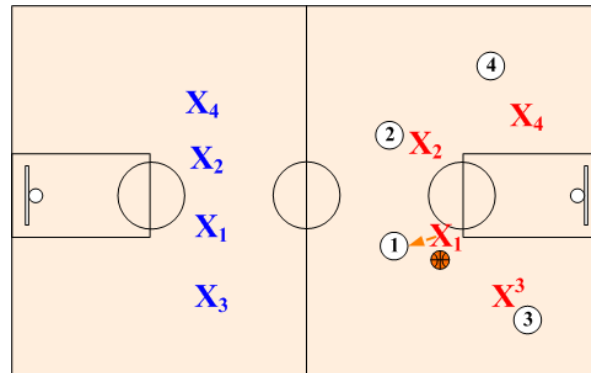
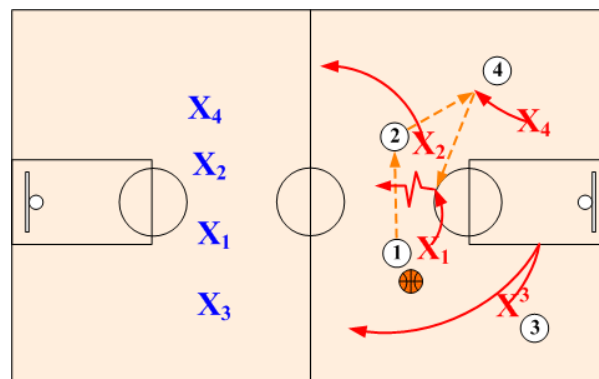


Shell Drill: “Cutthroat” Full Court Variation

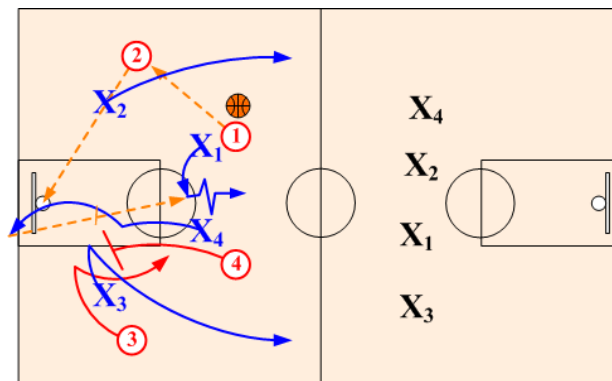
Once players become proficient playing half court Cutthroat, you can take it full court by playing 4-on-4-on-4. Taking Cutthroat live full court introduces a transition element into the drill. Defensively, players must communicate and match up. Offensively, they must fill wide lanes and execute early offense. No posts up or on ball screens are allowed. Scoring: One point is awarded per defensive stop. Three points are awarded for taking an offensive charge. Games can be played to a set number of points such as seven (7) or eleven (11) according to time available.



Full court "Cutthroat" begins with 4-on-4 half court and the third team located on defense at the opposite end of the court.



When the defensive team makes a stop or the offensive team scores, the defensive team rotates to offense and breaks down the court.



The defense must inbound the ball after made shots and all out of bounds situations. The offensive team remains at that end of the court and becomes defense.

Caution: During the drill be sure to track and analyzing how the teams are scoring. If a specific problem(s) should occur, go back to the specific shell drill to address and refine it.