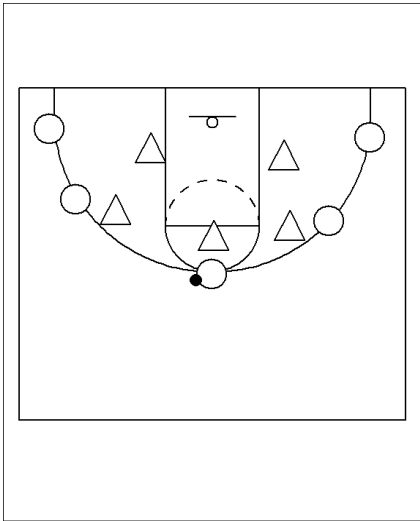




**Shell drill blackout**



**REBOUND DRILLS: SHELL DRILL BLOCKOUT**

Skills Covered

- \*Blocking out
- \*Defensive positioning

Alignment

- \*Five offensive players line up around the three point line. One point, two wings, and two in the corners.
  - \*One defensive player to defend each offensive player.
- The offensive player at the top of the key will start with the basketball.

Running the Drill

- \*The offense quickly huddles up to decide how many passes they are going to make before shooting the ball.
- \*Offense stays in their spot. No dribbling or cuts.

- \*Defense will let all passes be caught by the offensive team.
- \*Offense passes the ball around until they throw the number of passes they decided on. When that pass is caught that player shoots.
- \*Defense must go blockout their person.

Note: When the passes are being made by the offense, the defense must slide to the spot on the floor they should be in relationship to the person they are guarding and the ball. Coach needs to really watch this.

\*If the offense gets an offensive rebound they try to score. If the defense gets a defensive rebound they return the ball to the coach.

Offense and defense switch. Repeat drill.

Drill Variations

- \*Defense needs two consecutive possessions without giving up an offensive rebound to get a chance to play offense.
- \*Keep score. 1 point for every rebound throughout the duration of the drill. Losing team will run.