

Timed Shell

Coach Kris Huffman

Purpose

To help establish team defense concepts. This drill includes ball side, help side, hedging, moving with each pass, and finishes with the rebound.

Organization

Twelve players, one ball, four lines, a manager to time the drill. Four offensive players line up around the three-point line with four defenders.

Procedure

1. Any offensive player may start with the ball. Defenders assume proper positioning.
2. The offense passes the ball around the perimeter; the defense adjusts with each pass.
3. The manager blows the whistle after 20 seconds. Offense becomes defense, and defense chooses a different line.
4. Each group plays defense for one or two sequences. Then add dribble penetration to the drill.
5. The defense must help and recover. The offense looks to score.
6. The defense stays on the floor for 20 seconds before rotating.

Coaching Points

- The player guarding the ball should apply pressure.
- Defensive players one pass away should deny; defenders two passes away should be in help-side position.
- On the penetration, the defense should *see* the ball and *stop* the ball.

Variations

- Add the give and go option to make the defense work on jumping to the ball.
- Add the weak-side flash.
- Have all the defenders begin in the lane. The coach can pass the ball to any offensive player. The defense must quickly establish a good defensive position relative to the ball.

