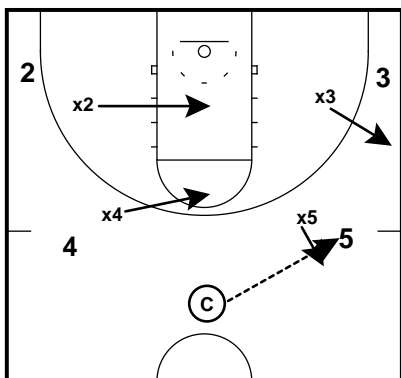


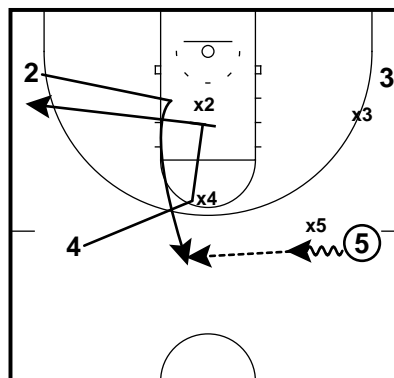
4 on 4 Shell Screening

4 on 4 Shell Screening
Motion Drills



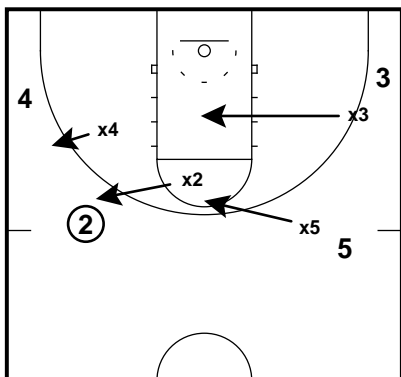
- The coach has the ball in the middle of the floor and passes the ball to 5
- On the flight of the ball, x2 and x4 sprint to the help line, and x3 sprint to the gap and denial

4 on 4 Shell Screening
Motion Drills



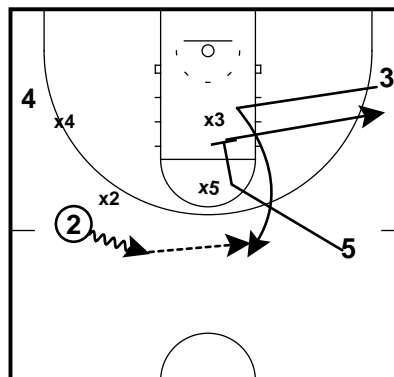
- The 4 head hunts and screens x2 on the help line
- 2 reads his defender and cuts to score
- 5 sweeps the ball, dribbles over and delivers the ball to 2
- 4 goes opposite the cutter

4 on 4 Shell Screening
Motion Drills



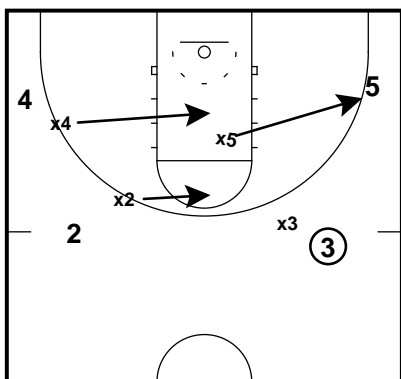
- x3 and x5 sprint to the help line, and x4 sprints to denial

4 on 4 Shell Screening
Motion Drills



- The 5 head hunts and screens x3 on the help line
- 3 reads his defender and cuts to score
- 2 sweeps the ball, dribbles over and delivers the ball to 3
- 5 goes opposite the cutter

4 on 4 Shell Screening
Motion Drills



This is repeated 1 more round, and then it is live.