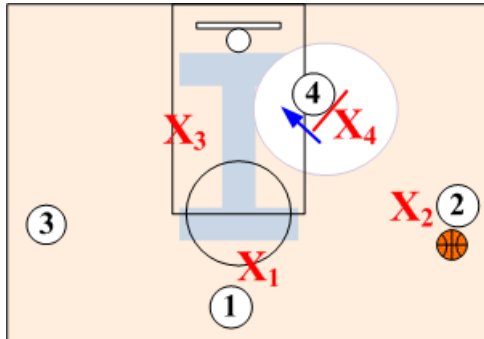
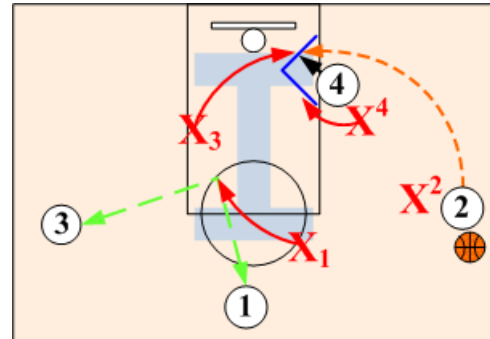


Shell Drill: Post Front Disruption

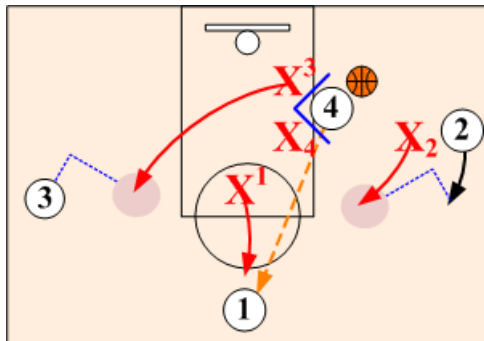
The importance of individual post defense cannot be over emphasized. However, sound individual post defense can be augmented with post traps at times to insure total disrupt of the inside post up game. Use the post front disruption to deny a good post the ball. In fronting the post, it minimizes the number of post passes. As a result, limits the number of offensive touches and shots in the low post area. However, fronting the post requires a team effort and must be given high priority during practice times.



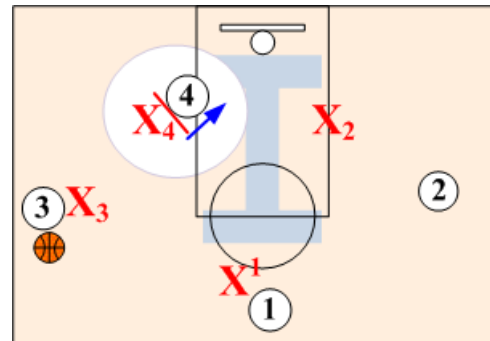
Introduce and demonstrate proper fronting techniques, shifts and lob pass rotations.



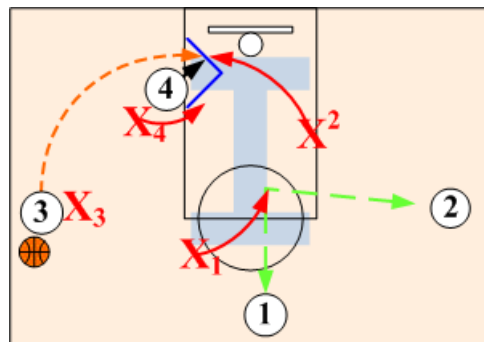
When wing O2 makes a lob pass to O4, defender X3, in the low Helpside I position, rotates over and double teams taking an offensive charge whenever possible. Defender X1 drops to low Helpside I position ready to closeout to either O1 or O3. O2 assumes a pass denial position against O2. All players rotate simultaneously on pass.



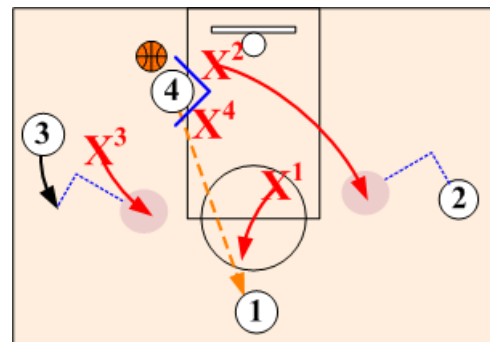
When the post passes to O1, X1 closes out on balance forcing O1 to sideline or corner pushpoint. Defenders X2 and X3 close out to support spots one step off and two steps up the passing lane. Post defender X4 assumes a strong pass denial position on O4. All rotations occur as ball leaves passer's hands.



Since fronting the post on the left side requires using the opposite foot and hand, it is important that players learned to front the post on both sides of the court.



When wing O3 makes a lob pass to O4, defender X2 rotates over and double teams. Defender X1 drops to low Helpside I position ready to closeout to either O1 or O2. Defender X3 assumes a pass denial position against O2.



When the post O4 passes to O1, defender X1 closes out on balance forcing O1 to sideline or corner pushpoint. Defenders X2 and X3 close out to support spots one step off and two steps up the passing lane. Post defender X4 assumes a strong pass denial position on O4.

Points of Emphasis

Once the proper post front rotations have been demonstrated and checked go live. However, allow post feeds only from the wings. Post must touch ball before any of the outside players can shoot.

Post Defender

1. Playing with agility and quickness rather than strength.
2. Staying down and changing position according to ball location.
3. Fronting the post by sitting down on the post's thigh. Keeping one arm extended high waving in the passing lane and holding other arm low in contact with opponent's leg. Bending knees and force the opponent back into the three-second area.
4. Assuming a Low Helpside I "Strike" position when the ball is on the weakside ready to deny flash cuts and rebound.

Post Double Teams

1. Anticipate and trap as ball leaves passer's hands taking a charge whenever possible.
2. Locking up on double team and not allowing post to split the defense.
3. Crowd and pressure the post, tracing ball with both hands, but do not foul.

On Ball Defender – Ball Pressure

1. On Ball defense closing out on balance with both hands up taking away the middle and forcing ball handlers to sideline, corner or baseline pushpoints.
2. Staying down and defending dribble penetration with their legs, moving the foot in direction that they are going first.
3. Taking away the middle and protecting the "Elbows" and "Blocks" against dribble penetration.

Off Ball Defenders

1. Off ball defenders closing out to support spots, one step off and two steps up the passing lane, not to their opponent. Assuming a stance with their inside foot, nearest the ball handler forward.
2. Staying down and stretch out. (Gives the ball handler with the illusion of congested space).
3. Sealing off any dribble penetration by moving their inside foot first. (Stepping up with lead foot, rather than back foot, saves a step and allows defenders to seal off higher.)

Miscellaneous

1. Staying down with active feet and hands.
2. Defenders' rotations taking place as ball leaves passer's hands.
3. Communicating and talking ("Ball," "Help", etc.)
4. Make sure all players, regardless of size, receive reps in the post.