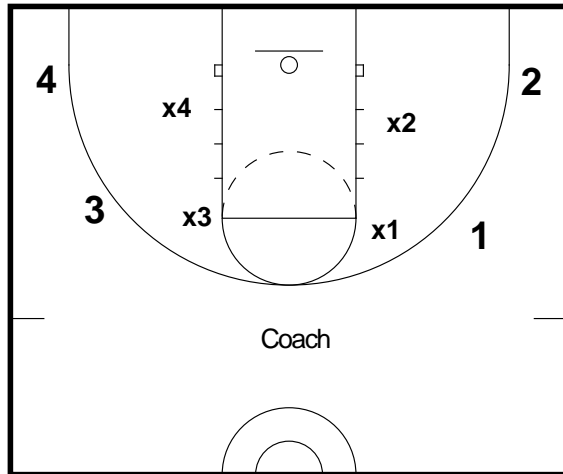


Four Out Shell Drill

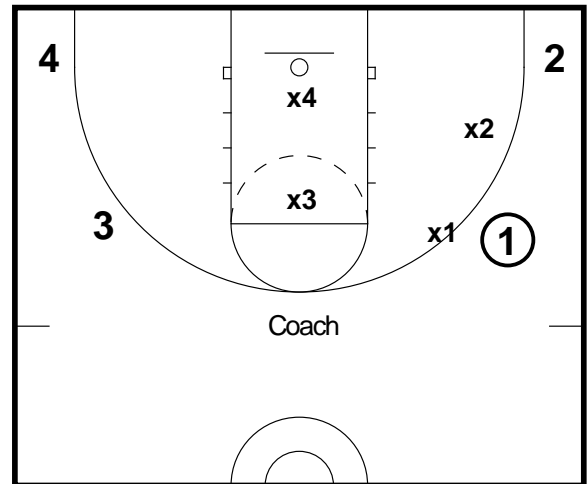


Note - This is our #1 drill for teaching positioning, reacting to the dribble and rotating to help our teammates on defense.

4 Out Shell Drill

* Ball on the top -

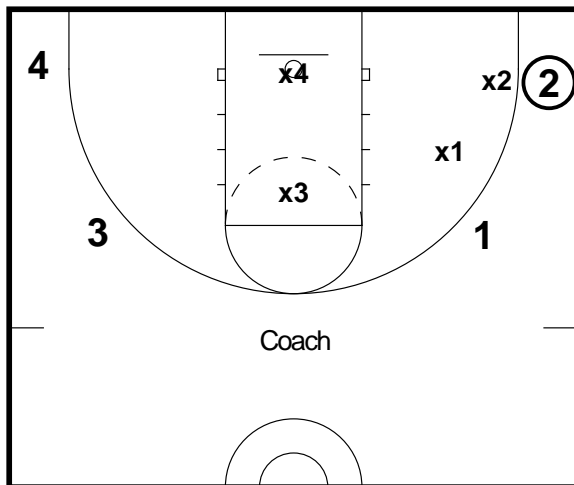
The coach has the ball on the top to start. When the ball is at the top, everyone is in their dribble gaps.



4 Out Shell

* Ball On The Wing

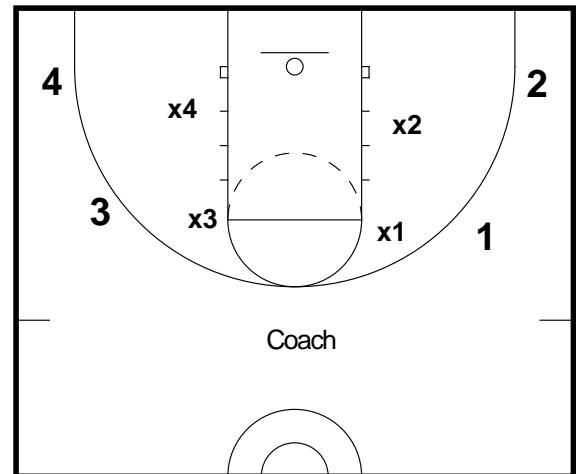
- Person on the ball influence the ball to the baseline.
- Person guarding the corner in the dribble gap.
- Weakside people position themselves in the middle of the paint (1 of the defense)



4 Out Shell

* Ball in the corner.

- Wing is in the dribble gap.
- Helpside is in the middle of the lane forming the "1" of the defense.



After we work on our positioning, we add the following segments to the drill.

1. Dribble Penetration - Here we have each offensive player attack the basket with two dribbles. the defense must help and recover.
2. Pass and Cut - The offense will pass and cut for 7-10 passes while the defense works on positioning. The defense does not try to steal passes until we yell live.