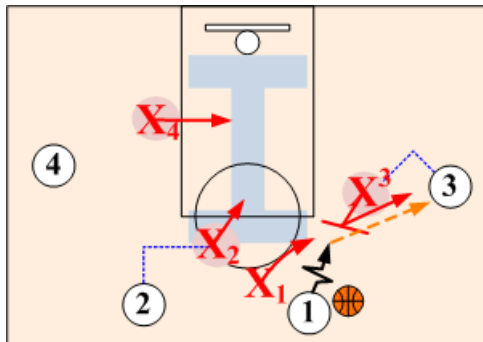
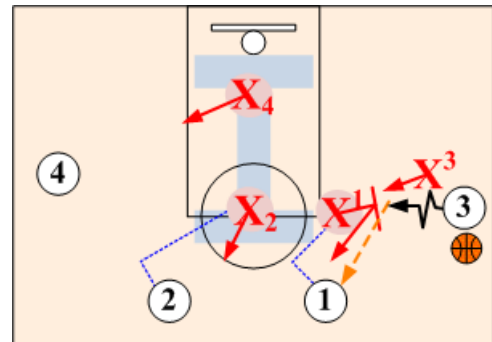


Shell Drill: “Seal & Recover”

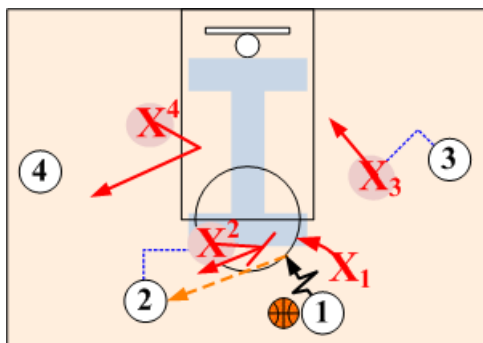
This four-on-four drill is a continuation of the defensive shifting drill. Once the basic defensive positioning and shifts have been taught, introduce and demonstrate “Sealing & Recovering” against dribble penetration. As the ball is passed around the perimeter allow the offensive players to take one or two dribbles into a seam between defenders. Defenders “Seal and Recover” accordingly. No shooting.



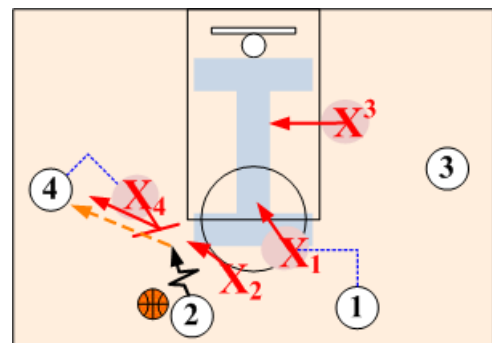
When ball handler O1 dribble penetrates into the seam between X1 and X3. Defender X1 pushes O1 toward the corner pushpoint. X3, one step off and two steps up the passing lane, steps up and “Seals” and “Recovers” if O1 passes to O3. Defenders X2 & X4 assume Helpside I positions.



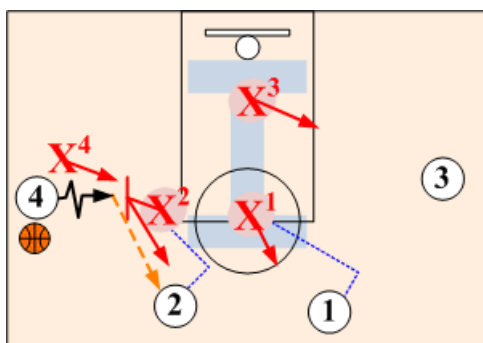
If wing O3 dribble penetrates into the seam between X1 and X3, defender X3, protects the elbow and forces O3 to the top of the circle pushpoint. X1, one step off and two steps up the passing lane, steps “Seals” and “Recovers.” Defenders X2 & X4 assume Helpside I positions.



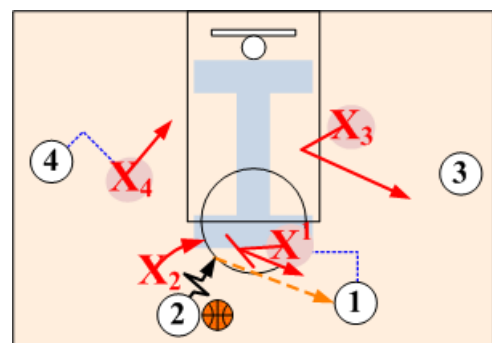
If ball handler O1 dribble penetrates into the seam between X1 and X2, defender X1 pushes O1 toward the corner pushpoint. X2, one step off and two steps up the passing lane, “Seals” and “Recovers.” Defenders X3 & X4 assume support positions.



When ball handler O2 dribble penetrates into the seam between X2 and X4. Defender X2 pushes O2 toward the corner pushpoint. X4 steps up and “Seals” and “Recovers” Defenders X1 & X3 assume Helpside I positions.



If wing O4 dribble penetrates into the seam between X2 and X4, defender X4, protects the elbow and forces O4 to the top of the circle pushpoint. X2 “Seals” and “Recovers.” Defenders X1 & X3 assume Helpside I positions.



When ball handler O2 dribble penetrates into the seam between X1 and X2. Defender X2 pushes O2 toward the corner pushpoint. X1 “Seals” and “Recovers.” Defenders X3 & X4 assume support positions.

Points of Emphasis:

On Ball Defender

1. Pressuring the ball handler, staying down in a bent knee, “*nose on chest*” upright position.
2. Having active hands and feet. Staying on balance and not reaching.
3. Influencing the ball handler towards a sideline or corner pushpoint.
4. Saving a step by stepping with the foot in the direction of dribble first.
5. Defending with entirely with legs and “Showing” hands (Having both hands above the shoulders to discourage and contest the shot or pass options).

Ball Side Support

1. Defenders must play up the passing lane between their opponent and the ball at all times in a “Ball – **You** – Opponent” in a support position one step off and two steps up the passing lane maintaining a low bent knee, “*Ear on Chest*” position with active feet.
2. Use split vision. See the opponent and the ball at all times.
3. Extend lead arm straight out (“Stop Sign”) into passing lane with the palm to the passer. In attacking the passing lanes, defenders should deflect passes with lead hand rather than trying to catch them.
4. Stepping up with lead foot (nearest to dribbler) to “Seal” and help against dribble penetration.
5. Quick “Recoveries” to ball or support spots on passes.

Helpside I Support

1. Move and rotate to a support “Spots” not to an opponent.
2. Helpside defenders must stay down in a bent knee stance up the lane between the opponent and the ball handler.
3. Use split vision. See the opponent and the ball at all times.
6. The longer the passing lane, the further off (up the lane) the defender should play. Do not allow any uncontested passes over 15 feet.
4. Do not stand flat-footed. Stay alert with active feet ready to rotate.
5. Anticipating and closing out as ball leaves passer’s hands.
6. When a weakside player makes a flash cut toward the ball handler, stepping up and physically block the cutter.

CAUTION: When weakside defenders play close to their opponents, it not only eliminates any defensive help, but also opens up the entire middle area of the court and actually encourages middle penetration.

Miscellaneous

1. Defense is a team effort!
2. Pressure on the ball is the single most important element of team defense.
3. Off Ball fundamentals are the building blocks of a strong team defense.
4. Communicate and talk! “Ball” “Help”
5. Staying down in a bent knee position with active feet.

CAUTION: Correct execution and footwork are very important. Recognize mistakes and correct them immediately. Bad habits can be practiced as well as good ones. Therefore, it is imperative that players build good habits from the start. Repetition is a must. The greater the number of times nerve impulses are sent over the nerve pathways, the more firmly established they become until what has been practiced becomes automatic or a habit. Motor learning also requires visualization and mental practice, and is directly dependent upon physical conditioning.