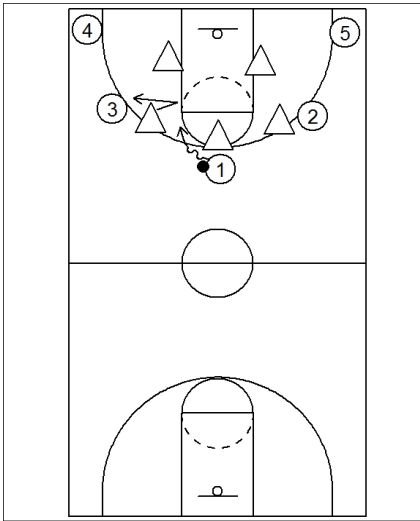




Perimeter closeout



DEFENSE DRILLS: PERIMETER CLOSEOUT

Skills Covered

- *Team defense (help defense)
- *Defensive positioning away from the ball
- *Communication

Alignment

- *Five offensive players stand on perimeter; One in each corner, one at each wing, and one at the top of the key.
- *Five defenders matched up with offensive players. Defenders must be in proper defensive position in relationship to the person they are guarding and the ball.
- *The rest of the team is under the basket in groups of five waiting to rotate into the drill.

Running the Drill

- *Offensive players try to penetrate past their defender. When nearest defender sees that ballhandler "has a step" on the defender, they swing nearest leg open and provide help defense by cutting off the penetration.
- *Other defender rotate to "help the helper"
- *Offensive player kicks ball out to next teammate over on the perimeter. That defender closes out on the ball with hand up and weight low, with short choppy steps and calls out "ball!".
- *The drill continues with offensive players trying to penetrate and kick, while defenders provide help defense and close out to the ball on the perimeter.

Drill Variations

- *When ball goes to offensive player in the corner, coach can instruct defender to close out to baseline shoulder and force dribbler into the help.
- *Coach can create a competitive situation by playing "football". If offensive player makes it into the lane with the ball, it is a touchdown for the offense. Defense must protect the lane as a team at all costs.