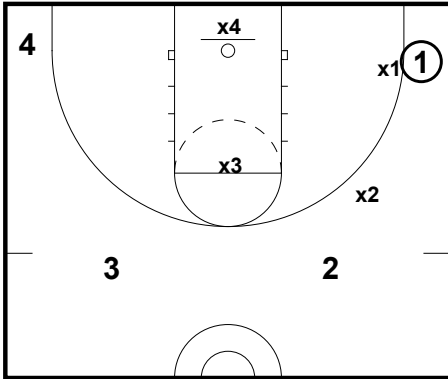


# Defensive Drills

4 v 4 Shell  
Defensive Drills



This is the staple drill for all defenses.

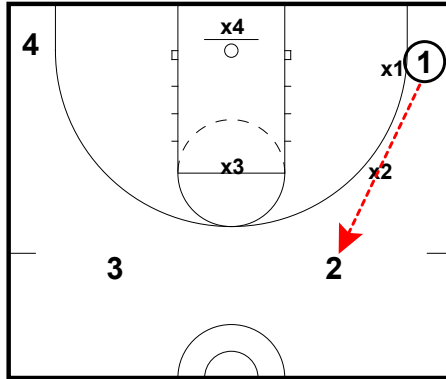
Start the ball with any player. In this case, #1 has the ball. Be sure that you really emphasize positioning off the ball.

If we are playing our "fist" pressure defense. The defensive players on the court are in CORRECT position.

On ball defender: extreme ball pressure, in strong stance, trace the ball with their hands.

Offensive players in this drill do not dribble.

4 v 4 Shell  
Defensive Drills

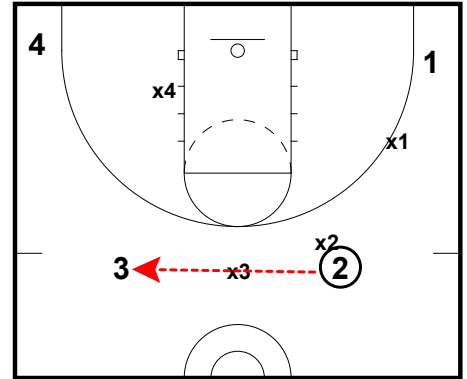


When the ball moves, all players need to explode to the correct position, stay in their stance, and talk.

Defensive players should allow the passes to be completed - DO NOT steal the pass.

The defender guarding the ball CAN tip the pass to try to get a steal.

4 v 4 Shell  
Defensive Drills

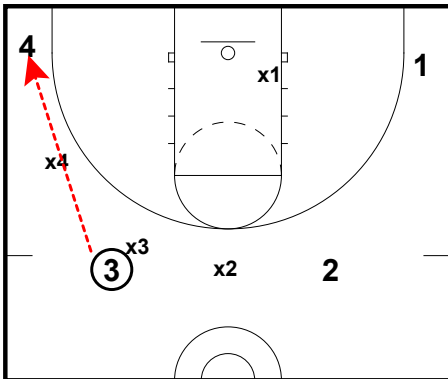


The first several times through, go station to station. You need to stop and correct every step of the way.

After the ball is swung to #4 and back to #1, have the players rotate clockwise. If there are extra players, have them under the basket - #4 will go out for a rotation, then enter to where #1 is currently at.

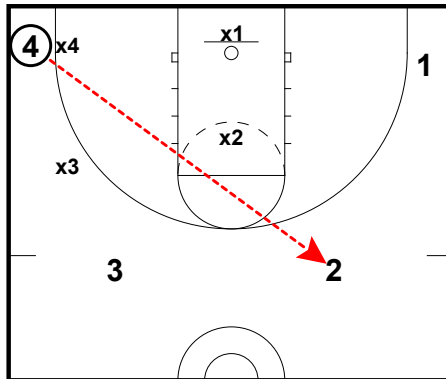
**BOTH OFFENSE AND DEFENSE ROTATE TOGETHER.**

4 v 4 Shell  
Defensive Drills



Be sure to emphasize stance, talk, see the ball and man - sink to the level of the ball.

4 v 4 Shell  
Defensive Drills



As players progress, players can skip pass to different numbers to really get the defense moving.

4 v 4 Shell  
Defensive Drills

