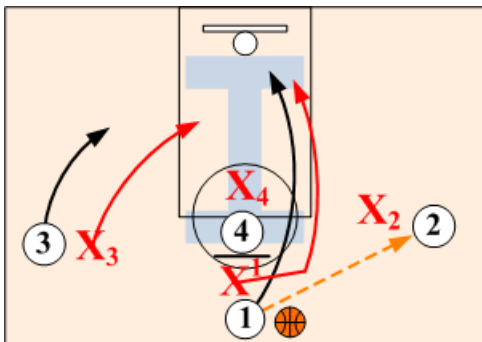


Shell Drill: Side Screen (HP Rub & Down Screen Entry)

This is an excellent four-on-four drill for practicing and refining the various techniques use to successfully defend high post rub cuts, down screens and On Ball side-screens. Demonstrate and explain drill. Walk players through the proper defensive footwork and contact switches. Be sure to use both right and left sides of the court.

Note: drill is illustrated using aggressive jump switches in attacking screens. However, if desired, substitute whatever method(s) you prefer teach and use.

Right Side Entry

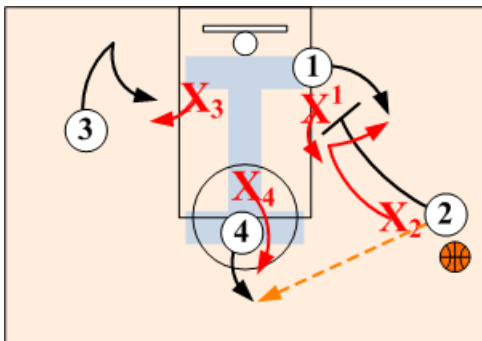


HP Rub Cut

Out of a 1 – 3 alignment, point on 1 passes to wing O2 and cuts to the basket off O4's back screen while O3 moves down to the baseline.

Defender X1 jumps in the direction of the pass and assumes a strong pass denial position against O1 preventing a "Give & Go" basket cut.

X4 steps out and forces O1 wide and X2 pressures the passer O2, forcing O2 to the corner or baseline push point. X3 assumes a backside help position against O3 taking away the lob pass option to O1.

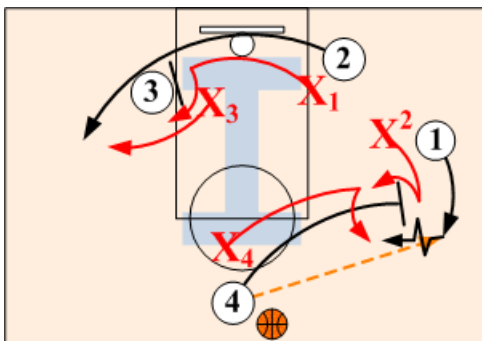


Down Screen/Flash

When O2 makes a reversal pass out to O4, O2 sets a down screen for O1 and O3 posts up.

Defenders X2 and X1 execute an aggressive jump switch with X2 attacking the passing lane.

X4 pressures the passer O4 forcing O4 to a corner push point, while X3 aggressively defends O3's flash and post up



Side Screen

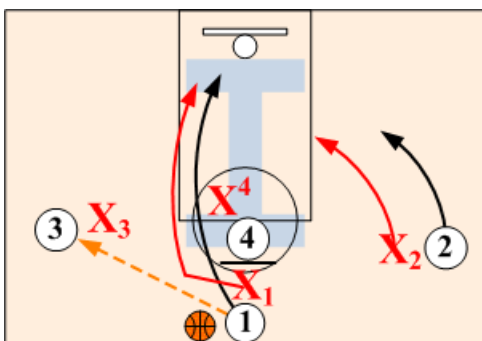
O4 passes to O1 and sets a side screen. O3 sets a base screen for O2 on weakside.

Defenders X4 and X2 attack the side screen with an aggressive jump switch. Defenders X3 and X1 jump switch against O3 and O2.

Note: In defending against side screens, be sure to cover all seven methods.

Go live and continue drill until a made basket, defensive rebound or turnover.

Left Side Entry

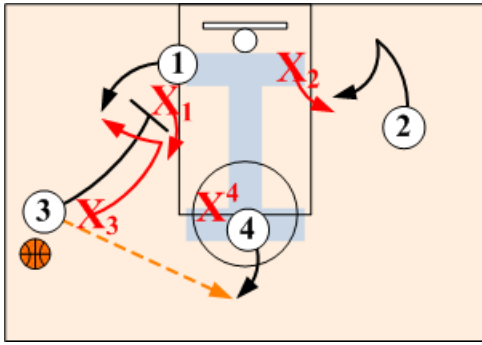


HP Rub Cut

Out of a 1 – 3 alignment, point on 1 passes to wing O3 and cuts to the basket off O4's back screen while O2 moves down to the baseline.

Defender X1 jumps in the direction of the pass and assumes a strong pass denial position against O1 preventing a "Give & Go" basket cut.

X4 steps out and forces O1 wide and X3 pressures the passer O2, forcing O3 to the corner or baseline push point. X2 assumes a backside help position against O2 taking away any the lob pass option to O1.

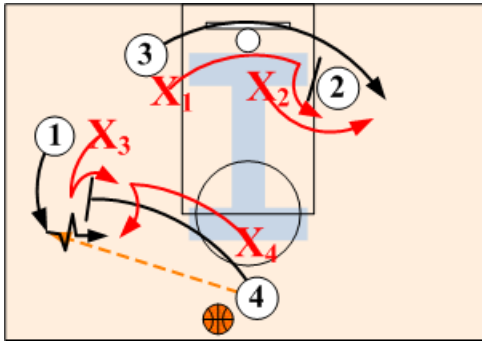


Down Screen/Flash

When O3 makes a reversal pass out to O4 and sets a down screen for O1 and O2 posts up.

Defenders X3 and X1 execute an aggressive jump switch with X2 taking away the passing lane.

X4 pressures the passer O4 forcing O4 to a corner push point, while X2 aggressively defends O3's flash and post up



Side Screen

O4 passes to O1 and sets a side screen. O2 sets a base screen for O3 on weakside.

Defenders X4 and X3 attack the side screen with an aggressive jump switch. Defenders X2 and X1 jump switch against O3 and O2.

Points of Emphasis:

1. Defense is a team effort!
2. Individual Defensive fundamentals are the building blocks of a strong team defense.
3. Pressure on the ball is the single most important element of team defense.
4. Communicate and talk! "Ball" "Help" etc.
5. In attacking Off-Ball screens teach and use whichever method (s) you prefer.
6. In defending against On-Ball side screens, be sure to cover all seven methods. (Prevent, Jump Switch, Trap, Show & Recover, Trap Early, Jam & Shadow).
7. Insist on proper close outs. Anticipate and close out as ball leaves passer's hands rotating to a support "Spots" not to an opponent.
8. Correct execution and footwork are very important. Stay down in a bent knee position with active feet.
9. After introduction, point has option of making an entry pass to either wing.
10. Always end drill upon a made shot, defensive rebound or turnover.

Teaching Points

1. 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.
2. 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.
3. Motor learning also requires visualization and mental practice, and is directly dependent upon physical conditioning.
4. During the season utilize drill only as needed.