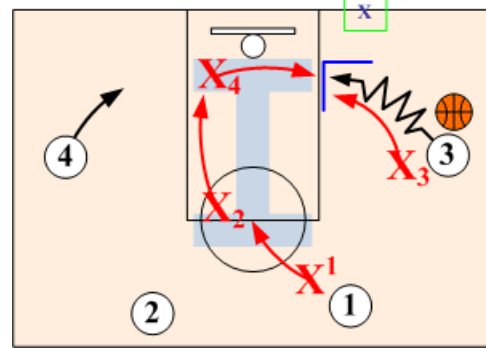
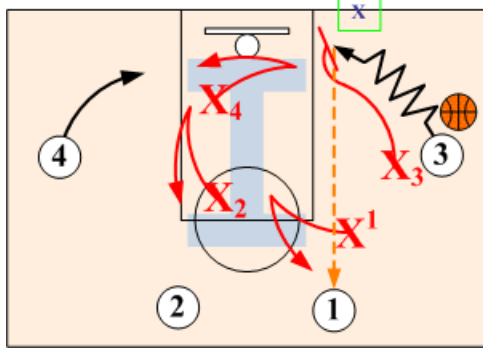


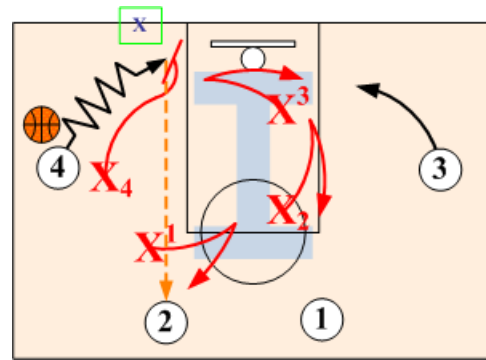
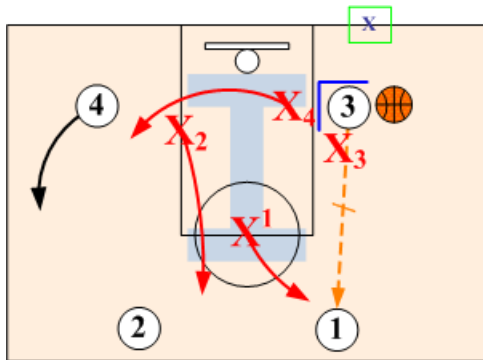
## Shell Drill: Defending Baseline Dribble Penetration

This is a four-on-four drill works on defending baseline dribble penetration. Demonstrate and walk players through the basic defensive rotations. On dribble penetration, the defenders must defend entirely with their legs. Both hands should be held above the shoulders to discourage and contest the shot or pass options. Having both hands high ("Showing Hands") also eliminates referees from calling fouls. Once the proper rotations against baseline dribble penetrations are checked, offense moves the ball around the perimeter with the wings dribble penetrating to the basket. Make sure defenders rotate through all four positions.



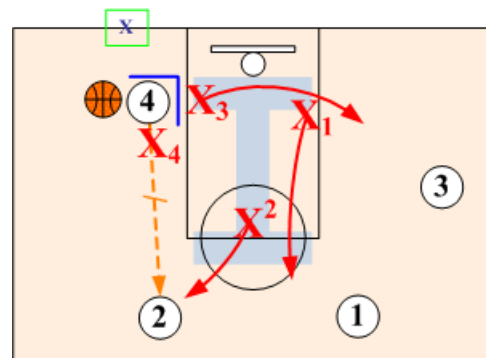
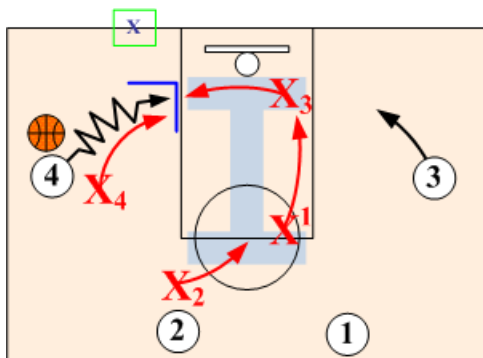
On wing O3's baseline dribble penetration, defender X3 forces O3 to the corner or baseline pushpoint. X4 rotates over and to a support position outside the lane line. Top Helpside I defender X2 drops to the low I position and X1 drops to the high Helpside I position. When defender X3 "Blocks & Turns" O3 or if O3's dribble penetration is below the "Block," defenders X4, X2 and X1 "Show & Recover."

If O3's dribble penetration is above the "Block," Defender X4, outside the lane line, takes a charge or traps O3 with X3. Weakside defender X2, "Helps the Helper" by quickly dropping into a low Helpside I position. Defender X1 drops into the high Helpside I position ready to close out to O1 or O2.



When O3 passes out to O1, X1 closes out quickly on balance with both hands up taking away the middle. Defenders X2 and X4 rotate out to support spots on O2 and O4. X3 assumes a strong pass denial position on O3. All rotations take place as ball leaves passer's hands.

On O4's baseline dribble penetration, defender X4 forces O4 to the corner or baseline pushpoint. X3 rotates over and to a baseline support position. Helpside I defender X2 drops to the low I position and X1 assumes a high Helpside I position. When defender X3 "Blocks & Turns" O3 or if O3's dribble penetration is below the "Block," defenders X3, X2 and X1 "Show & Recover."



If O4's dribble penetration is above the "Block," Defender X3, outside the lane line, takes a charge or traps O4 with X4. Weakside defender X1, "Helps the Helper" by quickly dropping into a low Helpside I position. Defender X2 drops into the high Helpside I position ready to close out to O1 or O2.

When O4 passes out to O2, X2 closes out quickly on balance with both hands up taking away the middle. Defenders X1 and X3 rotate back to support spots on O1 and O3. X4 assumes a strong pass denial position on O4. All rotations take place as ball leaves passer's hands.

## Points of Emphasis

### On Ball Defender

1. Pressuring the ball handler with active hands and feet.
2. Taking away the middle and protecting the “Elbows” and “Blocks” against dribble penetration.
3. Staying down and moving the foot in direction that dribbler is going first.
4. Defending with legs and forcing the dribbler to corner or baseline pushpoint.
5. Both hands held above the shoulders to discourage and contest the shot or pass options.

**Note: "Showing" or holding both hands high also eliminates referees from calling fouls.**

### Low I Helpside Defender

1. Stay alert with active feet ready to rotate. Do not stand flat-footed.
2. Assuming a stance with their inside foot, nearest the ball handler forward.
3. On dribble penetration, rotating over to trap dribbler or take a charge outside the paint (three second area).
4. “Show and Recover” (fake trap) anytime the On Ball defender “Blocks & Turns” or forces the dribbler below the “Block” to the baseline pushpoint.
5. Closing out as ball leaves passer’s hands.

### Double Team

1. Helpside defender contain block the dribbler's path, while the other defender attacks the ball.
2. Defenders must “Lock Up” and not allow the ball handler to split the trap.
3. Pressure the player with the ball with both hands, but do not foul.
4. Once the trap is set, off ball defenders should be in position to deny all passing lanes out of the trap.
5. Closing out as ball leaves passer’s hands. Quick releases and rotations are a key ingredient to successful traps.

**Caution: When trapping, do NOT ever go half way. If you are going to trap “Trap.” However, players can and should fake a trap at anytime.**

### Other Defenders

1. High Helpside I defender dropping down and “Help the Helper.”

**Note: “Help the Helper” rotations are also essential for successful traps and double teams.**

2. Ballside defender assuming a high Helpside I position with first pass responsibility on passes out of trap.

Closing out as ball leaves passer’s hands taking away the middle.