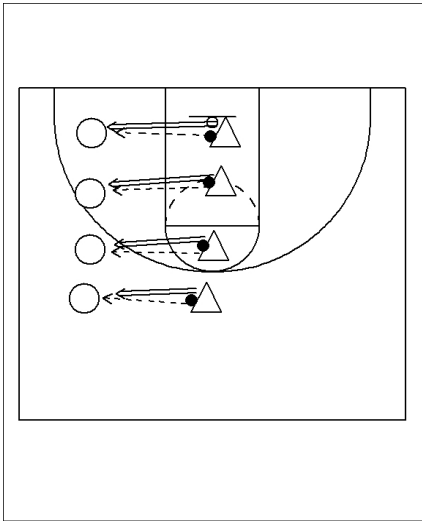




Closeout drills

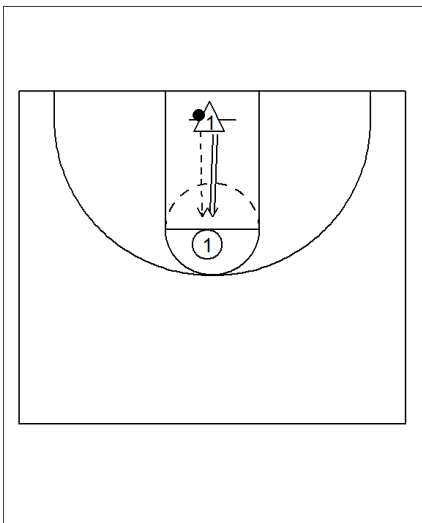


10 DEFENSE DRILLS: 1-on-1 Closeout

The purpose of the following series of closeout drills are for our players to work on closing out on their offensive player when the person they are defending gains possession of the ball.

This diagram shows 1-on-1 Closeout. Players partner up and need one basketball. Each player lines up across from their partner about 15 feet apart. The defense starts with the basketball. On the coach's whistle, the defense will roll the ball to their partner, who is the offensive player. After rolling the ball the defensive player will run at their partner and perform a perfect closeout (chopping the feet with arms high). The offensive player will receive the ball and get in a triple threat position, and work on their pivots while the defender mirrors the ball. The coach will blow the whistle after the offensive players have had the ball for about three seconds. Then offense and defense will switch and the drill is repeated.

Variation: The offensive players can all take on or two dribbles to the right or the left. This will also give the defenders a realistic look of how quick they have to be after they closeout with their first defensive slides. IMPORTANT that coach tells the offense to all go the same direction or players will be running in to each other. After the one or two dribbles the offensive player will pick up the ball and work on pivots while defenders mirror the ball. Coach blows whistle to end the rep after a few seconds of pivoting.



10 DEFENSIVE DRILL: 1-on-1 Closeout to Score

This closeout drill is a live version of 1-on-1 closeout that makes the closeout more gamelike.

Defender 1 rolls the ball to 1. When 1 receives the ball they can try to score. Offense gets 3 dribbles max to try and score. When Defender 1 rolls the ball, they then run at 1 and perform a closeout, then play tough defense to try and get stops. Rotate: Defense to offense to out. New person in is on defense.

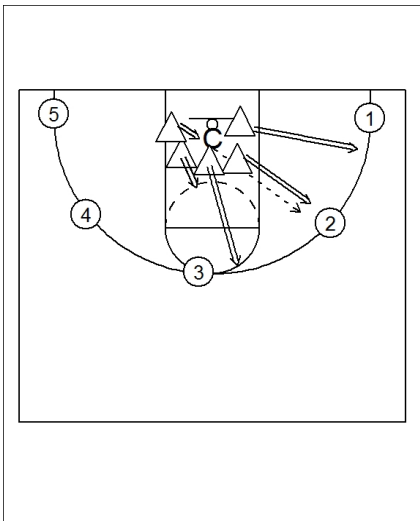
Variation: Put three or four players in a group. And the defender will stay on defense until they give up a basket or an offensive rebound. Each stop they get (no basket or offensive rebound) counts as a point. The player with the most points, wins.

Variation: Put the offensive player on the wings or in the corners. This is important, especially on the wings. When on the wings another point of

emphasis for the coach will be to have the players align correctly after they closeout. They need to get their nose on the offensive player's high shoulder (shoulder nearest midcourt).



10 DEFENSIVE DRILL: 3-on-3, 4-on-4, or 5-on-5 Closeout



This drill can be done with 3-on-3, 4-on-4, or 5-on-5. We will want to make sure we start with 3-on-3 and work our way up to 5-on-5.

The drill starts with the coach holding the ball out in front of them under the basket. Five defensive players will be by the ball, each player must have a hand on the ball. The five defenders must call out who they have quickly. Communication is key. Coach throws the ball out to one of the offensive players and the defenders run out and perform a closeout if their person has the ball. The other four defenders will go to the defensive position they should be in based on where the ball is located. In this diagram you will see 2 was thrown the ball. That means the defender guarding 1 and 3 will run to a denial position because they are one pass away. And the defenders guarding 4 and 5 get to their help position (flat triangle).

Once 2 catches the ball they play 5 on 5. This is an intense drill. Offense doesn't have to run any offense...just play. As they are playing the coach is watching for players closing out when passes are made, and to see if they are getting to proper defensive spots on the floor. The drill rep is over once offense scores, or defense gets a turnover or defensive rebound. Switch offense to defense and repeat.