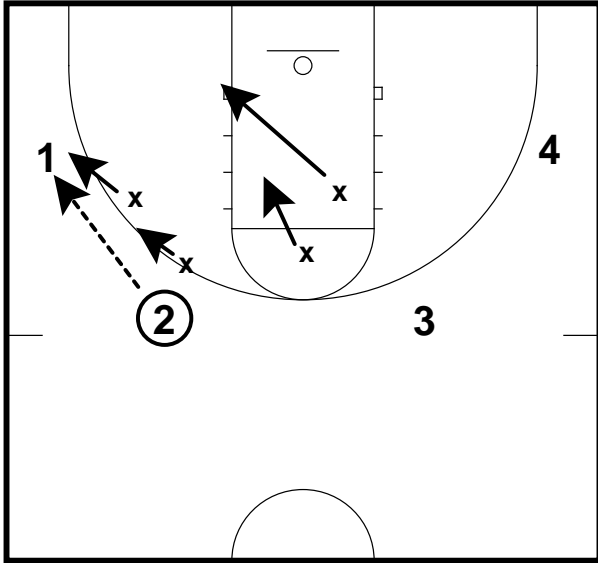


FSU Practice Drills

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.