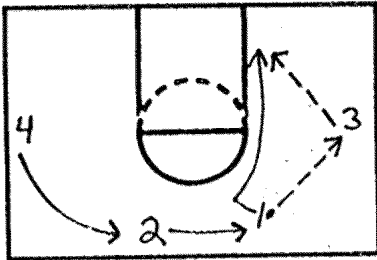
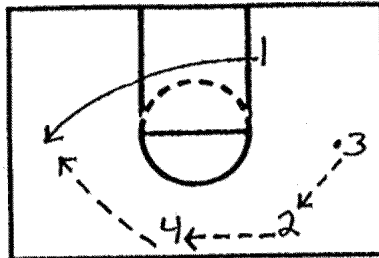


SHELL DEFENSIVE DRILLS - I

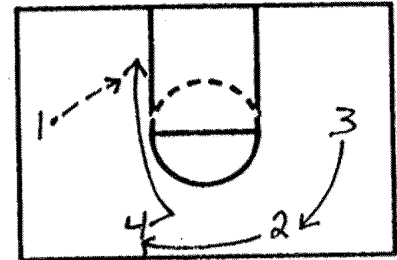
The following offensive patterns are ideal for use with the shell defense. The patterns allow the defense to work on specific techniques and at the same time provide some degree of continuity. The patterns require the defense to defend game situations and use many defensive techniques. Key teaching points are listed.



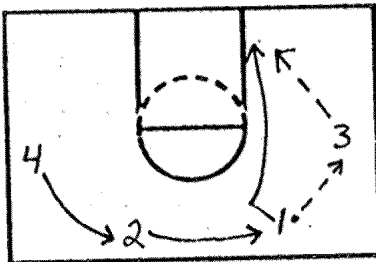
"Front The Cutter And Defend The Clear Out" - #1 passes to #3 on wing and cuts to basket. If open, #3 passes to #1. #2 replaces #1 and #4 replaces #2. (Key-Front the cutter.)



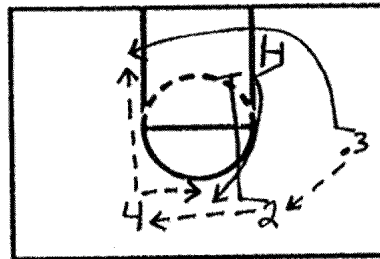
#1 post up for a two count then clears to opposite wing. #3 passes to #2, to #4, to #1. (Key - Hold on the clear out and jump to the ball.)



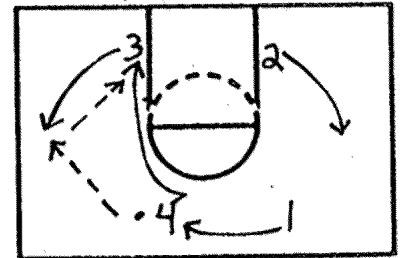
On the pass to #1, #4 cuts to the basket. If open, #4 passes to #1. #2 replaces #4 and #3 replaces #2. (Key-Front the cutter and helpside position.)



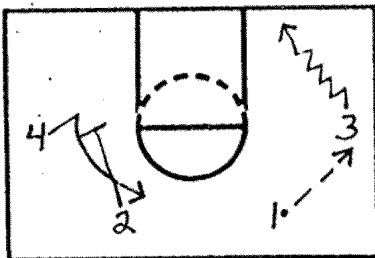
"Front The Cutter And Defend Baseline and Down Screen" - #1 passes to #3 on wing and cuts to basket. If open, #3 passes to #1. #2 replaces #1 and #4 replaces #2. (Key-Front the cutter.)



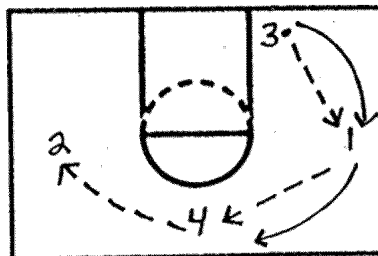
The ball is reversed from #3 to #2 to #4. #1 screens for #3. #3 cuts off baseline screen. #2 screens down for #1. #4 may pass to #3 or #1. (Key-Jump to the ball and defend the screens.)



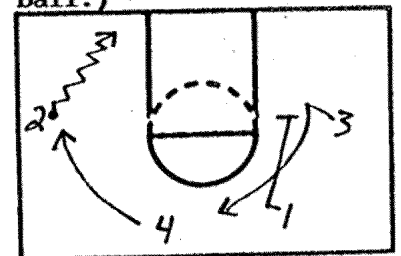
If not open, #3 pops to wing as well as #2. #4 passes to #3 on wing and cuts to basket. If open, #3 passes to #4. #1 replaces #4 and #2 replaces #1. Ball is reversed to #2 and cuts continue. (Key-Jump to ball.)



"Defend The Isolation And Helpside Interchange" - #1 passes to #3. #2 and #4 interchange. #3 drives to basket. #1 replaces #3. (Key- Helpside rotation.)



#3 passes out to #1. #1 passes to #4 and #4 passes to #2. #3 replaces #1 and #1 moves back to a guard position. (Key- Jumping to the ball and moving from helpside to ballside defense.)



#2 drives to the basket. #1 and #3 interchange. #4 replaces #2. (Key-Controlling the dribble and helpside rotation.)