# Shell Drill: Post "Go Top" Double Team

The importance of individual post defense cannot be over emphasized. However, sound individual post defense can be augment with post traps at times to insure total disrupt of the inside post up game. The "Go Top" is a secondary post trap rotation that can be deployed as a change up to confuse the offensive post. The "Go Top" can be very effective when the post defender is playing on the baseline side or the offensive post has a tendency to turn into the middle after receiving the ball. In the Go Top rotation, the high Helpside I defender releases quickly on the post pass release and double teams the post. The post defender turns the offensive post into the middle and into the double team.
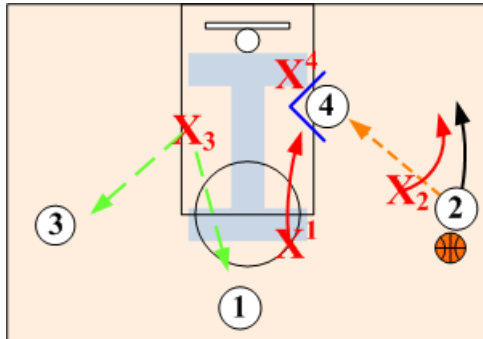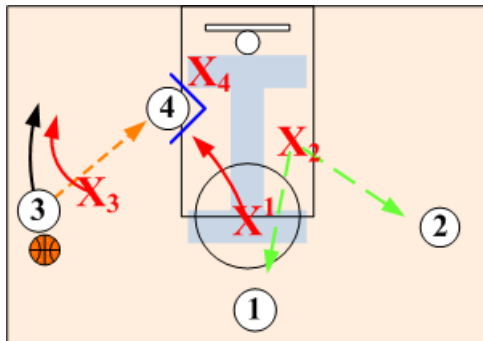

When O2 feeds the post, defender X1, in the low Helpside I position, rotates over and double teams O4 with X4 taking an offensive charge whenever possible. Defender X3 assumes a low Helpside I position ready to closeout to either O1 or O3. X2 assumes a pass denial position against O2.
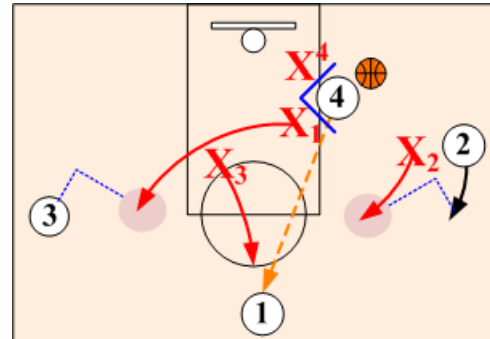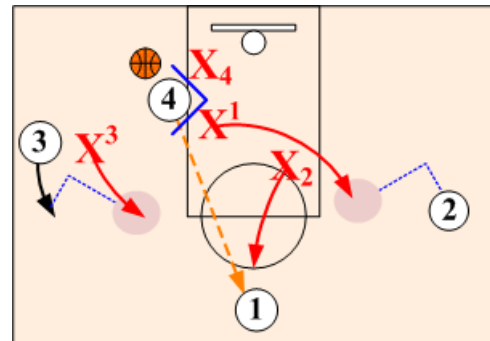

Recover: When the post O4 passes to O1, defender X3 closes out on balance forcing O1 to sideline or corner pushpoint. Defenders X1 and X2 close out to support spots one step off and two steps up the passing lane. Post defender X4 assumes a strong pass denial position on O4.

All rotations occur as ball leaves passer's hands.

When O3 feeds the post O4, defender X1 rotates down and double teams O4 taking an offensive charge whenever possible. Defender X2 opens up and assumes a low Helpside I position ready to closeout to either O1 or O2. X3 assumes a pass denial position against O3.

Recover: When the post O4 passes to O1, defender X2 closes out on balance forcing O1 to sideline or corner pushpoint. Defenders X1 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.

Points of Emphasis

Once the proper "Go Top" 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. Assuming an aggressive pass denial position on ball side keeping their back foot 12" behind opponent's foot.

3. Staying down 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 and rebound.

Post Double Team

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.