

INDIVIDUAL TECHNIQUE

