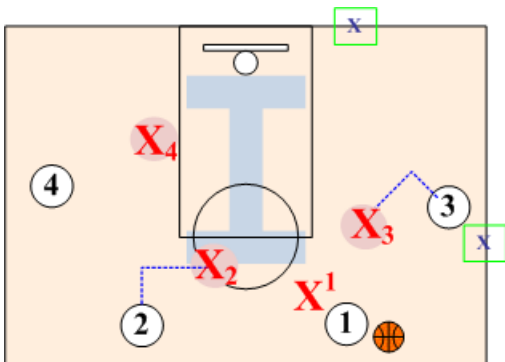
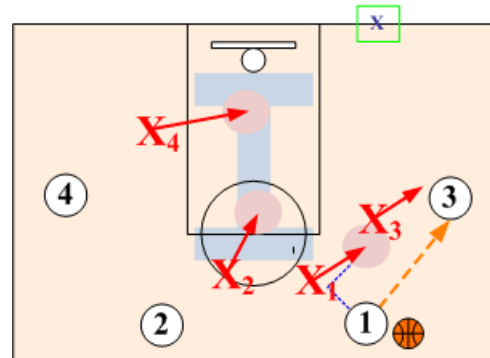


Shell Drill: Basic Shifting

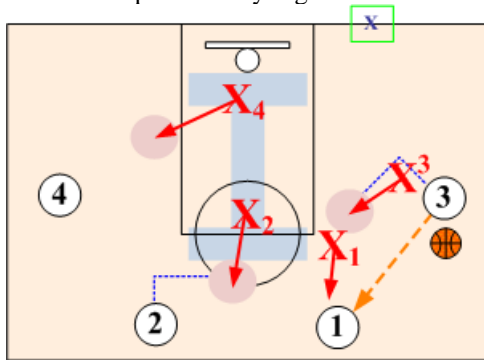
This is a four-on-four footwork and positioning drill similar to a zone shifting drill. Demonstrate and walk players through the basic defensive shifts. Once the ball is moved around to each position and proper defensive stances and positioning is checked, offense moves the ball around the perimeter and defenders shifts accordingly to ball position. Defenders rotate and communicate as ball is in air.



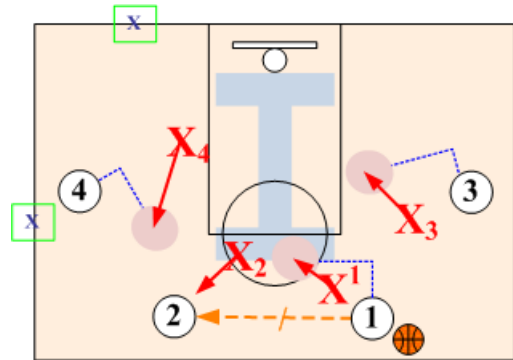
On Ball defender takes away middle, pressuring ball handler O1 toward sideline or corner pushpoint. Defenders X2 & X3 assume support positions one step off and two steps up the passing lane. X4 two passes away sags to middle.



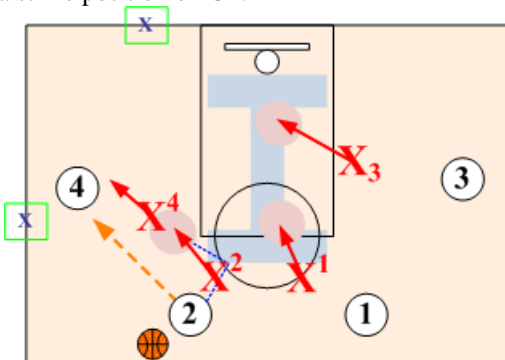
When O1 passes to O3. X3 pressures ball handler O3 forcing to corner or baseline pushpoint. X1 assumes a support position one step off and two steps up the passing lane. Defenders X2 and X4 rotate into Helpside I positions.



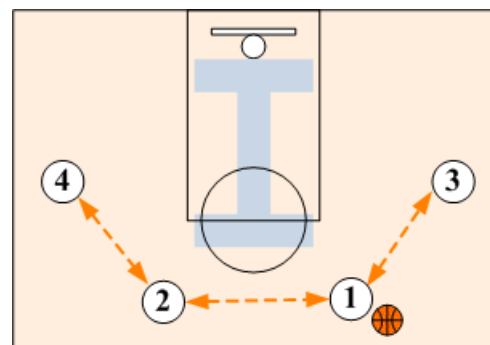
When O3 passes pass back to O1. Defender X1 pressures O1 forcing to sideline pushpoint. Defenders X2 & X3 reassume support positions one step off and two steps up the passing lane. X4 two passes away sags to middle. Defender X4 rotates back to a strike position on O4.



When O1 passes to O2, defender X2 pressures O2 forcing to sideline pushpoint. Defender X1 assumes a pass denial position. X4 closes out to a pass denial position on O4 and X3 drops to a backside help position.



If O2 passes to O4. X4 pressures the ball handler O4 forcing to corner or baseline pushpoint. X2 assumes a support position one step off and two steps up the passing lane. Defenders X1 and X3 rotate into Helpside I positions.



Once the ball is moved around to each position and proper defensive stances and positioning is checked, offense moves the ball around the perimeter using sharp passes. Defense shifts accordingly to ball position. No shooting or driving on offense.

Points of Emphasis:

Shifting

1. Pressure on the ball is the single most important element of team defense.
2. Off Ball fundamentals are the building blocks of a strong team defense.
3. Communicate and talk! “Ball” “Help”
4. Staying down in a bent knee position with active feet.
5. Move and rotate to a support “Spot” not to an opponent.

On Ball Defender

1. Staying down in a bent knee, “*nose on chest*” upright position.
2. Pressure the ball. Active hands, with one hand should be tracing or following all ball movement. The other hand is held lower and slightly to the side waving to distract the passer and to cut off the passing lane into post.
3. Do standing flat footed. Having active feet using small chatter steps.
4. Influencing the ball handler towards a sideline or trap zone. Prevent any dribble penetration into the middle of the court.
5. Staying on balance and not reaching.

Ball Side Support

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

Helpside I Support

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.

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

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.