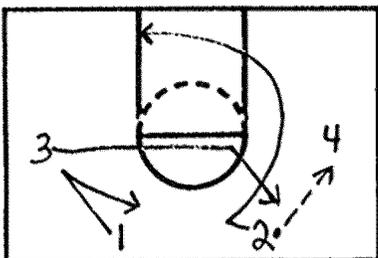
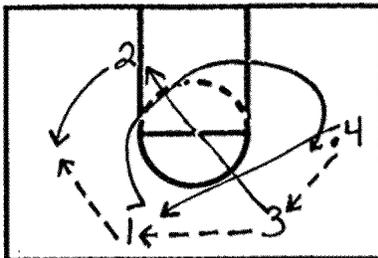


SHELL DEFENSIVE DRILLS - II

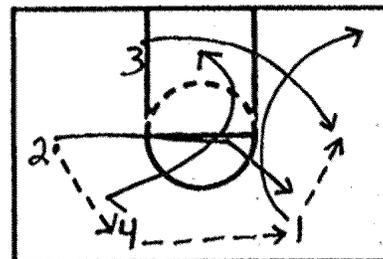
The following offensive patterns are ideal for use with the shell defense. The patterns allow the defense to work on specific techniques and at the same time provide some degree of continuity. The pattern requires the defense to defend game situations and use many defensive techniques.



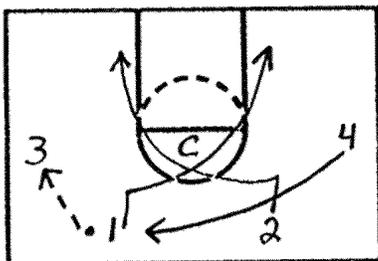
"3 Cuts" - The ball is passed to the wing and all offensive players cut to balance the floor. #2 runs a give and go. #3 flashes to the ball. #1 runs a V cut.



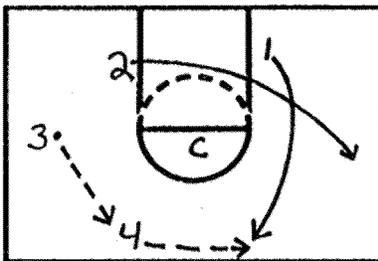
#3, #1, and #2 balance the floor then the ball is reversed to #2. #1 cuts to the basket. #4 comes high. #3 cuts and posts up.



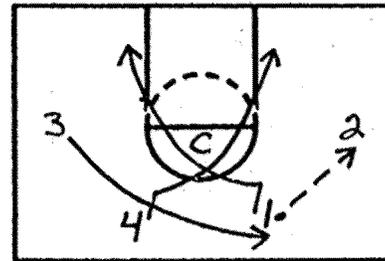
#4, #1 and #3 balance the floor then the ball is reversed to #3. #1 runs a ballside cut, #2 flashes to the ball, #4 cuts to the floor. All players are encouraged to use different cuts.



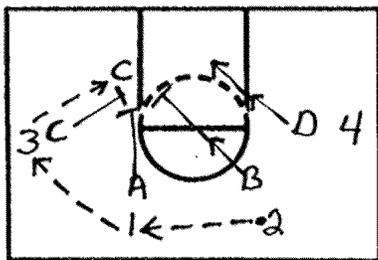
"High Post X" - #1 passes to #3. #1 and #2 fake away then X cut's off C. #4 comes high and replaces #1.



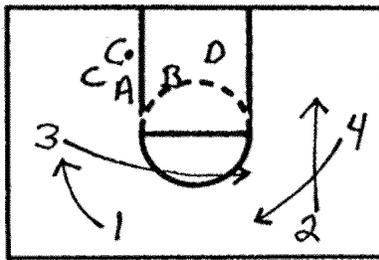
#1 replaces opposite guard and #2 replaces opposite wing. #3 passes to #4 who passes to #1.



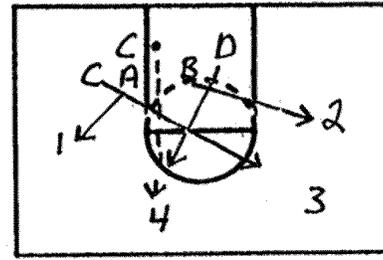
#1 passes to #2. #4 and #1 fake away then X cut's off C. #3 comes high and replaces #1. The floor is balanced and pattern continues.



"Dive And Rotate" - #2 passes to #1 who passes to #3. #3 passes inside to C. #A, #B, #C, and #D dive in on C.



#1, #2, #3 and #4 rotate quickly to different positions. The defense forces C to pass the ball out.



On the pass out, #A, #B, #C, and #D must recover to their man. The ball is passed back to C and the drill continues.