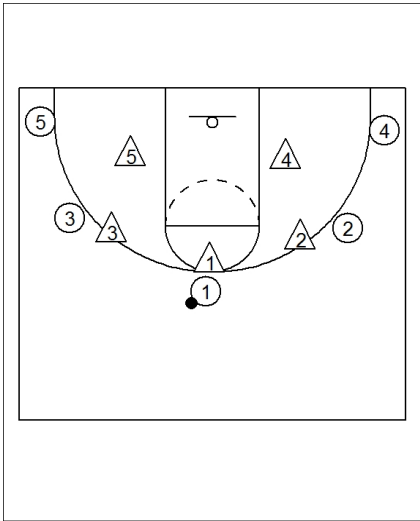




Perimeter shell drill



10 DEFENSE DRILL: Perimeter Shell Drill

This drill helps players learn the basics of our 10 Defense. Players will get work on how to play our 10 Defense and where they need to be on the floor:

- *On the ball
- *One pass away (deny)
- *Help defense (flat triangle)
- *Defending the post

The drill starts with one of the offensive players holding the ball. In this diagram 1 has the ball to start the drill. All defensive players must get to their proper defensive position when 1 has the ball.

To help encourage communication on the floor each defensive player will yell out which position they are in. They will yell "Ball!" if they are guarding the ball. They will yell "Deny!" if they are one pass away in a denial position. And they will yell "Help!" if they are more than a pass away or in help position. This will help get the players used to talking on defense.

When beginning to learn the 10 Defense, it may be best to have the offensive players wait for the coach to say "Pass" before they make a pass. So when the coach yells "Pass" 1 can pass to any of the other offensive players. The defense will not intercept any passes. Coach will check each of the five defenders to make sure they are in a good defensive stance, and in proper defensive position on the floor.

Coach will yell "Pass" again, and the offensive player with the ball can pass to a different player. Defensive players will rotate to their proper defensive positions on the floor depending on where the ball is. Again the coach will check to make sure each defensive player is in a proper defensive stance, and in the correct position on the floor.

Once the coach feels the team has a good understanding of the 10 Defense the drill can move faster by having the offensive players pass, hold the ball for a 2 count, then make another pass.

Offensive players must be in a strong triple threat position after catching the ball. They must also throw crisp, gamelike passes.