Rules for Shell Drill

3 Teams
Team 1 start on offense
Team 2 starts on defense
Team 3 starts on the baseline ready to go in

Team on **offense** works on offensive strategies in order to score. If they score they stay in, take the ball to the top of the key and try to score again. If the ball is stolen or the defensive team gets the rebound then the team that was on offense is out. They go to the baseline and get ready to re-enter.

Team on **defense** uses the defensive strategies and tries to steal or rebound the ball. If they succeed then they need to outlet the ball to the top of the key and start on offense. If they don’t get a steal or rebound or the other team scores then they are out and are to go to the baseline and get ready to re-enter.

Team on **Baseline.** As soon as one of the other teams are out, they enter the game on defense and use the defensive strategy that the team should agree to while on the baseline. Defense can differ each time. They want to hustle out on the court and into defensive position because the offensive team starts when they get the ball to the top of the key, not when the team on the baseline is ready.

**General Rules**
- If a foul is committed by either team, they are out.
- A jump ball goes to defense
- All rules of a regular basketball game apply
- If the ball gets knocked out of bounds, the team that knocked it out is out.