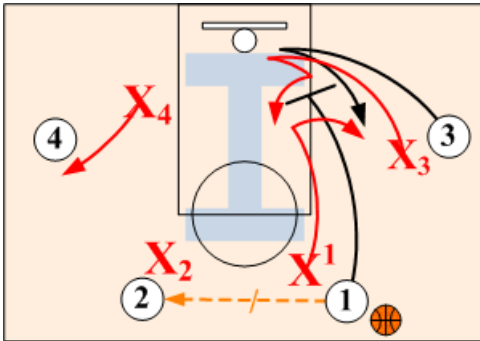
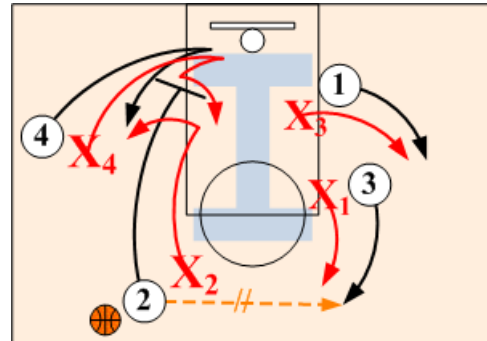


Shell Drill: Defending Down Screens

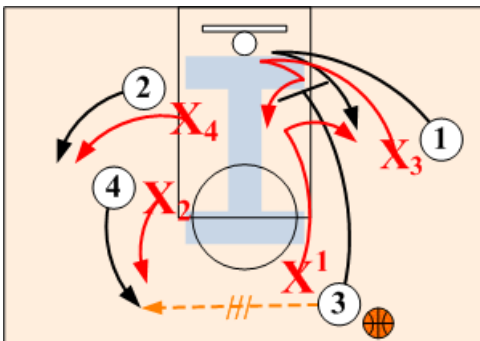
This is a four-on-four shell drill works on defending down screens. There are three components to an off ball down screen: the passer, the screener, and the receiver. Defenders must “talk” and coordinate their efforts in attacking these three players. Switching automatically on down screens eliminates any hesitation or indecision on the part of the defenders and is the most effective way to attack the passing lanes. It also has the advantage of keeping small defenders outside and “Bigs” inside. However, opening up and pulling the receiver’s defender through, and chasing out with the screener’s defender “Showing & Recovering” are also very viable techniques to defend down screens. For the purpose of this drill incorporate the best technique that fits your own defensive philosophy.



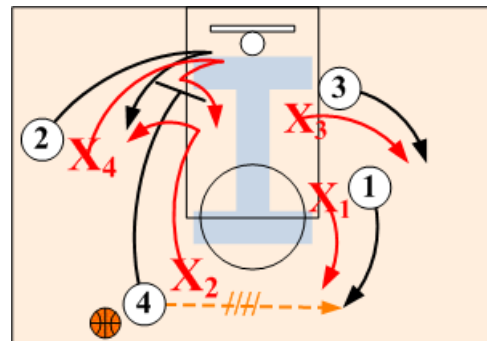
When ball handler O1 makes a guard to guard pass and down screens for O3, X1 and X3 automatically switch with X1 aggressively attacking the passing lane. Defender X4 closes out to a pass denial on O4 and X2 pressures the ball handler O2.



When ball handler O2 makes a guard to guard pass and down screens for O4, X2 and X4 automatically switch with X2 aggressively attacking the passing lane. Defender X3 assumes a pass denial position on O1, while X1 pressures the ball handler O3.

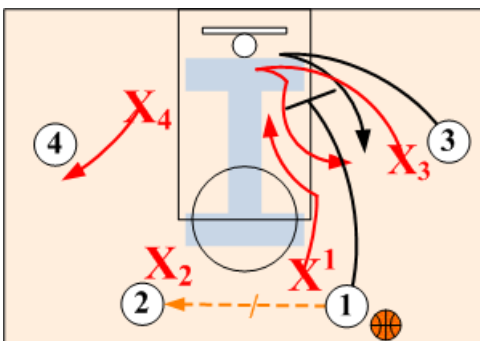


When O3 makes a guard to guard pass and down screens for O1, X1 and X3 automatically switch with X1 aggressively attacking the passing lane. Defender X4 assumes a pass denial position on O2, and X2 pressures the ball handler O4.

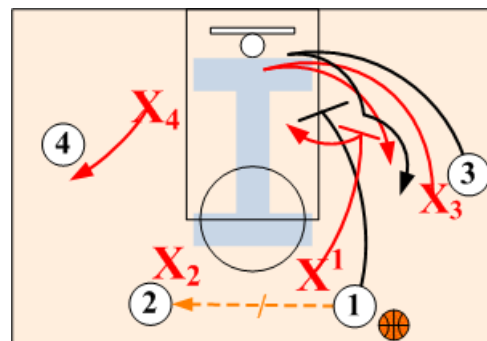


Once the proper techniques used against down screens are checked, offense moves the ball with guard to guard passes. Defenders allow the guard to guard passes. Talking & communicating is an important element of this drill.

Alternative Methods of Combating Down Screens



Defending down screens using the “Open Up & Pull Through” method. This technique keeps defenders matched up to the specific opponent.



Defending down screens employing the chase out - “Show & Recover” technique. This technique is best use on ballside down screens.