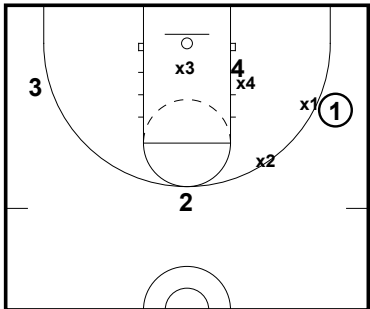


# 4v4 Shell with Post

## 4v4 Shell with Post Defensive Drills

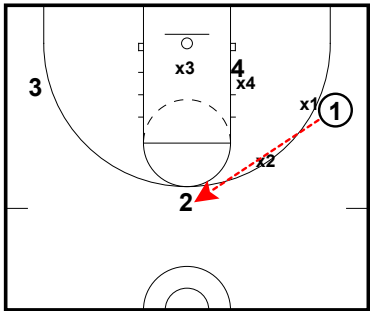


Run this drill the exact same way as 4v4 shell with no post, however, this drill emphasizes defensive positioning in the post and help defense in the post.

Depending on how you are defending the post, be sure to get the post defender and the help defenders in the right location.

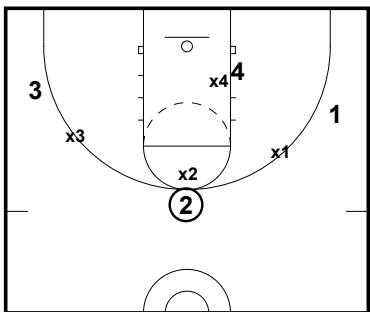
Another goal of this drill is to work on "digging" into the post

## 4v4 Shell with Post Defensive Drills



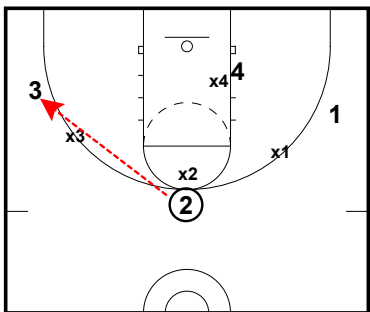
As the ball is swung, be sure to explode to the correct positions.

## 4v4 Shell with Post Defensive Drills



Make sure all players are in their stances and are talking.

## 4v4 Shell with Post Defensive Drills

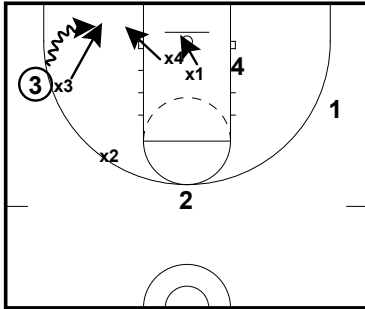


If it looks like the player is going to pass it, the defenders off the ball should start to move, even before the ball leaves the offensive player's hand.

# 4v4 Shell with Post

## 4v4 Shell with Post

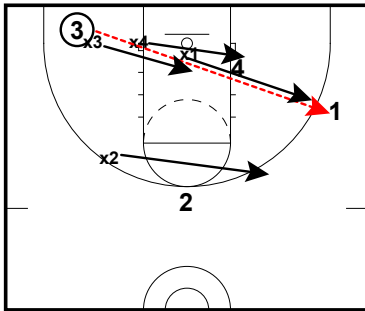
### Defensive Drills



Once the ball gets to player #3, he attacks the basket. X3 needs to "level off" the offensive player so he doesn't penetrate to the basket. X4 needs to be in a position to show early help. X1 needs to sink to the level of the ball to help on X4.

## 4v4 Shell with Post

### Defensive Drills



Once #3 is leveled off, skip pass back to #1, then go live from there.

## 4v4 Shell with Post

### Defensive Drills

