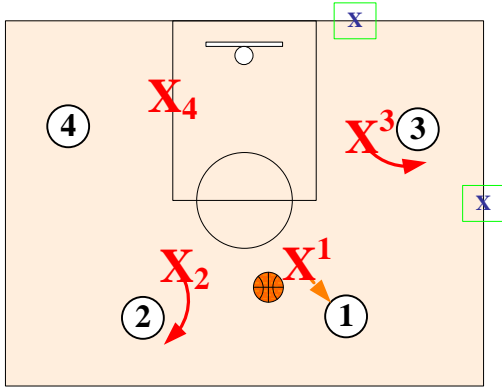
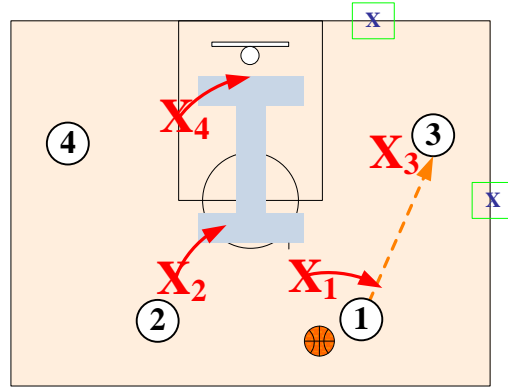


Shell Shifting (4-on-4) – Team Defense

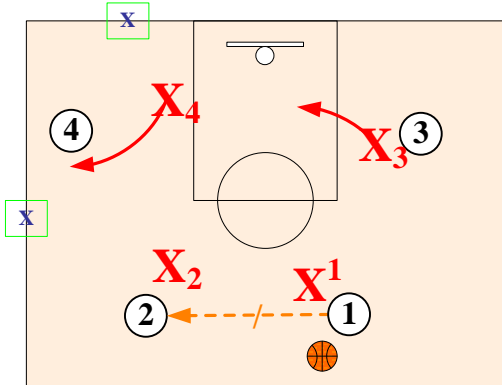
This is a four-on-four footwork and positioning drill similar to a zone shifting drill. Demonstrate and walk players through the defensive shifts. Then go live. Ball is passed around the perimeter for 30 seconds. No shooting. Defenders rotate as ball is in air.



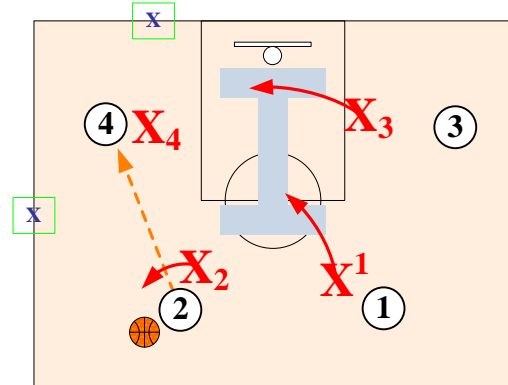
X2 and X3 assume pass denial positions. X4 sags off in a backside help position. Defender X1 checks to make sure teammates are in position before putting the ball into play forcing O1 to sideline push point



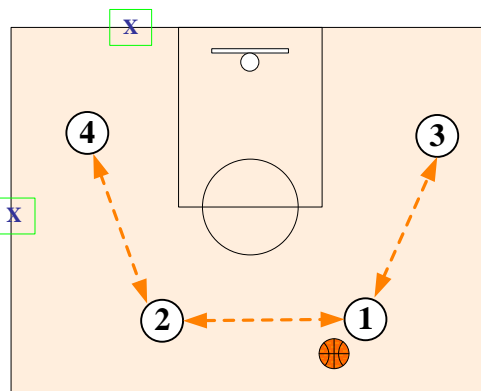
When O1 passes to O3, X3 forces ball handler O3 to corner or baseline pushpoint. X1 assumes a pass denial position on O1 creating “Box Pressure.” X2 and X4 rotate into Helpside I positions.



When O1 passes to O2, defender X2 forces O2 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



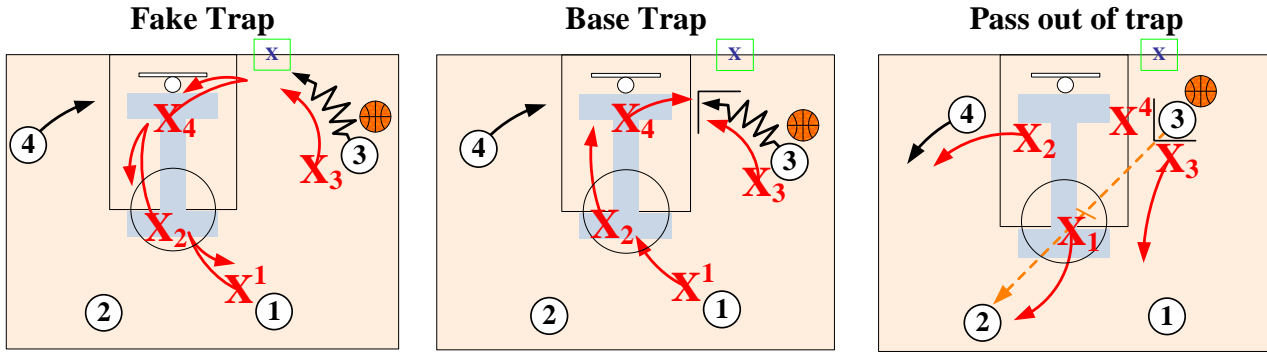
If O2 passes to O4, “Box Pressure” is established. Defender X4 pushes O4 to the baseline pushpoint. X2 assumes a pass denial position on O2. Defenders X1 and X3 rotate into Helpside I positions.



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. Defenders assume pass denial positions; but for the purpose of the drill, they allow passes to be completed to their opponent.

Dribble Penetration (Baseline Rotations)

Once basic 4-on-4 shifting has been introduced, give offensive wings options of driving baseline. However, limit them to 2 or 3 dribbles with no shooting.

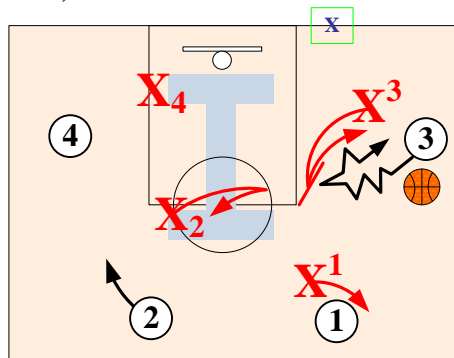


When O3 drives baseline, on ball defender X3 forces O3 to the baseline pushpoint. Helpside defender X4 supports X3 by showing and recovering.

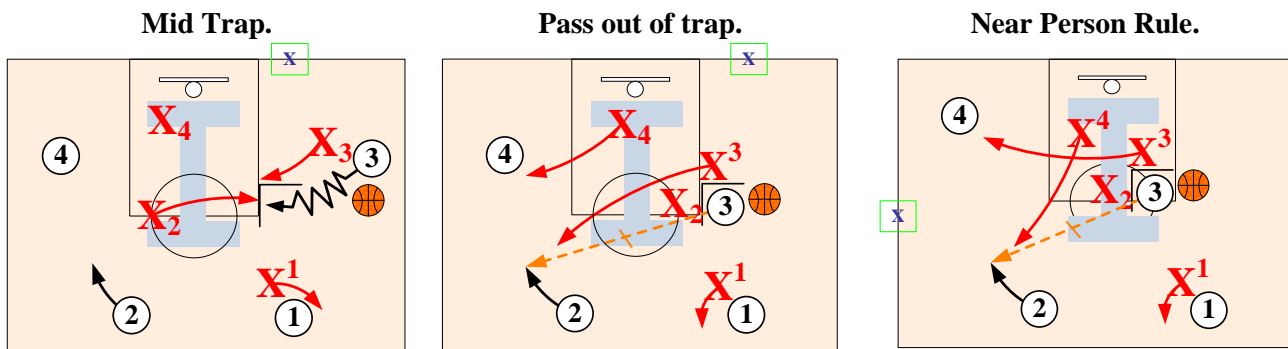
If O3 beats X3 on dribble penetration, X4 steps out and takes an offensive charge or traps O3 with X3. X2 and X1 drop into Helpside I positions.

If/when O3 passes out of trap to O2, defender X1 closes out to O2. X2 assumes a pass denial of O4 and X3 closes out to O1.

Dribble Penetration (Middle Rotations)



On middle penetrations, the On Ball defender should make every attempt to turn the dribbler and keep them on a side. If unable to turn the dribbler, the defender should then protect the “Elbow” pushing the dribbler above the top of the circle. When the dribble penetrates into the three second area, then Helpside support is needed.



When wing O3 penetrates into the middle below the “Elbow,” Helpside defender X2 takes a charge or traps O3 with X3

If O3 passes out to open O2, defender X3 cross switches with X2 and closes out to O2. X4 closes out to O4

On O3's penetration into lane and kick out pass to O2, if X4 can close out O2 before X3, defender X3 then closes out to O4.

Once the dribble penetrations have been introduced and practice, go live 4-on-4 with the defense going to offense after making 5 or 6 defensive stops (defensive rebound, steal, or forced turnover).

Check-In Rule: The defensive player guarding the ballhandler checks the ball into play. However, prior to putting the ball in play, the defender 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 an automatic ten (10) push ups. Enforce! Defense requires a team effort.