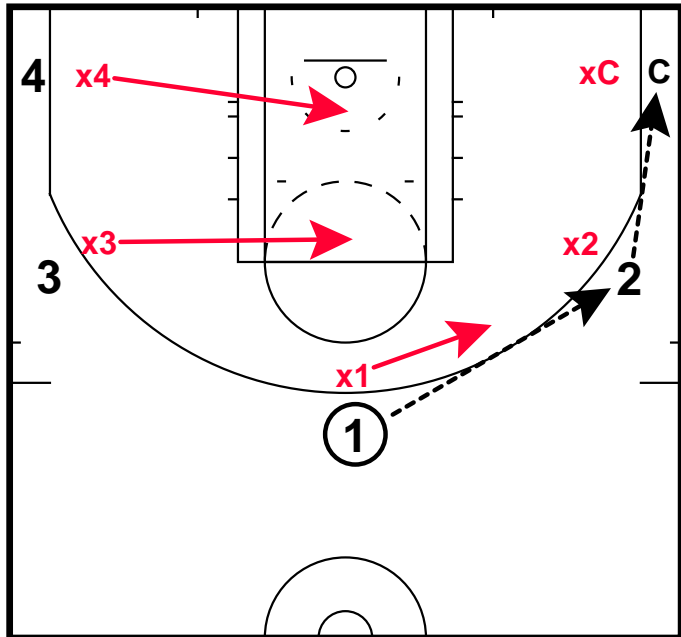


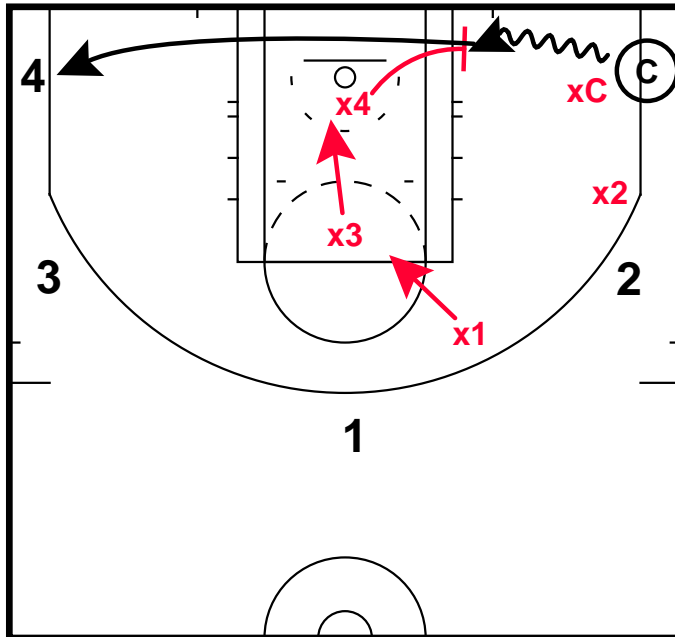
5 on 4 Rotation Shell

5 on 4 Rotation Shell
Defensive Drills



The offensive team moves the ball around until it gets back to the coach.

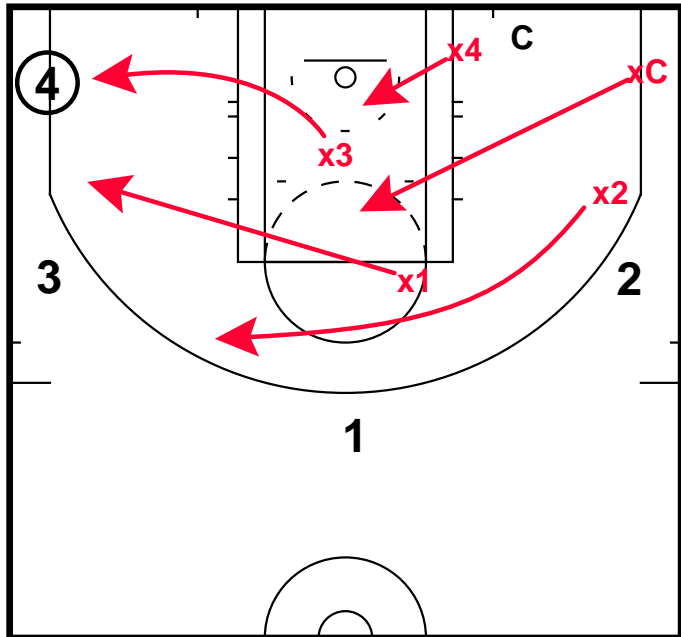
5 on 4 Rotation Shell
Defensive Drills



The defender guarding the coach gets beat baseline on purpose. It is the bottom helpside defenders job to stop the penetration outside the lane as the rest of the help rotates into position.

If the coach can score a lay-up the entire team has 10 push-ups (or runs at the end of the drill).

5 on 4 Rotation Shell
Defensive Drills



On the pass the defense rotates out into their positions in a scramble situation.