

**Starkey illustrated the point that there are many different ways to coach by telling the story of his observations of two different college coaches while he was in college:**

- **Bob Knight at Indiana**
  - Practice plan down to the minute
  - Student managers all around the court in uniform
  - Break down drills for every team concept
  - ORGANIZED
  
- **Denny Crum at Louisville**
  - One manager, in blue jeans
  - Several players arrived late
  - Practice consisted of a scrimmage

*Weeks later he watched Louisville & Denny Crum beat Indiana in an early season match-up. There is no one way to teach the game.*

### **Shell Drill Philosophy**

1. Use this to teach basic defensive principles in daily practice
2. Use this to teach how to defend movements and actions that we will encounter
3. Make it adjustable to use for scouting purposes

***Bob Knight – “The Greatest thing in this world is Imagination!”***

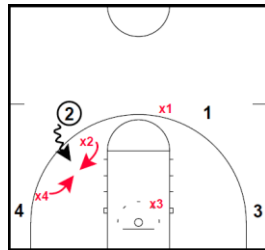
### **A good defensive drill:**

1. Make them think! Think then anticipate
2. Communication (not just ‘talk’) – involves talking, listening, body language, etc.

***A good defensive philosophy is one that takes away what your opponent does best – your system of play must be flexible***

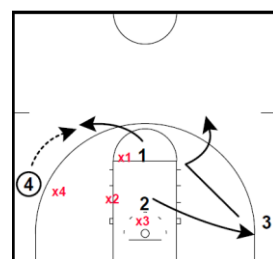
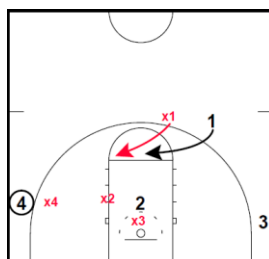
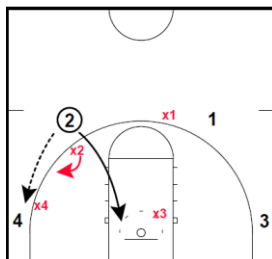
**Types of Shell Drills to use:**

1. **4/4 – dribble drive** (only allow penetration, but keep offense stationary)
  - a. “Sting” – Help & Recover
  - b. Chart Deflections
  - c. Use the “Bubble” as a way to work on defensive rebounds



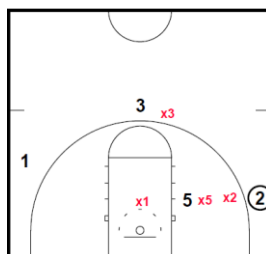
**2. 4/4 Cutting**

- a. UNC Cutting, cut to the rim & replace
- b. Emphasis on taking away the face cut

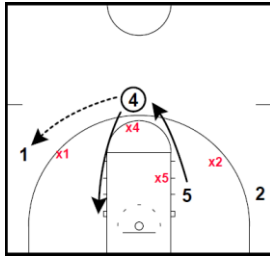


**3. 3 out 1 in**

- a. Front post when the ball goes below the free throw line
- b. Start the ball at the half line & replicate real game scenarios



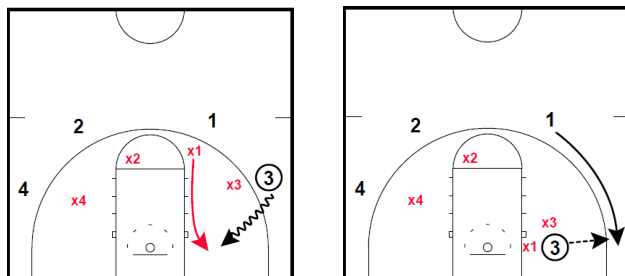
#### 4. Hi-lo action



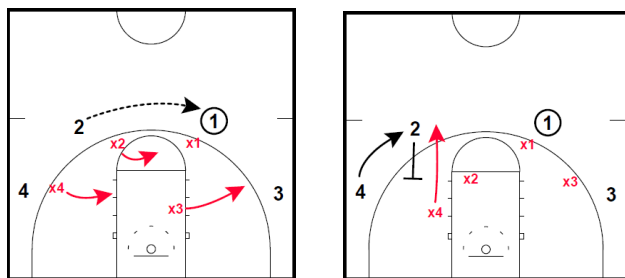
**Dale Brown** – “If I were a CEO of a company, the people I would hire first would be basketball managers because they have attention to detail. They are asked to do a lot and they get a lot done efficiently. And most of all they know how to put up with a lot of crap.”

#### Teaching Points:

- Do not help down in a baseline drive situation – creates a ‘European’ action for a 3pt shot



- Jump to the ball “Come through the Window” – via Buzz Williams

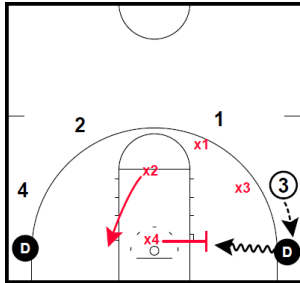


- Early Help & help outside of the lane
- Early help without quick recovery is wasted help
- Work on closeouts everyday

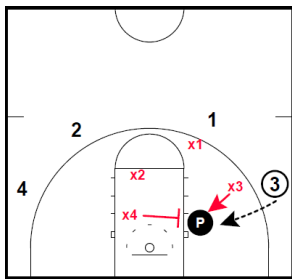
***Offenses rarely replicate the chalkboard talk. It is the defenses job to disrupt what the opponent wants to do.***

### **More Shell Drills**

- **6/4 Open Drivers** (from the corners)



- **5/4 – with open post**
  - o Create a philosophy of how to defend the post & use shell to teach it



- **4/4 “change”**
  - o Every time coach yells switch, the offense drops the ball & transitions to defense
  - o Rule – you cannot guard who was guarding you
  - o You want to create chaos, replicate game situations
  - o Emphasis on communication & guarding the ball
- **5/5 “change” Full court**

Bob Starkey - Assistant Coach Texas A&M  
Shell Drill  
WBCA National Convention

April 5, 2014

Drop **Don Meyer** a note. He loves to hear from coaches. He touched this clinic here today; make sure you let him know.

Don Meyer  
2413 13<sup>th</sup> Ave. SE  
Aberdeen, SD 57401

Make a contribution to the Betty James Foundation

