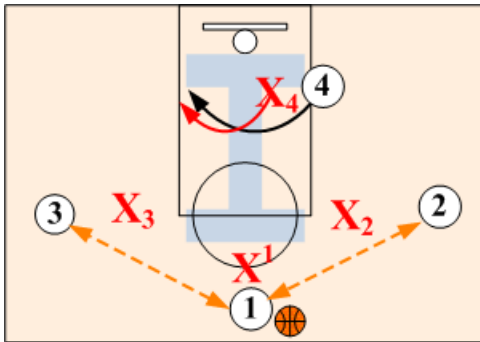
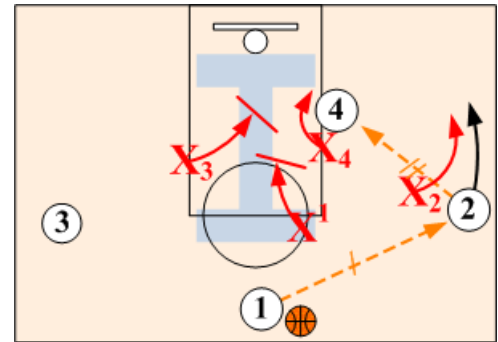


Shell Drill: Post Isolation (Live)

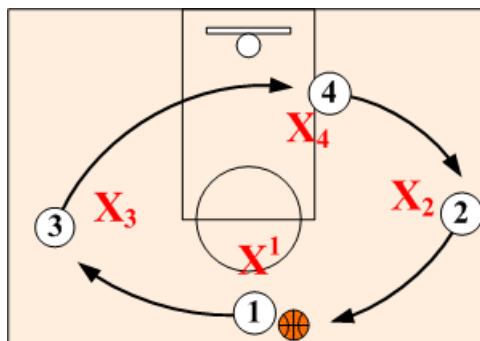
Post Isolation is a live One-on-One drill. It is an extension of the post shifting drill. The offense passes the ball around the perimeter with the intent of feeding the post. Defenders shifts accordingly allowing perimeter passes. However, they aggressively pressure and deny all passes to the post. When the ball is entered into the post, the drill becomes live 1-on-1 with the offense trying to score. Outside defenders sag off and open up with arms extended sealing off any post dribble penetration. If post is unable to get off a good shot, they pass the ball back out and drill continues.



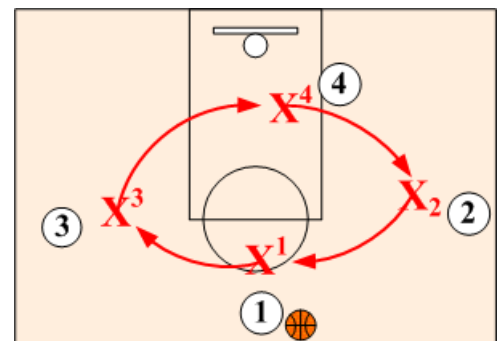
Post playing live is allowed to move block to block in an effort to get open. The outside offensive players are allowed one dribble, but cannot shoot. Outside defenders assume strong pass denial positions, but allow the perimeter passes.



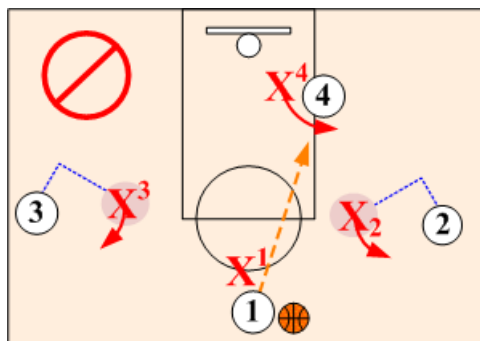
Offensive post goes live 1-on-1 any time they receive the ball. Helpside defenders sag off and open up with arms stretched out sealing off any post dribble penetration. Drill continues until the defense makes a defensive stop (Offensive Turnover, Steal or Defensive Rebound) or the offensive player scores.



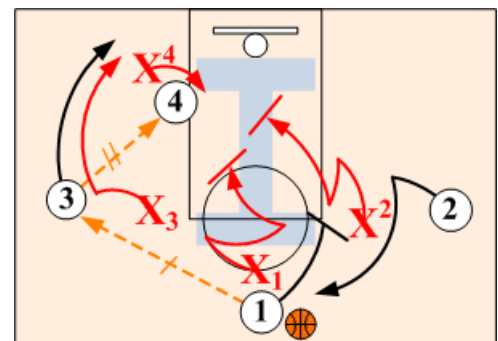
The offensive players rotate after a defensive stop or made basket. This will provides the post defender to practice against various size offensive players.



Once a defender has defended against all four offensive players, the defenders rotate. Since post defense requires a team effort this will insure that all of the defenders rotate through all four positions



Caution: Pressure the ball handler and do not allow any passes to the post from the point area. When the ball is in the middle of the floor, the post has no help. If a pass is made, the outside defenders sag off and open up.



Once defenders get accostum to the drill, allow the perimeter players to screen away or exchange.

Points of Emphasis

Post Defense is played before the post receives the ball, not after.

Post Defender

1. Denying the post the ball. Assuming an aggressive pass denial position on ball side keeping their back foot 12" behind opponent's foot.
2. Staying down in a low "Ear on Chest" stance and changing adjusting position on every pass.
3. Once the post receives the ball with their back to the basket, the defender should step back to prevent the post from executing a hook step for a power layup (Playing off will also make it more difficult to make a pass to the weakside or to a player cutting to the basket).
4. When the post does turn and face the basket, the defender should immediately step up and "Jam" or smother" the post with knees bent, influencing post to the nearest pushpoint.
5. Should the post try to back down the defender with the dribble, the defender should resist with an elbow high forearm in back and force the opponent to their weak hand.

Post Help

1. Post Defense Requires a Team Effort!
2. On Ball defender pressuring the passer with active hands and feet.
3. Helpside defenders sag off and open up with arms stretched out sealing off any post dribble penetration.
4. Sealing off dribble penetration by moving the foot in the direction they are going first. (Stepping with lead foot, rather than back foot, saves a step and allows defenders to seal off higher.)

Miscellaneous

1. Defenders' rotations taking place as ball leaves passer's hands.
2. Communicating and talking ("Ball," "Help", etc.)