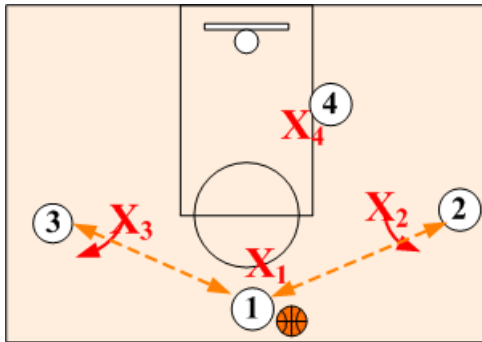
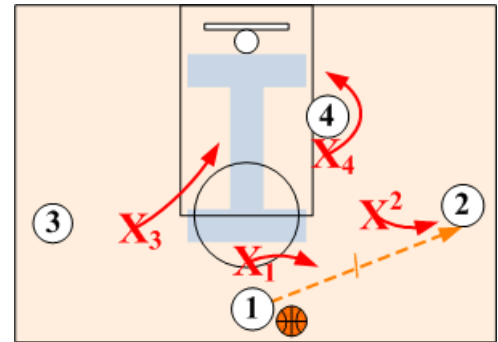


## Shell Drill: Post Shifting

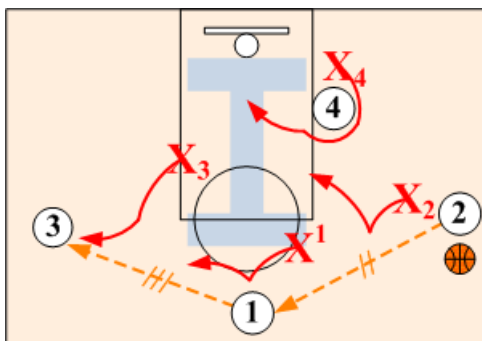
The post shifting drill is a continuation of the basic shell shifting drill. Its purpose is to teach post defenders to be cognizant of their location in relationship to the player with the ball at all times. Demonstrate and walk players through the basic defensive shifts. Once the ball is moved around to each position and proper defensive stances and positioning are checked, the offense passes the ball around the perimeter and defenders shift accordingly. Defenders assume strong pass denial positions, but allow perimeter passes. However, they aggressively pressure and prevent all post passes. No shooting or driving on offense.



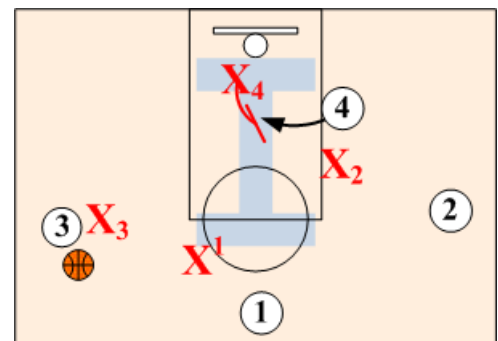
Demonstrate and walk players through the basic defensive shifts. Since post defense is a team effort make sure all defenders rotate through all four positions.



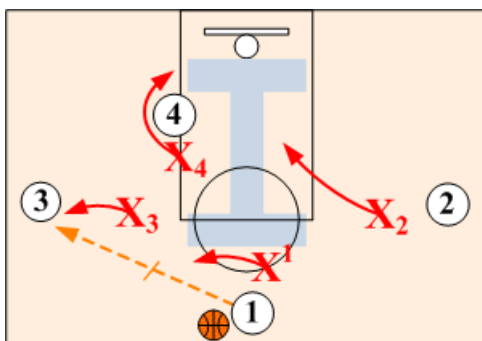
When O1 passes to O2. Defender X2 pressures O3 forcing the ball handler to corner. If wing O2 is below the free throw line extended, post defender fronts or moves to a strong 3/4 baseline pass denial position. X3 assumes a low Helpside I position and X1 jumps to the ball.



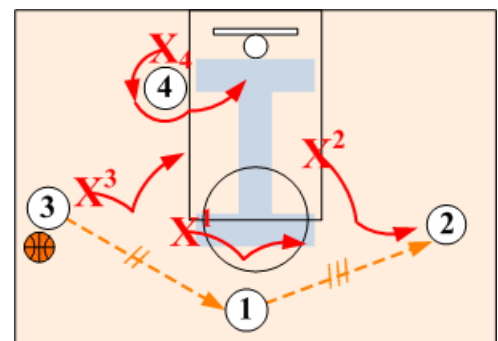
On ball reversals, defenders jump to the ball and assume support positions with their ball side foot up. The On-Ball defender pressures the ball handler hard forcing toward a corner or baseline pushpoint.



When the ball is on the weakside, the post defender assumes a low Helpside I strike position ready to block and prevent any post flashes to the ball.



If wing O3 is below the free throw line extended, post defender fronts or moves to a strong 3/4 baseline pass denial position.



On ball reversals, the defenders must rotate as ball leaves passers hands.

## Points of Emphasis

*Quick on balance close outs are critical to the success of any team defense.*

### Post Defender

1. Playing with agility and quickness rather than strength.
2. Assuming an aggressive pass denial position on ball side keeping their back foot 12" behind opponent's foot.
3. Staying down in a low "Ear on Chest" stance and changing position according to ball location.
4. Assuming a Low Helpside I "Strike" position when the ball is on the weakside ready to help out teammates, double team, deny flash cuts or rebound.

### On Ball Defender – Ball Pressure

1. On Ball defender closing out, on balance, with both hands up.
2. Staying down and defending dribble penetration with their legs.
3. On dribble penetration, moving the foot in direction that they are going first.
4. 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.
2. Assuming a stance with their inside foot, nearest the ball handler forward.
3. Staying down and stretch out. (Gives the ball handler with the illusion of congested space).
4. 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. Defenders' rotations taking place as ball leaves passer's hands.
2. Communicating and talking ("Ball," "Help", etc.)