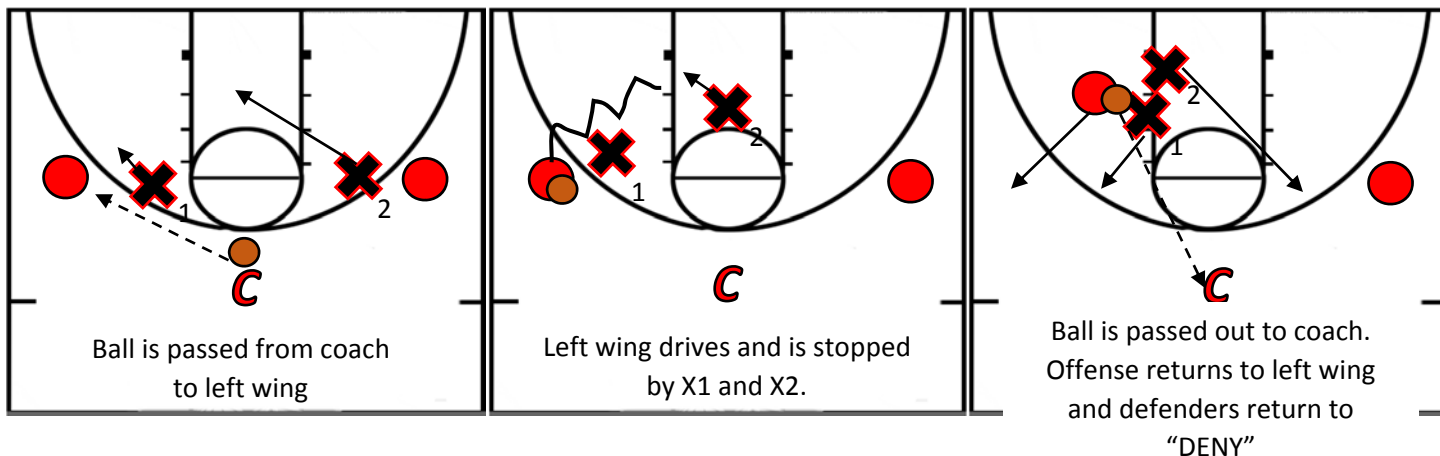


## DEFENSE 8

### Drill: "2 on 2 Shell Protect the Paint"

Set up:



#### Directions:

- Same set up 2 on 2 shell but not offensive players are trying to drive and get to the paint. Only the player with the ball can attack the goal. The opposite player must stay put.
- When the offensive has a chance to score they can shoot. If the offensive drives but is stopped by the defense they may pass to the other offensive player or back out to the coach to maintain the possession and keep playing.
- Once an offensive player drives and passes the ball they must replace back to his/her original spot.