

# Troy Culley - Cutthroat Defense Drill Notes

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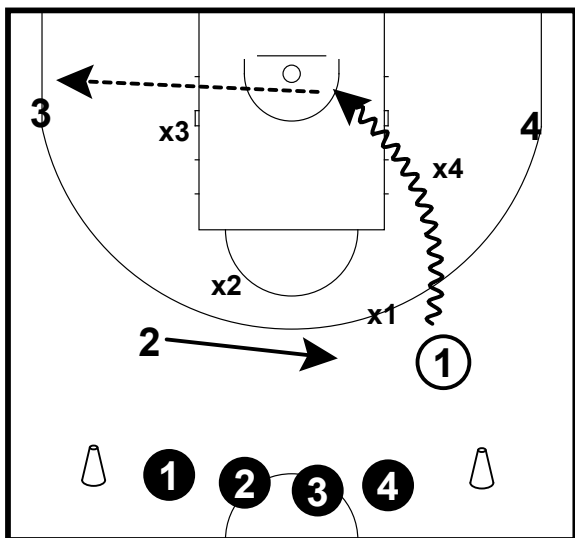
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# Basic Shell 20 Defense Breakdown

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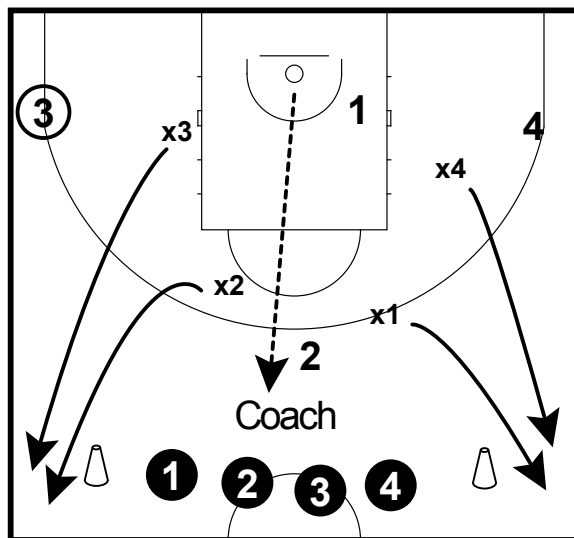
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Drill Breakdown



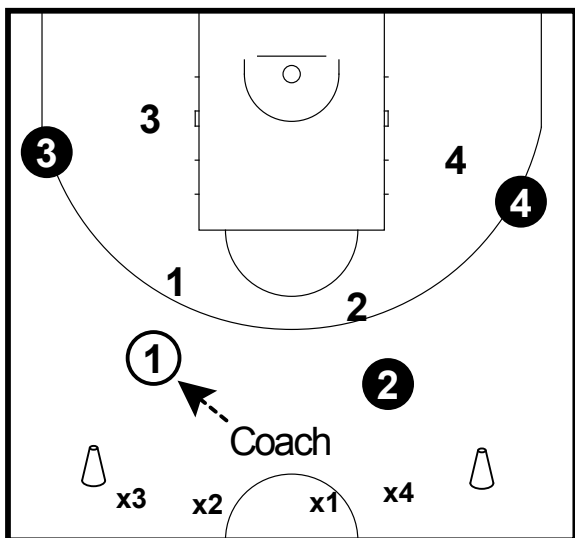
- Half-court 4v4 (Man Defense)
- Let them play, don't say anything apart from no post and no pick and roll.
- Only get points on defense
- If you get a stop or force a turnover you get +1
- If the offense scores, gets an offensive rebound or you foul you -1

Drill Breakdown



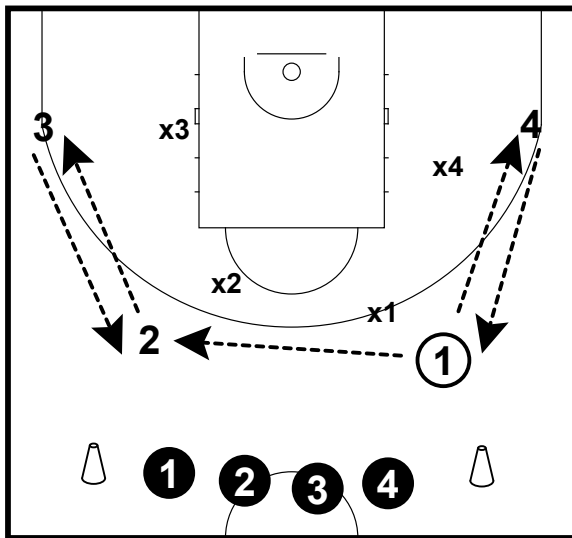
- If offense scores they go on defense.
- Defense pass the ball out to the coach and sprint around back to the half.

Drill Breakdown



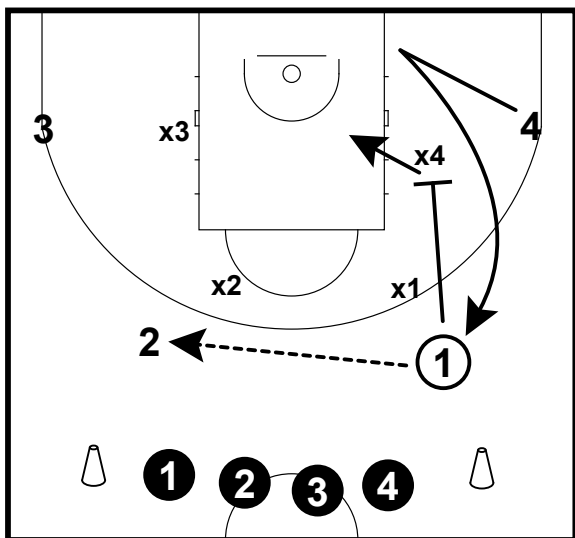
- Coach passes the ball to the other group of 4 at the half and drill repeats.
- Play to 3 or 5

## Phase 1 - Positioning



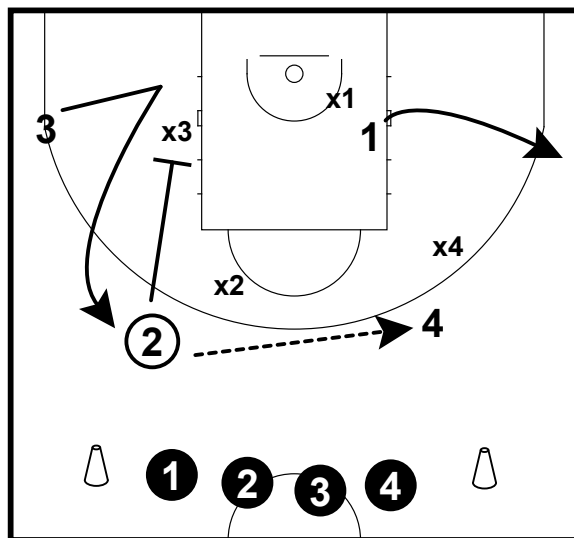
- After the initial phase and players are used to the flow of the drill you start to add your defensive schemes.
- Basic 4v4 shell, offense passes the ball around the perimeter from side to side.
- Defense maintains correct position depending on your own rules.
- For me, we deny one pass away.
- Rotate between the groups quickly.

Phase 2 - Pindown



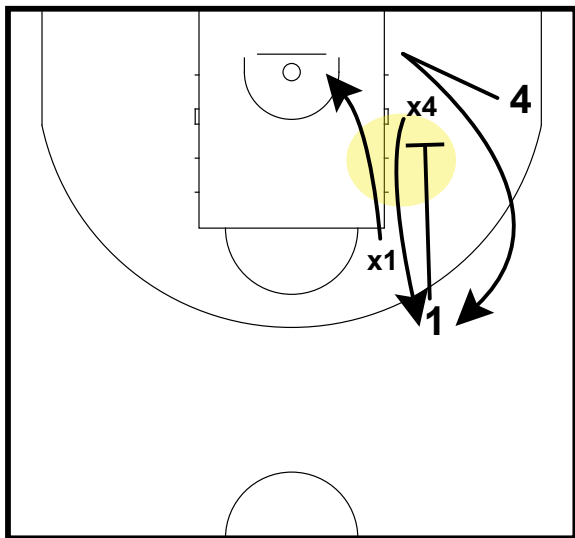
- Same 4v4 set up.
- On any pass from a guard to guard at the top passer pin downs.
- After pindown, screener looks to seal.

Phase 2 - Pindown



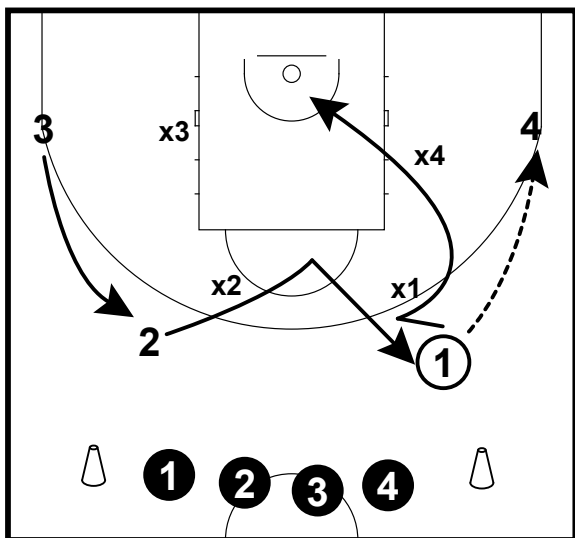
- After seal initial screener pops back to the wing.
- Receiver passers ball back to player coming off the screen and pin downs.
- Work side to side.
- Can play 4v4 with the same principles as the initial phase using only pin downs to score or move on to the next phase.

Phase 2 - Pindown



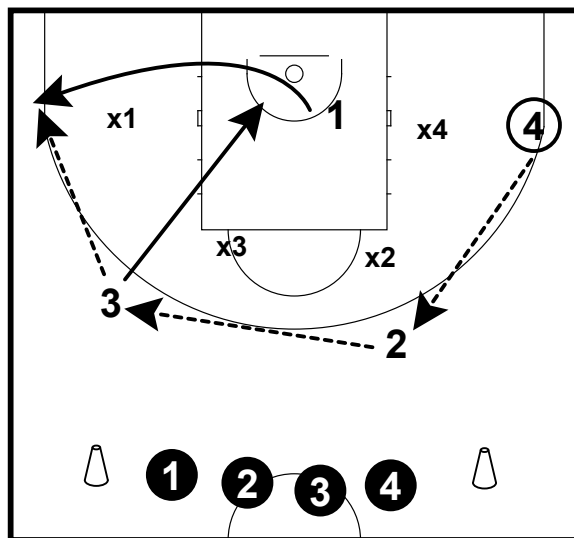
- Defender on the screen will see the screen down and break off just before the screen has been set allowing the defender who is defending the player using the screen to 'shoot the gap' and meet him at the top rather than chasing the play.
- COMMUNICATION IS KEY!

Phase 3 - Pass and Cut



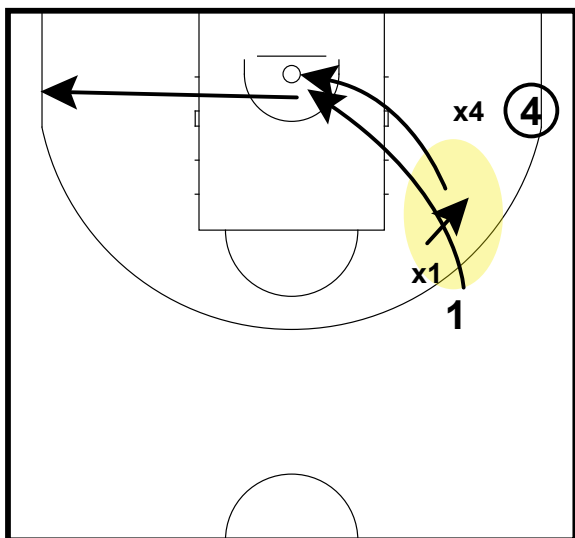
- On any corner pass, passer basket cuts.
- Players fill perimeter spots but for the first player filling the spot nearest to the ball they attack the elbow before popping out to the perimeter.

Phase 3 - Pass and Cut



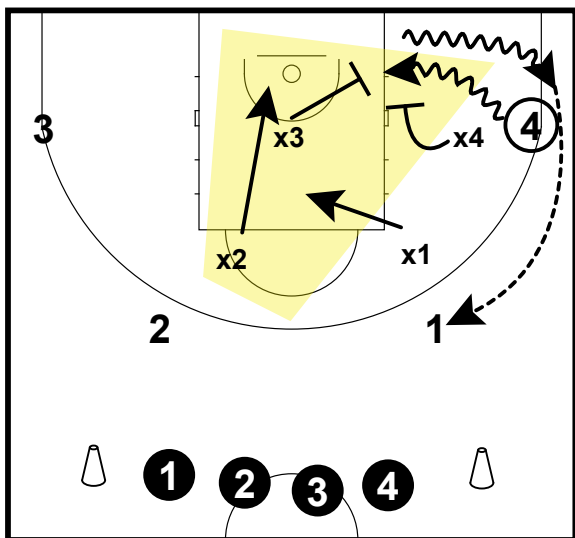
- Initial cutter fills corner.
- Ball is reversed to the opposite side of the floor.
- Corner pass is made and player cuts and repeats as before.
- Can play 4v4 with the same principles as the breakdown using only pass and cut to score, a combination of phase 2 and 3 or move on to the next phase.

Phase 3 - Pass and Cut



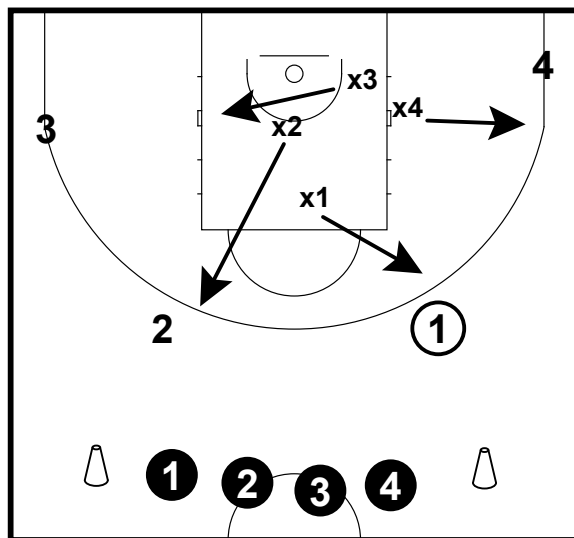
- After the pass to the corner, defender jumps towards the ball in stance.
- As the offensive player makes his cut, defender makes contact and fronts the initial pass back before 'seeing' the offensive player away from the ball before maintaining position on the help line.

Phase 4 - Baseline Dribble Penetration



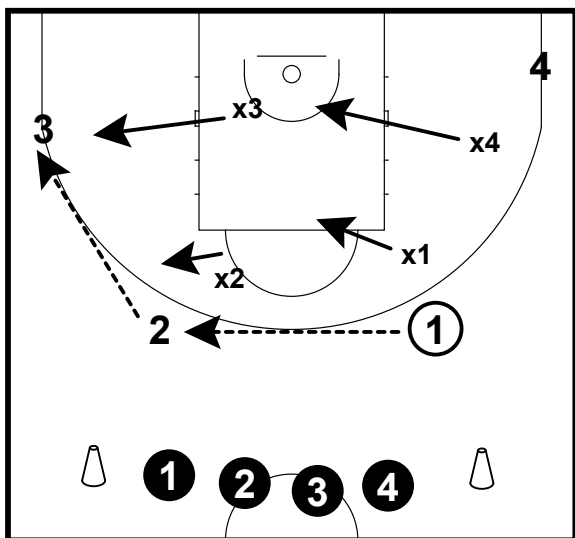
- Ball is in the corner, player takes 2 aggressive dribbles to the basket.
- Help comes defender on the baseline x3 looking to trap.
- x2 drops down to cover the baseline, x1 drops to foul line.
- Ball handler retreats out of the trap and reverses the ball.

Phase 4 - Baseline Dribble Penetration



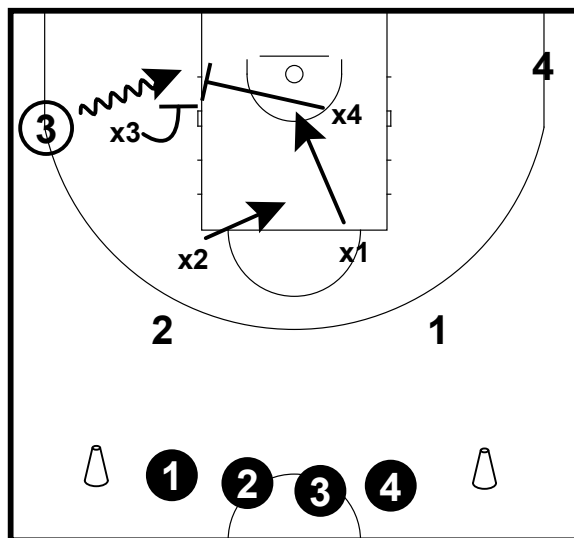
- Defenders recover back to their own. (Initial player they were marking when the phase started).

Phase 4 - Baseline Dribble Penetration



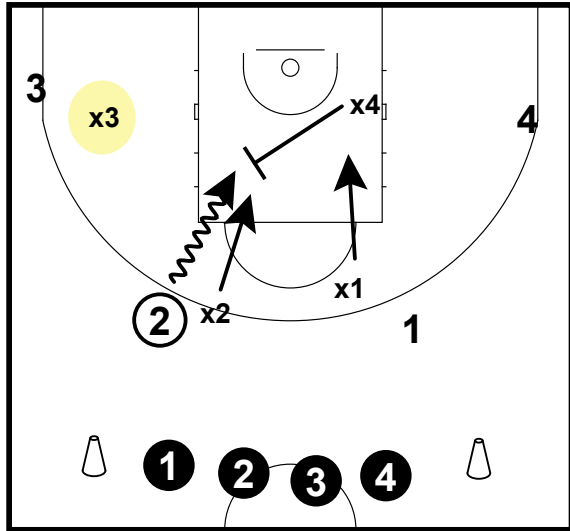
- Ball is swung to the other corner and defenders closeout and adjust their position.

Phase 4 - Baseline Dribble Penetration



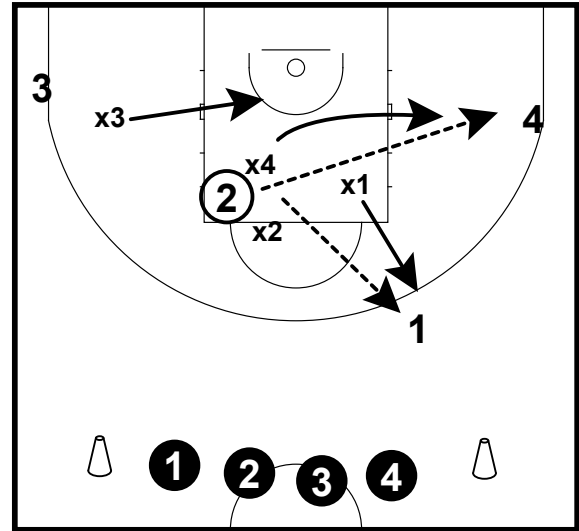
- Repeated as before.
- Player drives, help comes from defender on the basket line whilst x1 drops to cover kick out.
- Can play 4v4 with the same principles as the breakdown using only baseline penetration and kick outs to score or you can combine with any of the previous phases.

### Phase 5 - Top Dribble Penetration



- In the video, the principle preached is that 'we are a no middle team' force everything to the sideline.
- In the NBA the ballside 3 is the third highest % shot behind a layup and a free throw so in this instance x3 will never help, they simply open up from denial to an open stance with arms stretched presenting a big target.
- x4 helps from weakside whilst x1 sags to cover.
- 2 retreats after defense has helped and ball is passed back around the perimeter with penetration only allowed from the top.

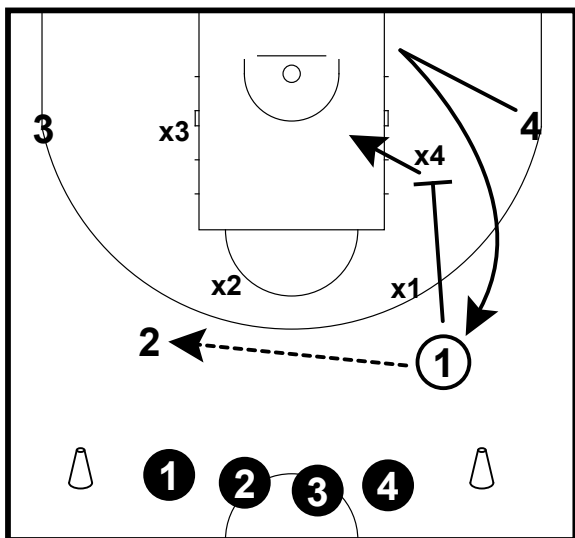
### Phase 5 - Top Dribble Penetration



- If a pass is made back out to the perimeter the simple 'back to your own' rule applies as players closeout and contain.
- Can play 4v4 with the same principles as the breakdown using any of the previous phases combined.



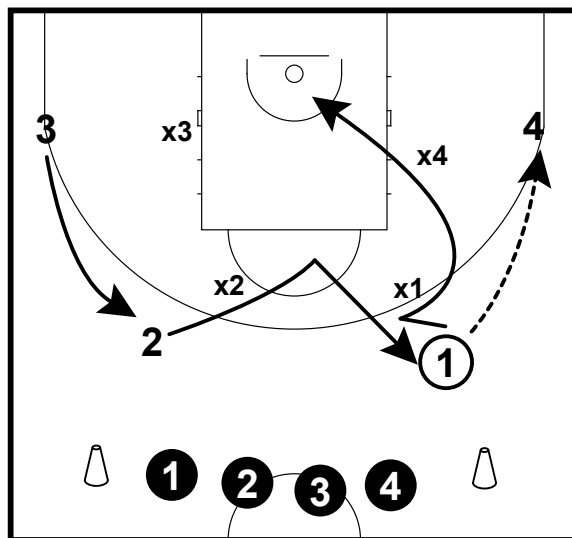
Phase Recap



**Pindown**

- On any pass from a guard to guard at the top pinner pins down.
- After pindown, screener looks to seal.

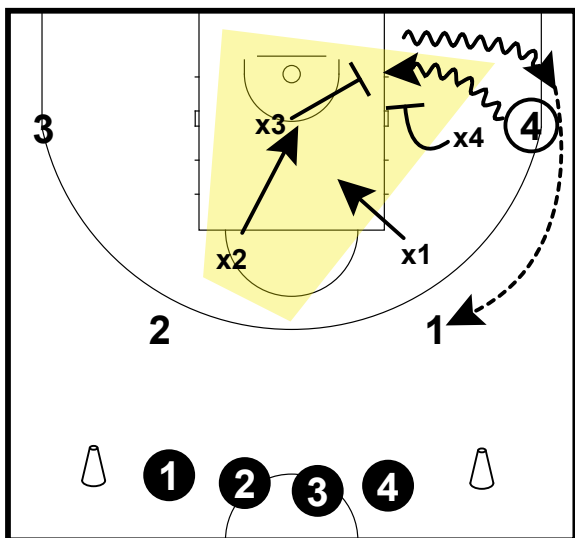
Phase Recap



**Pass and Cut**

- On any corner pass, passer basket cuts.
- Players fill perimeter spots but for the first player filling the spot nearest to the ball they attack the elbow before popping out to the perimeter.

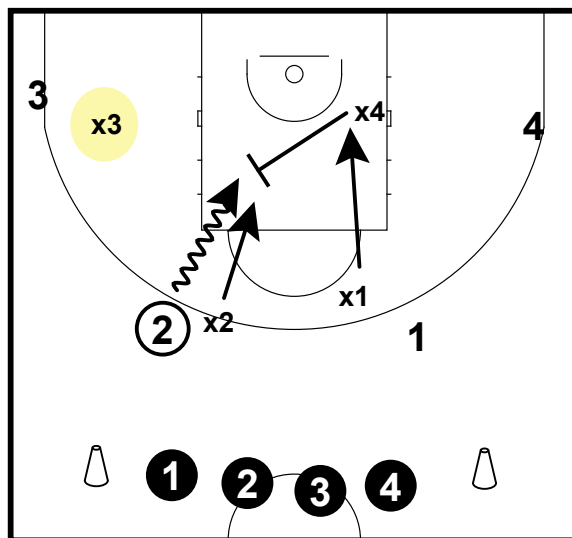
Phase Recap



**Baseline Dribble Penetration**

- Ball is in the corner, player takes 2 aggressive dribbles to the basket.
- Help comes defender on the baseline x3 looking to trap.
- x2 drops down to cover the baseline.
- Ball handler retreats out of the trap and reverses the ball.

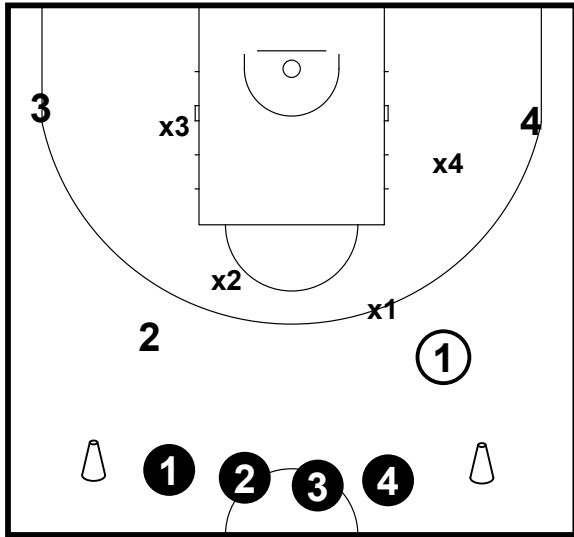
Phase Recap



**Top Dribble Penetration**

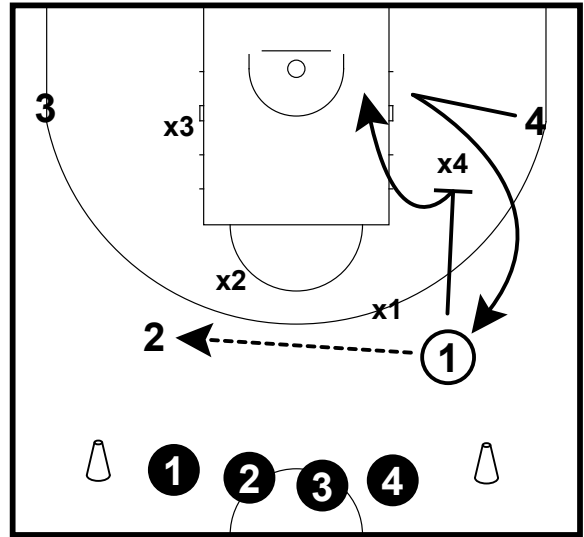
- In the NBA the ballside 3 is the second highest % shot behind a layup and a free throw so in this instance x3 will never help, they simple open up from denial to an open stance with arms stretched presenting a big target.
- x4 helps from weakside whilst x1 sags to cover.
- 2 retreats after defense has helped and ball is passed back around the perimeter with penetration only allowed from the top.

Conclusion



- Same rules as stated in the initial breakdown.
- Still no post and no pick and roll.
- Offense uses what it has learned from the previous phases.
- Only get points for stops on defense.
- Play games to 3 or 5 or 7 now.

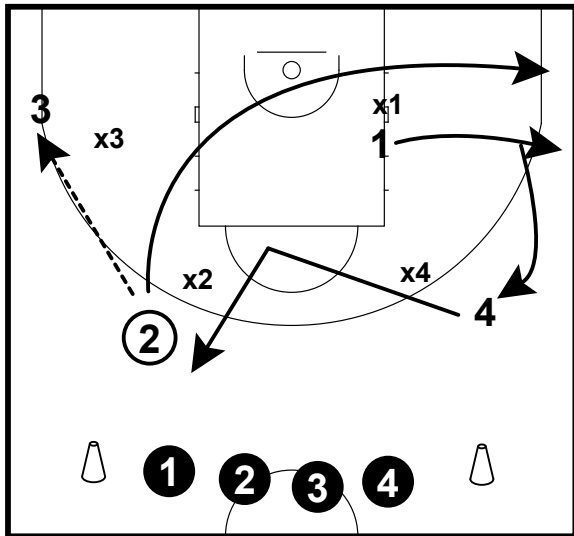
Conclusion



**Example**

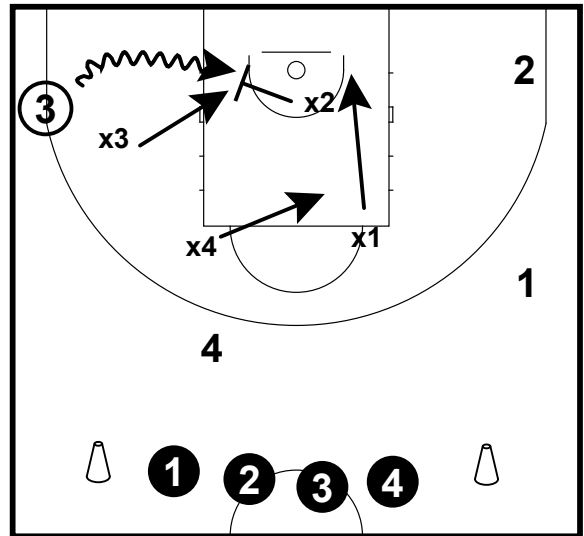
- 1 passes to 2
- 1 pindowns for 4
- 4 cuts high

Conclusion



- 1 pops to the wing after seal
- 2 passes to 3 and basket cuts
- 4 and replace perimeter spots

Conclusion



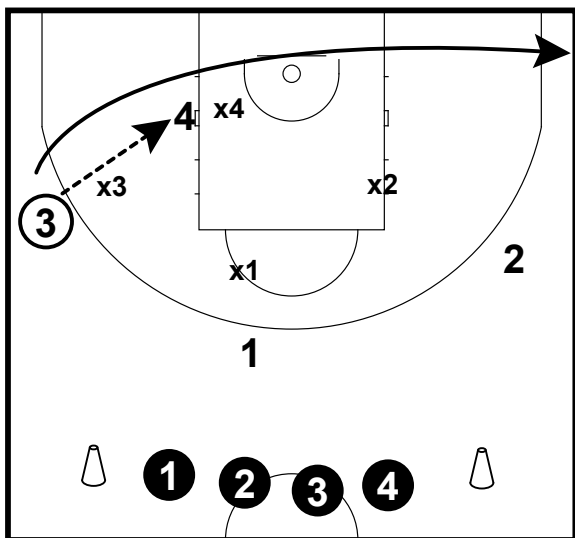
- 3 penetrates and the defense adjusts
- 3 turned it over, so defense get a +1, offense sprints around the cones, ball is passed to the team waiting via the coach and the drill repeats.

# Additions

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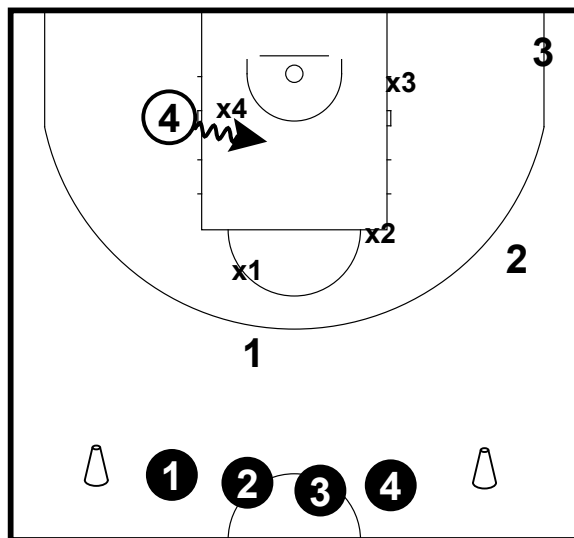
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Post Defense



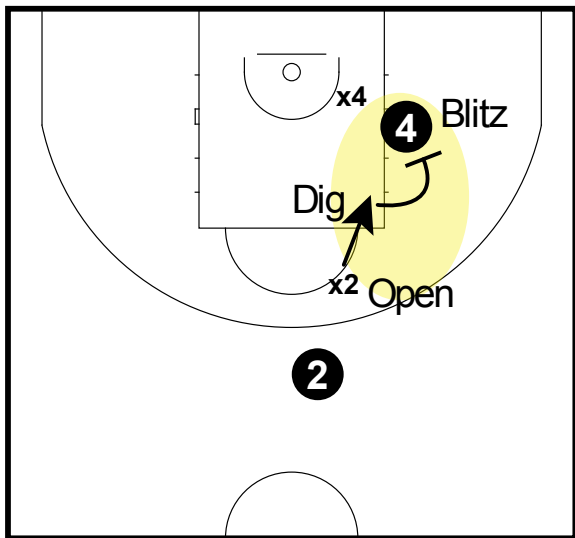
- Has to be a post entry from a wing spot before you can shoot.
- Coach the post defence how you want, full front, 3/4 or dead behind. (Dead behind is the example shown).
- On catch other three defenders are in an open stance.
- Any post pass, wing player speed cuts baseline.

Post Defense



- Off ball defenders in open active stance giving the illusion of a crowd with hands raised at shoulder height.
- After the clear, 4 goes to work pounding atleast two dribbles into the defender before making a decision.
- Defenders are low digging at the ball.
- Same rules, offense scores they go on defense, defense gets a stop, next group comes on.

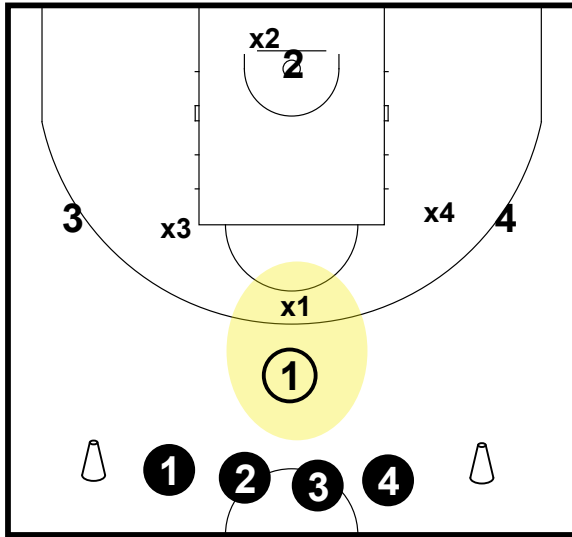
Post Defense



**Codes**

- Open - Open Stance
- Open to dig - Open stance but active hands to disrupt the post
- Open to dig to blitz - As above but looking to double the post.

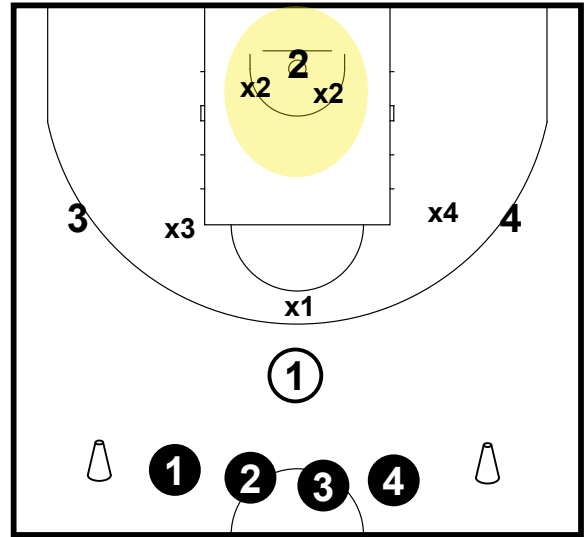
Pindown Defense



**Seattle Pressure**

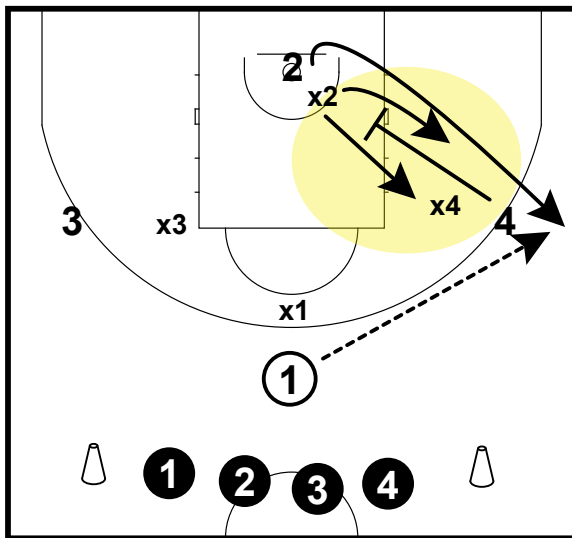
- On ball defender has to read offensive players eyes
- Whichever way his eyes are looking that is the hand you will have raised.

Pindown Defense



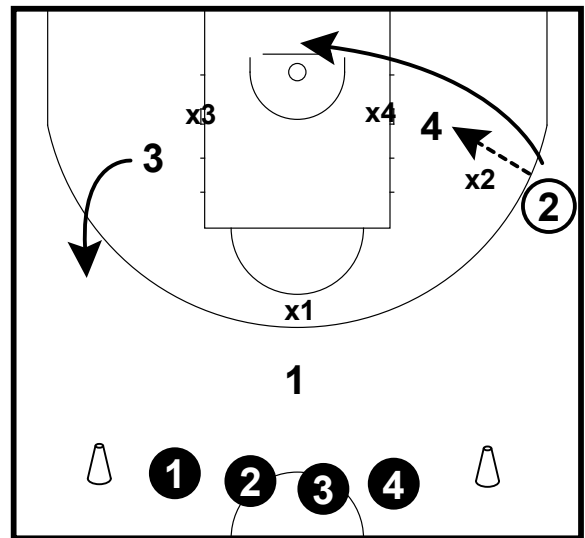
- Defender on the shooter positions themselves forcing offensive player to their weaker hand.

Pindown Defense

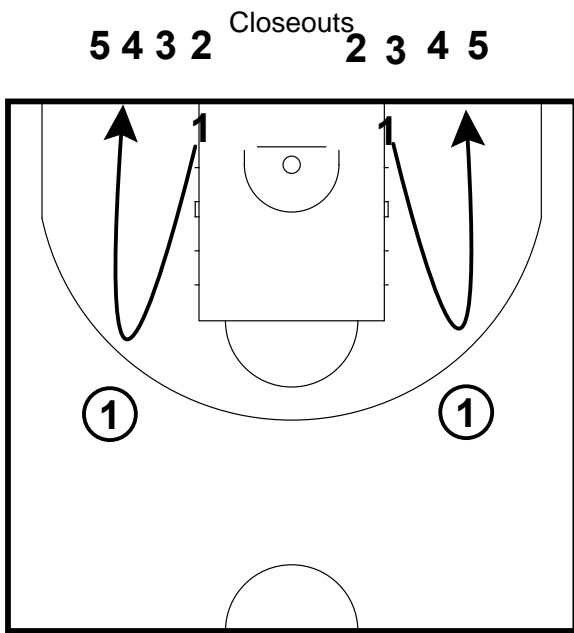


- Main principle whether the screen is low or high is don't get hit, don't let yourself be screened.
- Post players x3 and x4 don't lunge out and help, they go east-west and play in an open stance.
- Weakside is in Seattle as well, if you see ball is being forced to one side drop more to the middle.

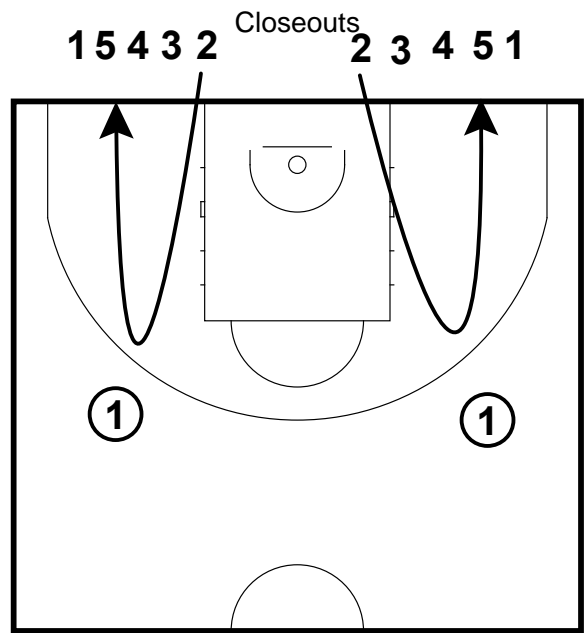
Pindown Defense



- Play 4v4 like previous phases, screener seals in the post after the downscreen and you can go straight into the 3 out, 1 in drill that was used for post defense.
- Post entry and wing player speed cuts baseline, other two relocate on the perimeter.
- Alternate, post pops out to the wing after the screen and you can still apply previous principles.
- Game to 3, 5 or 7.



- Players form two lines on the baseline and first person starts where the baseline meets the edge of the lane.
- This is a drill for the two losing teams.
- For 1 minute: players closeout hands above ball, deny middle, slap ball and take 3 hard slides to the baseline.
- Join the back of the opposite line and repeat.



- Repeat for 1 minute
- Make sure hands are above ball
- High hands then slap the ball before sliding.