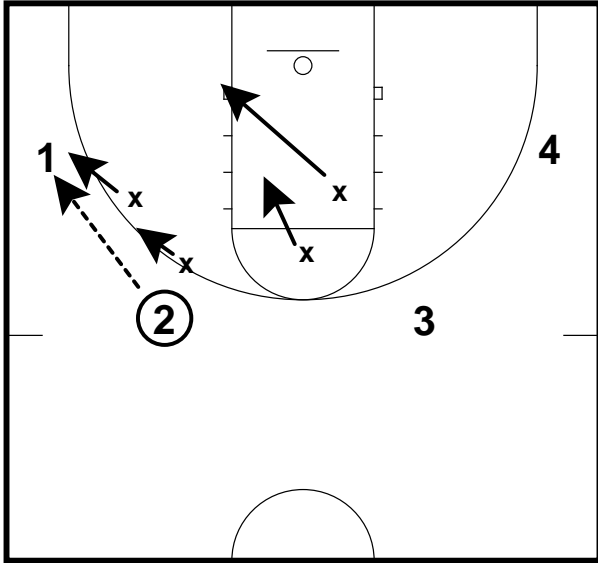


# FSU Practice Drills

## Seminole Shell Defense

Frame 1



The ball swings around the perimeter.  
Players move and react between ball, help,  
gap, and deny. Keys: 1) Stance; 2) See both  
ball and man; 3) Communicate.