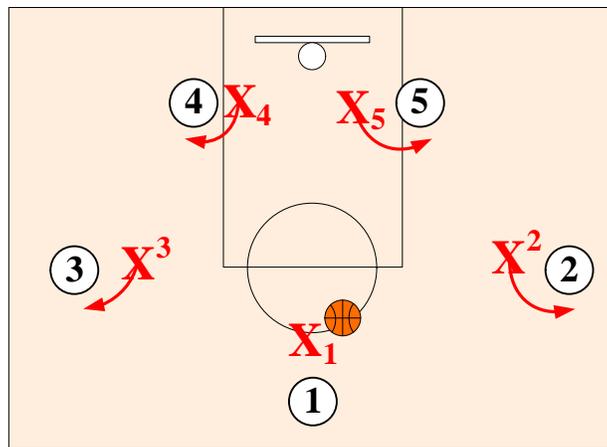


“Shot Clock” – *Half Court Scrimmaging*

This five-on-five half court drill requires the defense to create a shot clock violation. Since most defenses normally break down after 4-5 passes, it teaches the importance of the ability to apply continual defensive pressure for the entire length of the shot clock to success. It also has paramount implications for end of game situations.

Using the shot clock, the defense must force a shot clock violation in order to go to offense. This will definitely encourage and motivate the defense into playing hard and together. Offensively, by practicing against tough defense, it will help to better prepare for actual games. Practicing against weak or dummy defense is actually detrimental to game preparation.

CAUTION: Since this drill is highly competitive, it is important that it is well officiated.



The Shot Clock starts with an offensive possession (See check-in Rule).

Defense must stay until the entire shot clock expires. Then it gets to go to offense.

The Shot Clock Resets, anytime the offensive team scores. Play stops and starts anew with a new possession. The Shot clock also resets on offensive rebounds. However, play continues without a stop in the action.

The Shot Clock and play is stopped without resetting on a defensive stop (defensive rebound, steal, or offensive Turnover) along with anytime the ball goes out bounds. Ball is awarded to the offense out of bounds with the “Check-in” rule in effect.

Variations:

1. Defense switches to offense when an offensive charge is taken.
2. Shot clock resets on any pass or dribble penetration into the three second area.
3. Shot clock resets on any wide open outside shot.

Check-In Rule

Team Defense: Prior to putting the ball in play, the defensive player must first check to see that all of their teammates are in proper defensive position and stance. Putting the ball into play without first checking to see if teammates are ready results in automatic ten (10) pushups. Enforce!