

## COMPETITIVE SHELL DRILL

**NUMBER OF PLAYERS NEEDED:** 8-12 (Drill is played 4 on 4)

**CATEGORY:** Defense

**SKILLS PRACTICED:** Defensive positioning, Rebounding, Team defense

**DESCRIPTION:**

Drill begins as 4 on 4. This is a competitive drill that emphasizes offensive fundamentals and team defense. Coach can select the number of points needed to win. Winner stays and faces team, which is out. Team waiting maybe shooting FT's running or working on ball handling. Whichever team has most wins after 10-15 minutes cheers for other two team, who must run sprints.

**INSTRUCTIONS:**

Each team is awarded points based on performance.

**Offense:**

- 1 point for a basket
- 1 point for a pass in the paint
- 1 point for dribbling into the paint
- 1 point for an offensive rebound

**Defense:**

- 1 point for 1st defensive rebound
- 2 points for creating a turnover
- Taking a charge = Automatic win

Winners get to choose offense or defense

**TIPS:**

Encourage communication on defense. We force the ball outside to the corners. Second foul is a point for offense. This is a great team drill and the defense sees a variety of situations to defend including screens, cutters, and penetration. Our kids really pick it up here and we try to make all of our drills competitive.

**VARIATIONS:**

This can also be done full-court. We only use the drill in a half court setting. You could possibly award points for transition baskets or stops, should you decide to make it a full-court drill.