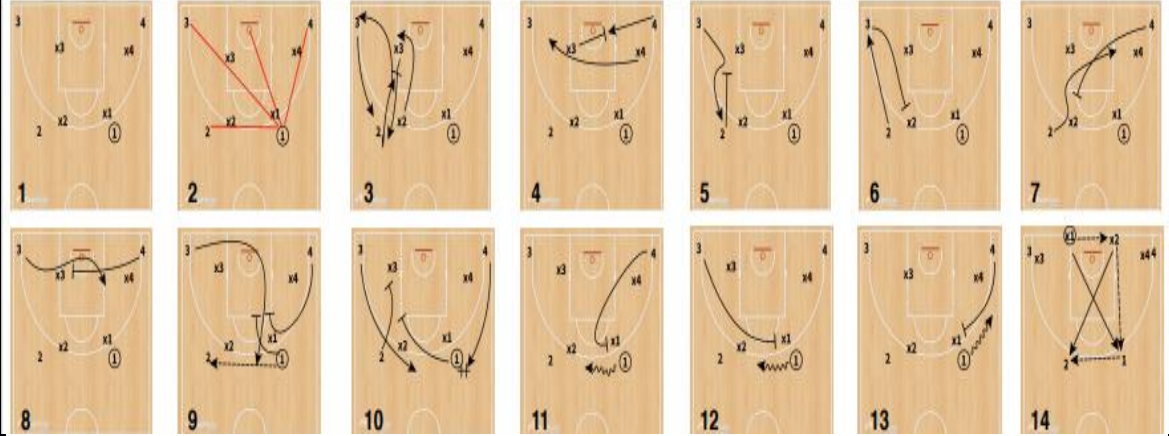


U16-U19 Master drills – Leppävaaran Pyrintö

DRILL NAME		Shell Drill 4v4 Defensive Rules						
AUTHOR		Mustangs CES17		CONTENT	Individual and team defense – Aerobic capacity			
STAGE OF APPLICATION		U16 – U19						
PHYSICAL LOAD*:Σ	18x8 = 144	<i>TASK TIME</i>	<i>DEGREE OF OPPOSITION</i>	<i>DENSITY OF THE TASK</i>	<i>NUMBER OF PLAYERS</i>	<i>COMPETITIVE LOAD</i>	<i>SPACES</i>	<i>COGNITIVE LOAD</i>
		8	4	3	3	3	2	3
OBJECTIVES		<ol style="list-style-type: none"> 1. Adopting ideal defensive positions in every situation 2. Defensive norms on different screening situations 						
GRAPHS						VIDEO		
						https://www.youtube.com/watch?v=2LYbXOw6Osc&t=19s		
DRILL DESCRIPTION		<p>4v4 Starts with a 'square' situation (1). Defensive norms are:</p> <ul style="list-style-type: none"> - Ball defense must be between ball and rim. (Apply here neutral or denying middle, as you coaches believe) - Defense of player with no ball must be in the line between ball and their matchup (2) <p>From this structure we can work on the defensive norms in different game situations</p> <ul style="list-style-type: none"> - Cuts and backdoors in ball side or weak side (3, 4) - Off-ball screens (Zipper, backpick, cross screen, shuffle, stack, staggers...) (5, 6, 7, 8, 9, 10) - Ball screens with different angles and offensive positions (We may include handoff situations here) (11, 12, 13) <p>We may also start from a closeout situation (14)</p> <p>Drill is on half court, but it can turn into a waves work with competition</p> <p>Rotation: Offense-Defense-Rest)</p>						

PROBABLE MISTAKES	<ol style="list-style-type: none">1. Getting too close to the ball and not be able to watch everything2. Many backdoor situations leading to easy basket may happen
CORRECTIONS	<ol style="list-style-type: none">1. Adjusting defensive triangle so we can watch my matchup and the ball in the same line (be as low as you need)2. Weak side must help covering backdoors, communicating and body checking cuts)