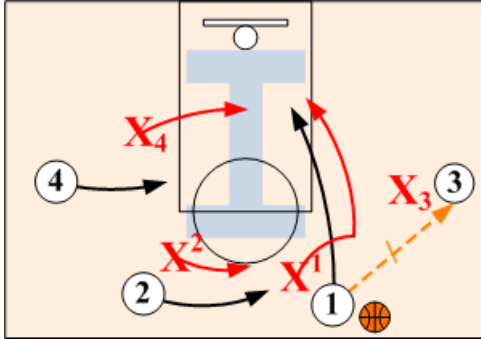
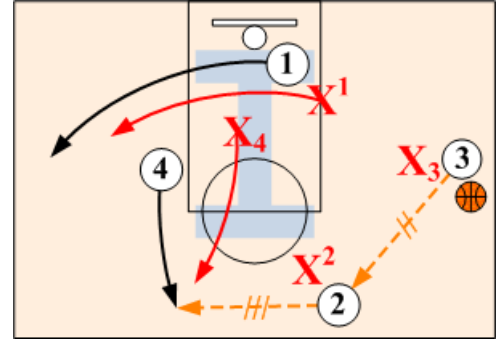


Shell Drill: Defending Basket Cuts

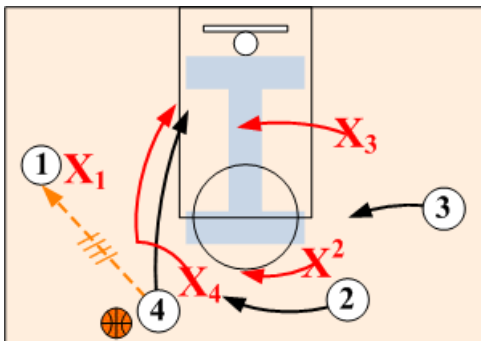
This is a four-on-four shell drill works on defending basket cuts. Basket cuts or “Give & Go’s” are one of the oldest, yet prettiest, plays in basketball. If they are not defended correctly, they will definitely result in easy baskets. Demonstrate and walk players through the basic defensive rotations. The defenders will automatically rotate through all four positions.



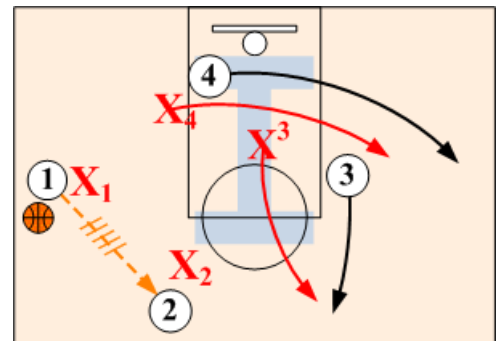
When ball handler O1 passes to the wing O3 and makes a cut to the basket, the defender X1 must jump in the direction of the pass and assume a shoulder to shoulder pass denial position. If the cutter posts up, the defender assumes a post front or 3/4 pass denial position. X2 and X4 assume Helpside I positions with X4 providing strong backside help on the cutter. X3 pressures passer O3.



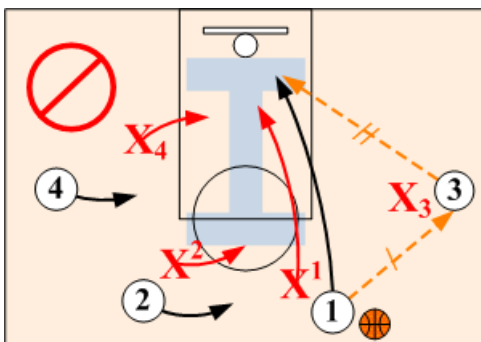
Drill continues with O3 making a reversal pass out to O2 who in turns passes to O4 stepping out. Cutter O1 empties out weakside. Defenders X1 and X4 close to O4 and O1. X1 assumes a strong pass denial position on O3.



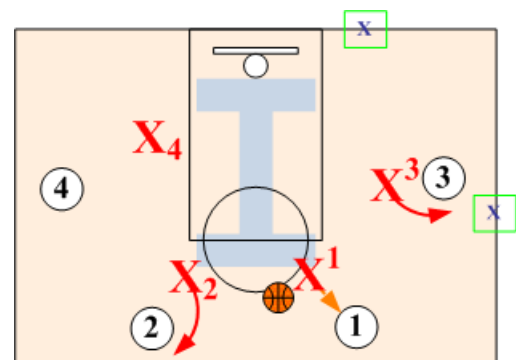
When O4 makes a basket cut, defender X4 must jump in the direction of the pass and assume a shoulder to shoulder pass denial position. If the cutter posts up, the defender assumes a post front or 3/4 pass denial position. X2 and X3 assume Helpside I positions with X3 providing backside help on the cutter. X1 pressures passer O1.



Drill continues with O1 making a reversal pass out to O2 who in turns passes to O3 stepping out. Cutter O4 empties out weakside. Defenders X3 and X4 close out to O3 and O4. X1 assumes a strong pass denial position on O3



Caution: This simple basket cut should never be allowed. It is a result of careless or lazy defense.



Once the proper rotations against basket cuts are checked, offense moves the ball around the perimeter with the option of making basket cuts. Defenders allow perimeter passes; however, they aggressively deny all basket cut passes.

Points of Emphasis

Beating the cutter through on ball side.

1. Jumping in the direction of the pass.
2. Assuming a strong shoulder to shoulder pass denial position.
3. Vision on the ball.
4. If the cutter posts up, then assume a post front or 3/4 pass denial position.
5. On Ball defender pressuring the ball handler.
6. Strong Helpside I support.

Caution: NEVER allow the cutter to make an uncontested cut or trail a cutter to the basket or ball.