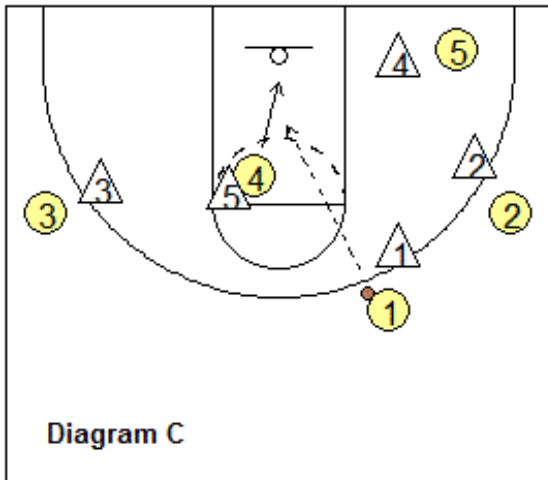
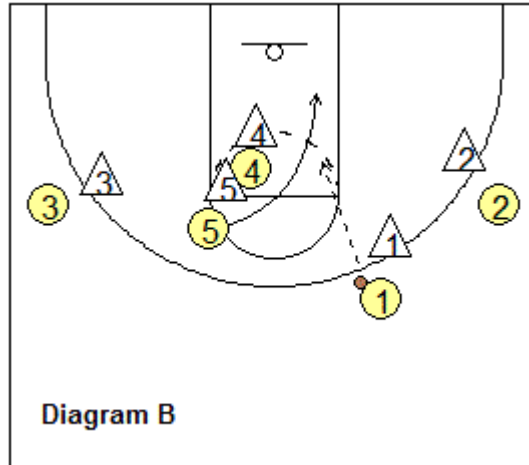
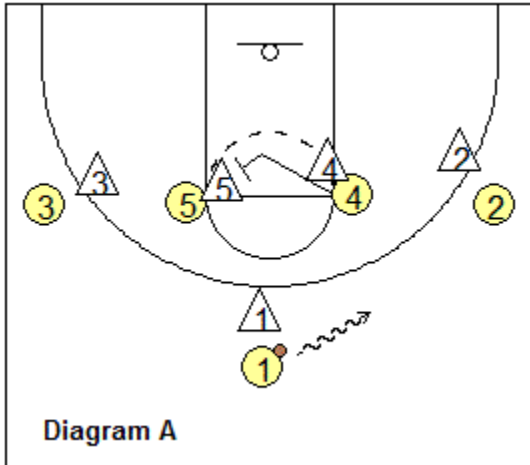


High-Post Pick-and-Roll, "45"

This is a simple high post pick and roll play where the pass goes to the player rolling off the screen. O1 is at the point, O2, O3, O4 and O5 stack across, at the free-throw line extended (diagram A). O1 calls the play and starts to dribble to the right to clear a passing lane. A jab step to the right or a pass fake to the right might work as well. Or O1 could pass to O2, and O2 to can make the pass inside. O4 sets a pick for O5 and seals the X5 defender (diagram B).



O5 cuts around the pick. O4's defender (X4) will probably switch and go with O5 on the cut. O5 takes the X4 defender with him to the baseline (out of the way and out of the paint). O4 now has inside position on the X5 defender and cuts to the hoop, for the lob pass from O1.