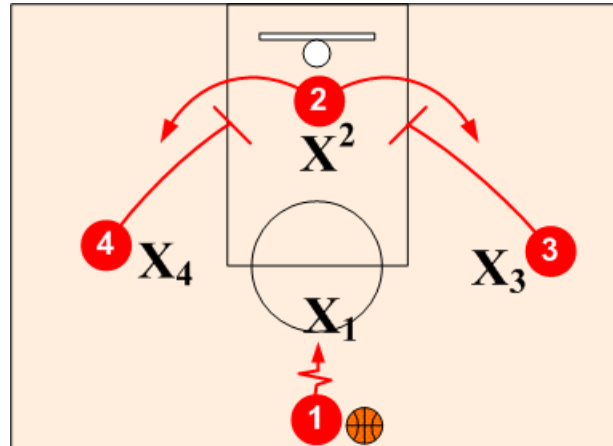


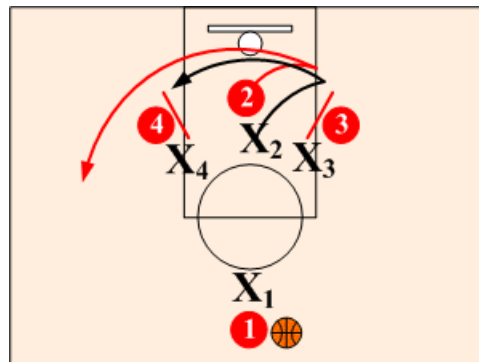
Single/Double Shell Breakdown Drill

In addition to a set offense the “Single/Double” offense can be used as a continuity offense as well. Although this Single/Double offensive shell (4-on-4) breakdown drill does not include a double screen, it can be very effectively used in practicing freeing up shooters. It can be run against various types of defense according to the coach’s decision.

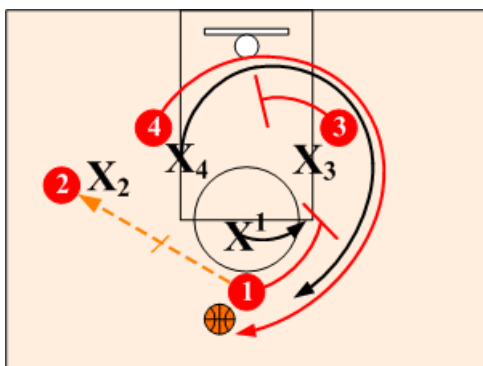


Offensive players assume a diamond alignment with O1 with the ball. Wings O3 and O4 set base screens for O2. O2 has option of going off either base screen.

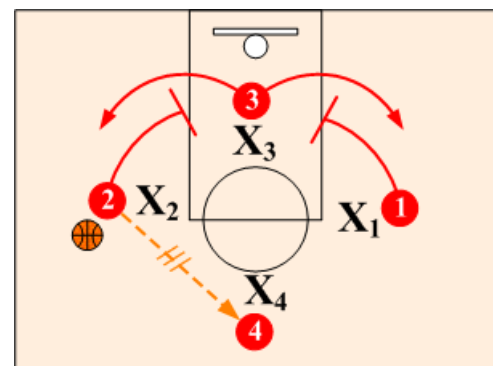
Left Side Option



Shooter O2 goes off O4’s base screen. O2 can curl to the basket if the defense trails. When the defense switches O1 looks to feed the screener posting up strong. If the defense cheats over the top, the shooter can fade or back cut to the basket.

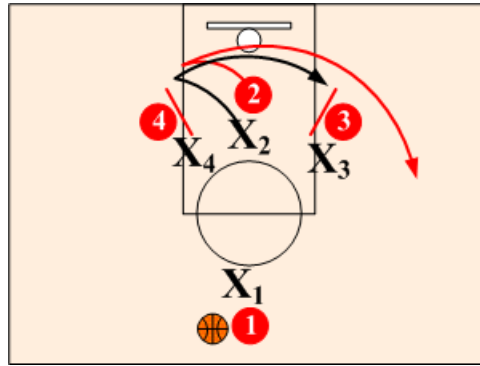


When O1 passes to O2, O1 and O3 set screens for O4.

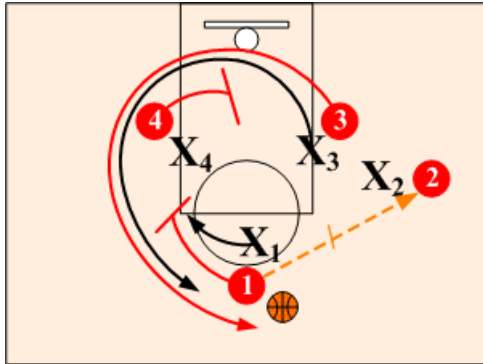


When wing O2 makes a reversal pass out to O4, drill action continues with O3 becoming the shooter, and O1 and O2 setting the base screens.

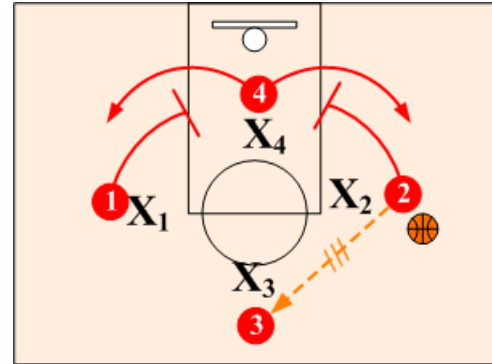
Right Side Option



Shooter O2 goes off O4's base screen.



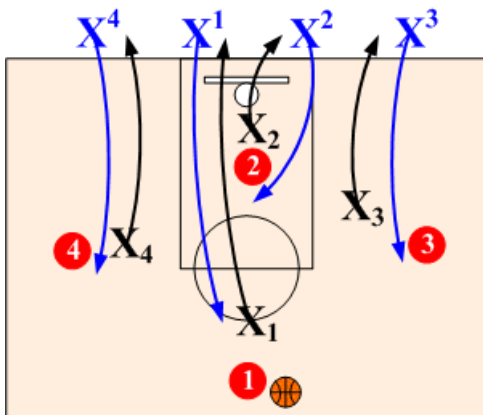
When O1 passes to O2, O1 and O3 set screens for O4.



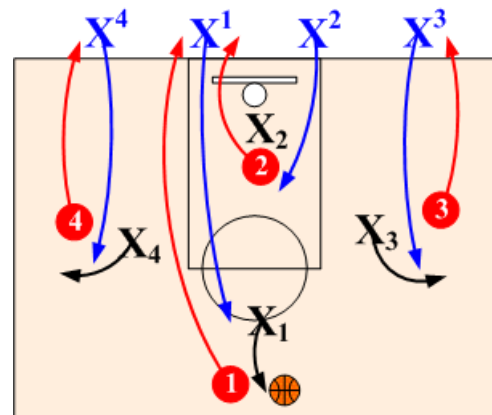
When wing O2 makes a reversal pass out to O3, drill action continues with O4 becoming the shooter, and O1 and O2 setting the base screens..

Cutthroat Variation

After the players receive a working knowledge of the drill, you can make it competitive by playing "Cutthroat."



Offense Scores Rotation: If the offense scores, they stay on offense and a new defensive team steps in



Defensive Stop Rotation: If the defense makes a stop, the defense goes to offense, the offense steps off, and a new defensive team steps in.

Basic Rules

Offensively, perimeter players can set drive baseline or middle. However, no On-Bal screens are allowed.

Out of bounds: When the ball goes out of bounds with the offense retaining possession. However, if the defense is awarded possession of the out of bounds, it is a defense stop and the defense goes to offense and the offense steps off.

Defensive Fouls: If the defense commits two defensive fouls they are out, and a new defensive team steps in.

Offensive Charges: For taking an offensive charge, the defense stays on a new offensive group stepping in.