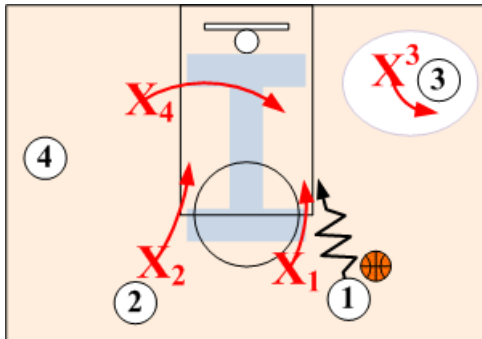


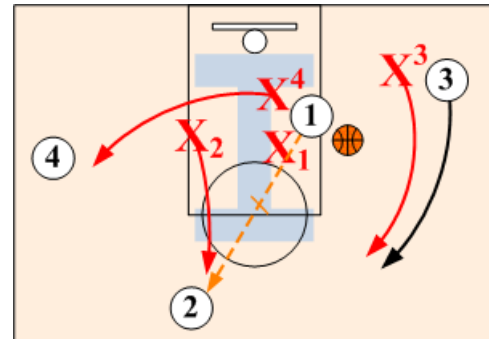
Shell Drill: Defending Point Dribble Penetration

Rule: Stay Home on Ball Side. Do NOT leave shooters to help

This is a four-on-four shell drill works on defending middle dribble penetration. When a ball handler penetrates down the middle to the basket on dribble, ball side defenders maintain strong pass denial positions and **do NOT help**. Helpside players are responsible for rotating over to stop the ball handler's penetration. Low Helpside I defender steps out taking a charge whenever possible.

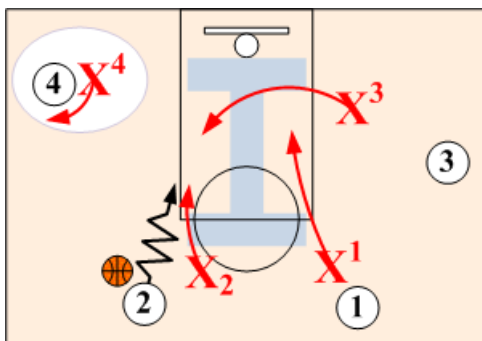


When ball handler O1 drives to the basket, defender X1 must protect the "Elbow" and force O1 towards the corner pushpoint. Weakside Low I defender X4 helps, while High I defender O2 drops. Ball side defender X3 maintains a strong pass denial position on O3 preventing any kick out pass for a spot up open three point shot.

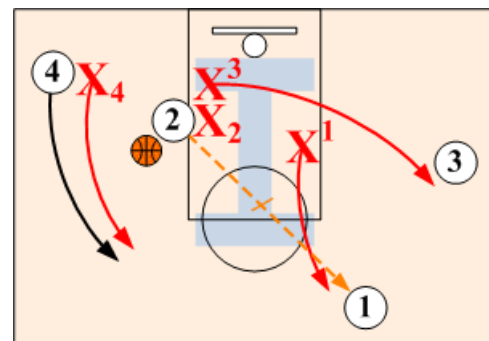


When O1 makes a pass out to O2, X2 closes out quickly on balance with both hands up. Defender X4 closes back out to a pass denial position against O4.

Note: Defenders must rotate as ball leaves passer's hands.

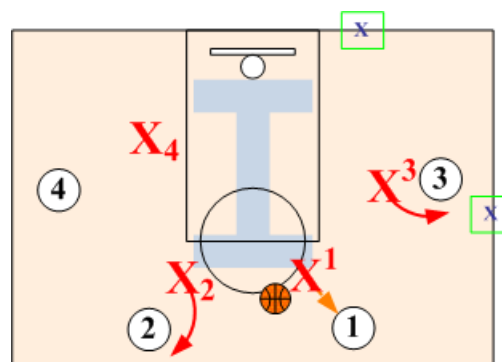


If ball handler O2 drives to the basket, defender X2 protects the "Elbow" and force O2 towards the corner push point. Weakside Low I defender X3 helps while High I defender O1 drops. Ball side defender X4 prevents any kick out pass for a spot up open three point shot.



When O2 makes a pass out to O1, X1 closes out quickly on balance with both hands up. Defender X3 closes back out to a pass denial position against O3.

Note: Defenders must rotate as ball leaves passer's hands.



Once the proper rotations against middle dribble penetration are checked, offense moves the ball around the perimeter with the option of making middle drives to the basket. Defenders allow perimeter passes; however, they aggressively attack all middle dribble penetrations.