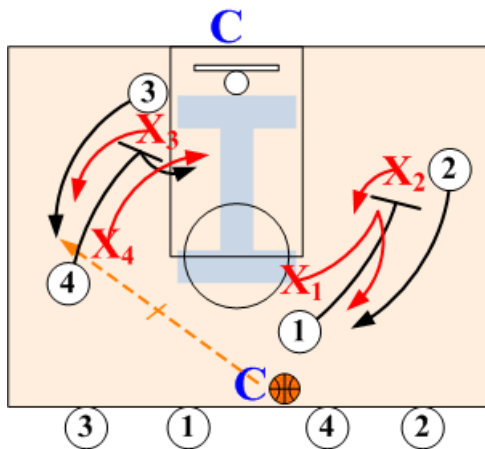
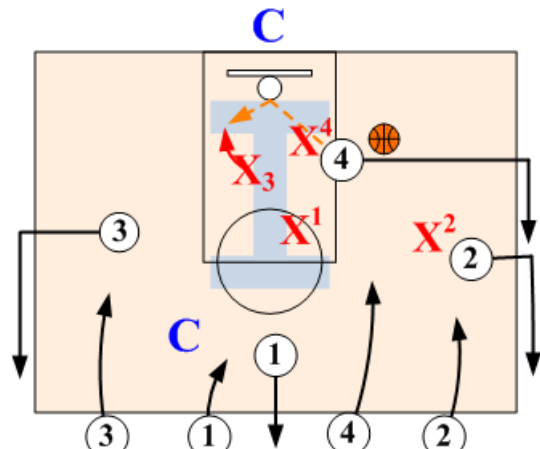


Shell Drill: “Post Cutthroat” 4-on-4 Live

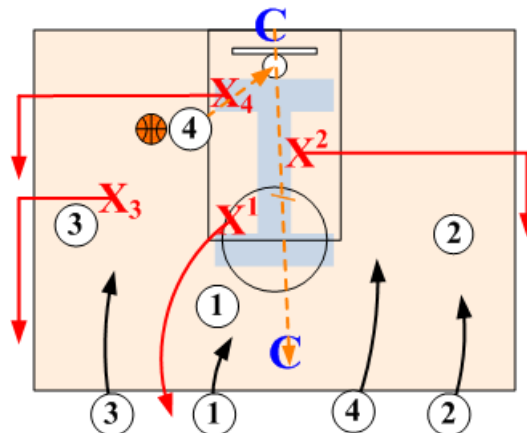
“Cutthroat” is a competitive 4-on-4 shell drill that can be played after players have completed the post breakdown drills.



Drill begins with a series of down screens and coach making an entry pass. The ball must be touched by the post player before any of the perimeter players can shoot.



Defensive Stop Rotation: If the defense makes a stop, the offense steps off the court and a new offensive team steps in.



Offense Scores Rotation: If the offense scores, they go to defense. The defensive team stepping off and a new offensive team stepping in as ball is returned to coach.

Basic Rules

Coach dictates which post disruption to use.

Post must touch the ball prior to any outside players can shoot.

Offensively, perimeter players can set down screens, make basket cuts, and drive baseline or middle. However, no On-Ball screens are allowed.

Out of bounds: When the ball goes out of bounds with the offense retaining possession, the ball can be returned to the coach and the drill continues or if, desired, can be inbounded with a coach acting as a referee putting the ball in play. If the defense is awarded possession of the out of bounds, it is a defense stop (point) and the offense steps off.

Defensive Fouls: If the defense commits two defensive fouls they are out. The offense goes to defense and a new offensive group steps on. Offensive Charges: For taking an offensive charge, the defense is awarded two (2) points with the offense stepping off and a new offense stepping in.

Defensive Communication: Any time the defenders do not talk and communicate, they are replaced with the offense going to defense and a new offensive group stepping in. This is a coach’s decision.

Scoring

Longest Run: If the offense scores, they go to defense with the defensive team stepping off and a new offensive team steps in. If the defense makes a stop, the offense steps off and a new offensive team steps on. See which group can make the most consecutive defensive stops.

Caution: To avoid injury, players being replaced in drill must step out of bounds and quickly go to half court.

Seven/Eleven: Points can be awarded for defensive stops and the game played to a certain number of points such as seven (7) or eleven (11) according to how much time is available. One point is earned per defensive stop. A defensive stop is a situation in which the offense does not score. They include steals, offensive turnovers, and defensive rebounds.

Games to Seven: Must earn your way to offense.

Defense is awarded: One point per defensive stop. Two Points for loose ball recovery and Three Points for taking an offensive charge.

Offense is awarded: Two Points for made field goal, Three Points for made three point shot, and One Point on a defensive foul.

If defense wins, they go to offense and a new group steps in on defense. If the offense wins, they stay on offense and a new group steps in on defense.