

Closeout Drill

Coach Cindy Anderson

Purpose

To improve defenders' help-side defense by recovering quickly. To close out the shooter and react to dribble penetration.

Organization

Half of the team at each end in line under the basket, one ball at each end.

Procedure

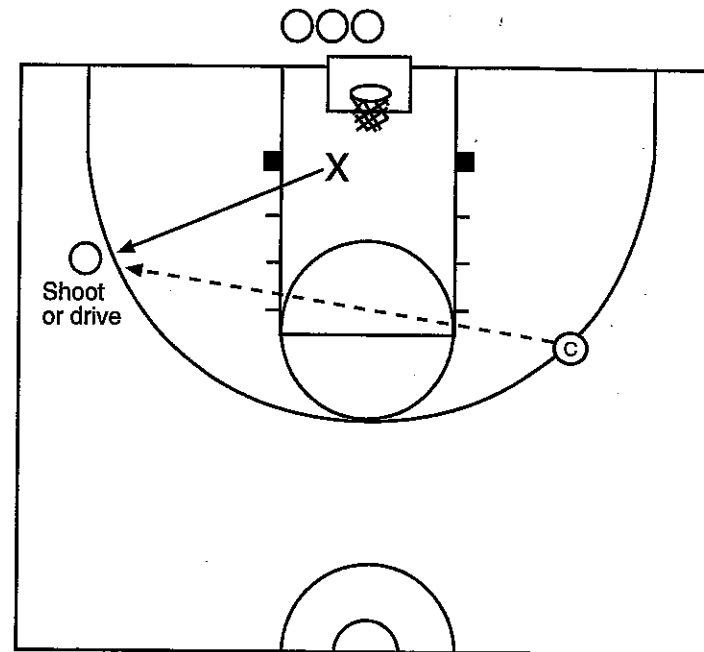
1. The first two players in line step out. The offensive player is at the wing outside the three-point line.
2. The defensive player is in help position, seeing both the ball and player.
3. The coach has the ball at the three-point line on the opposite wing.
4. The coach skip passes to the offensive player who looks to shoot or drive.
5. The defensive player closes out on offense (runs out) with a high hand close enough to prevent a shot.
6. The defensive player is forcing the ball to the corner.

Coaching Points

- Stay low on the closeout; don't hop or jump stop into the offense.
- Hold the high hand straight up and keep the butt down.
- Direct the offensive players to drive to the baseline, but not open too much.

Variations

- Use posts in this drill to work on mobility and zone slides.
- Box out and rebound to work on playing hard to the end.



Lane Closeouts

Coach Jane Albright

Purpose

To work on different aspects of defense, such as slides, closeouts, backpedals, and sprints. To close out under control, without lunging.

Organization

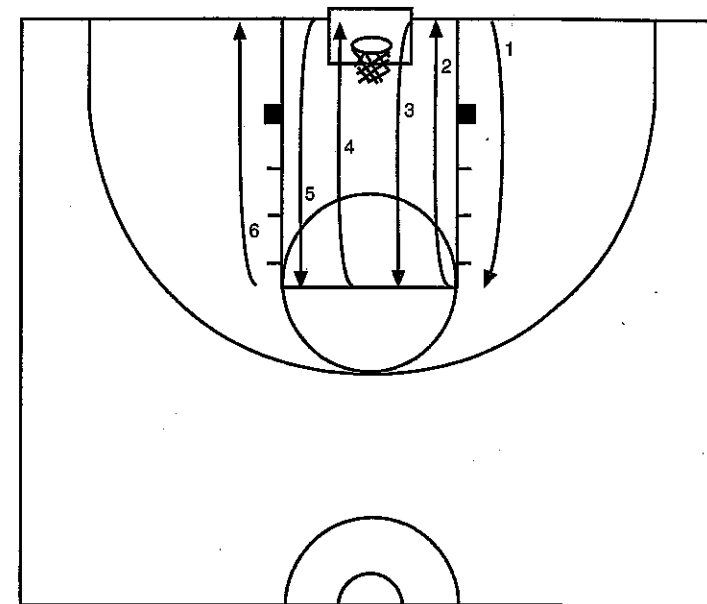
Two to three players at each basket, starting under the basket on the baseline.

Procedure

1. One player at a time starts on the baseline or on the right side facing the foul line. The player closes out against an imaginary offensive player on the right side, faces with her foot, and backpedals to the baseline, with her hands above her head.
2. She closes out to the foul line again. This time she pivots and sprints to the basket, then jumps up to touch the backboard or net.
3. She closes out a third time to the foul line. She touches it with her foot, drop steps, and slides to the baseline.
4. The next player starts.
5. Repeat these three steps three times.

Coaching Points

- On the closeout, sprint out and shuffle to the foul line on the last step or two, with hands high.
- Stay balanced on the backpedal and low on the slides.
- Maintain the proper closeout position while moving, with the body always in control.



- 1 Close out
- 2 Backpedal
- 3 Close out
- 4 Sprint and touch backboard/net
- 5 Close out
- 6 Drop step-slide

Perimeter Closeout

Coach Kris Huffman

Purpose

To help defensive players improve closeout technique and positioning. The defender is attempting to take away the outside shot, the look inside, and the middle penetration with the pressure she applies.

Organization

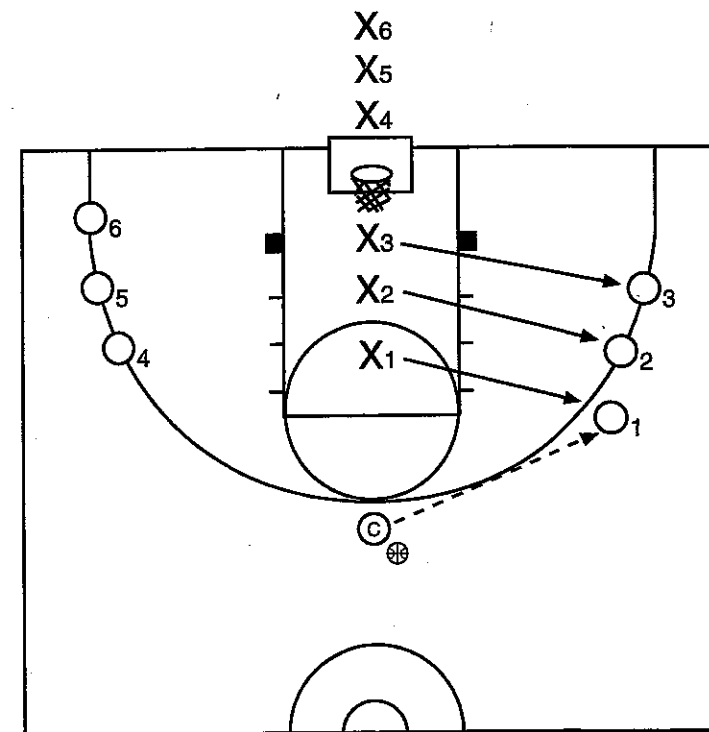
Twelve players, five balls, a coach passing to the top of the key. Three offensive players line up on each side of the three-point line; three defenders start in the lane. The next three defenders are ready to enter the lane when vacated.

Procedure

1. The coach at the top of the key slaps the ball to start the drill. The three defenders in the lane drop into a stance and stutter step.
2. The coach passes to either side. The three defenders close out to the offensive players.
3. The top offensive player passes back to the coach. The three defenders jump to the ball, then become the offensive players. The offensive players join the defensive line on the baseline.
4. The next three defenders are in the lane stuttering when the coach has the ball on top of the key. The coach passes to the other side and the drill continues.

Coaching Points

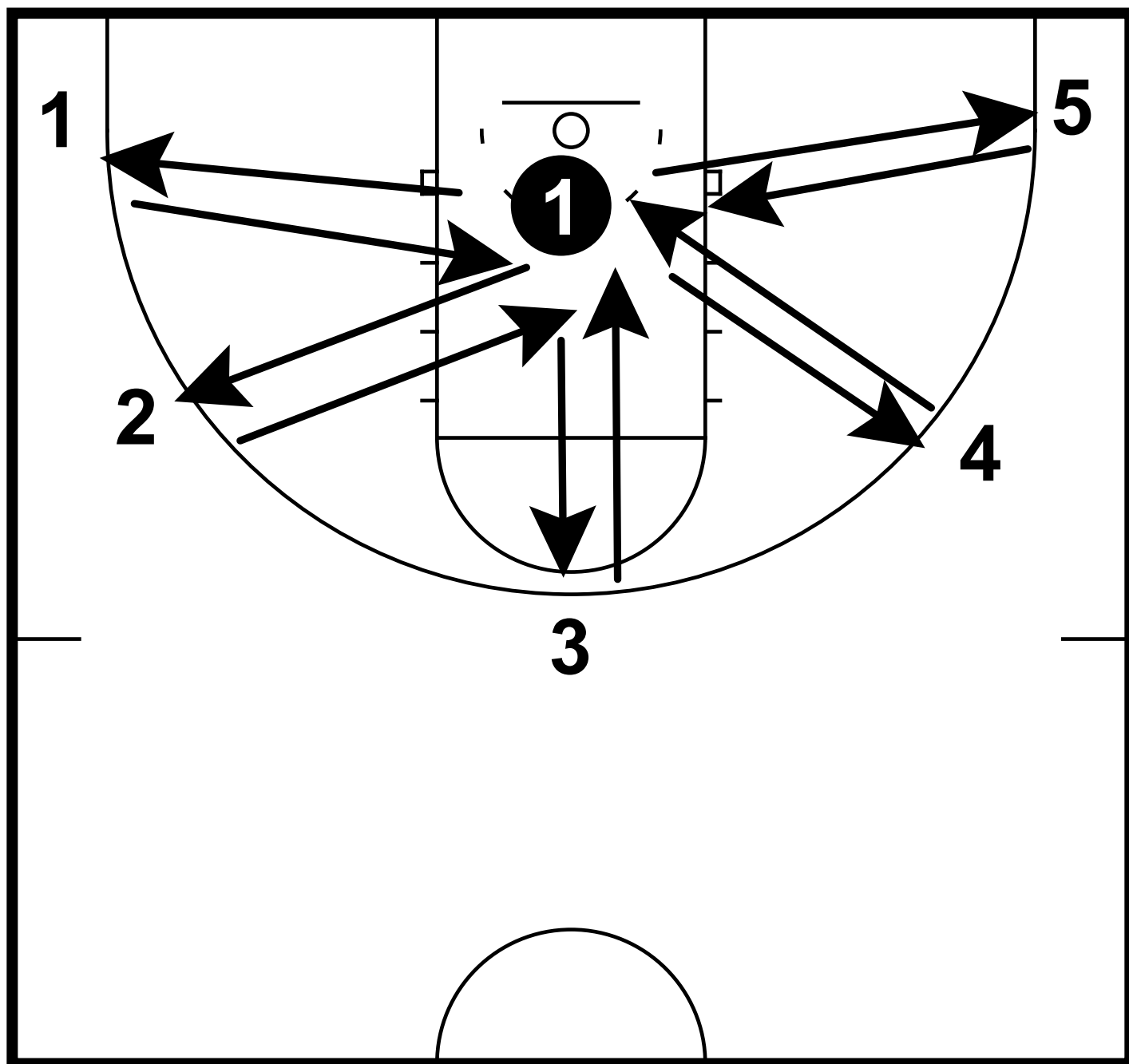
- The defenders must close out in a stance with the inside foot and hand up.
- The offensive players must be active with the ball—triple threat; jab while the defender pressures the ball.



Purdue University

Drills

Close Out Drills

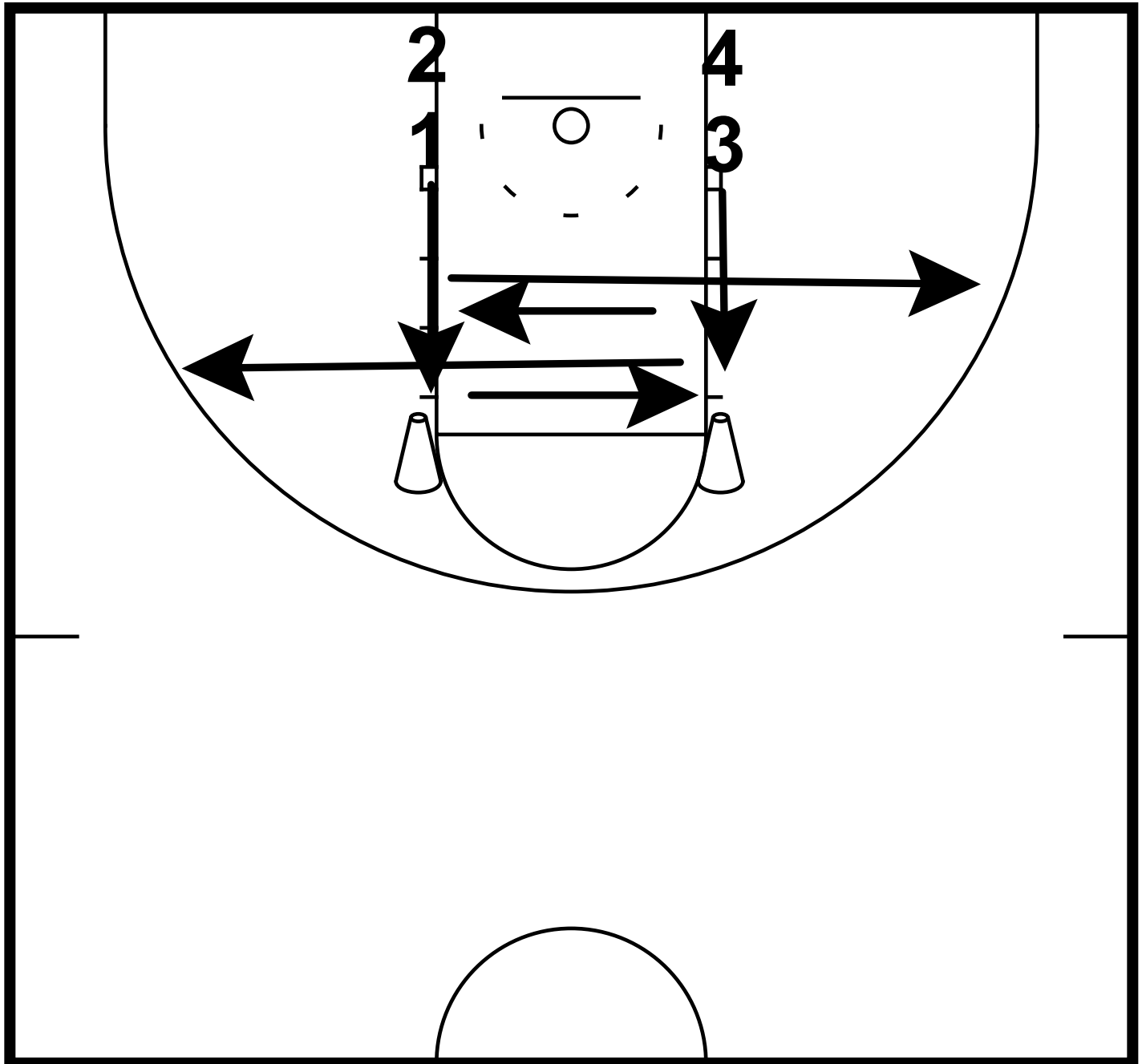


5 spot close out

One line under basket. Player 1 sprints out to spot 1, breaks down and closes out with high and hands and fast feet. She drop steps & sprints to midline and yells out "help help". She then sprints to spot 2 and repeats the same action for the next 3 spots. As soon as player one reaches spot 2 the next player starts. Go around one way and then switch and go around the other direction. This drill works on proper close out technique as well as communication and proper help side position.

Purdue Drills

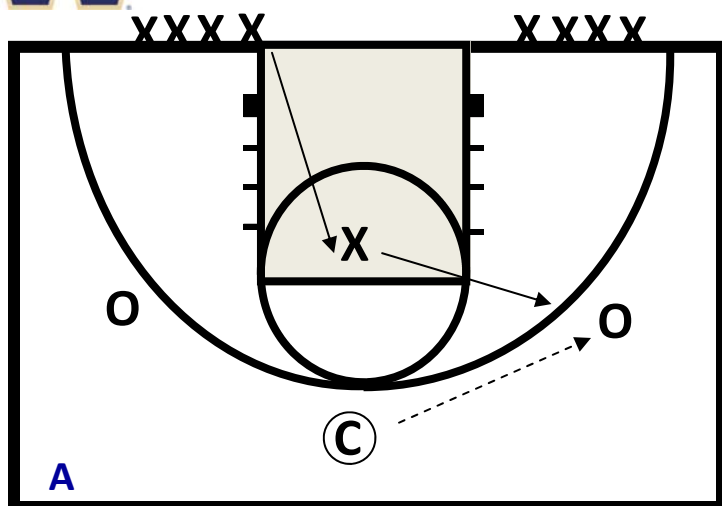
Close Out Drills



Close out drill #2

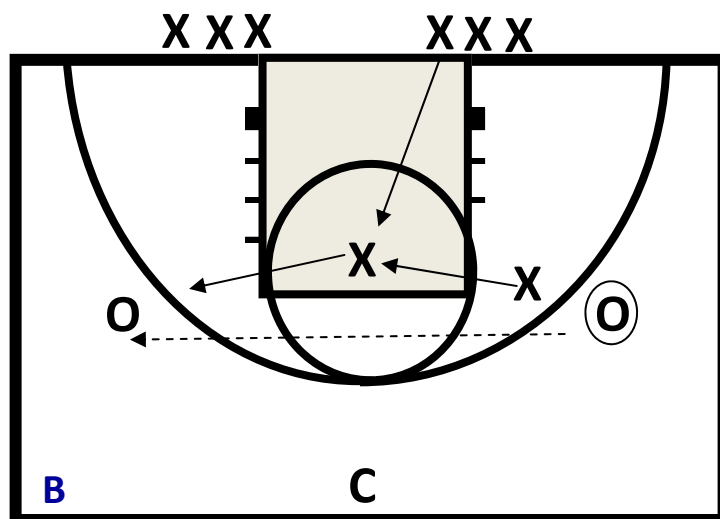
A coach or cone is placed at both elbows. 2 lines of players on the baseline. Both lines go at the same time, player 1 closes out and slides to opposite elbow then slides back to 3pt line. Player 3, at the same time, closes out at her coach or cone, slides to opposite elbow & back to her 3pt line. Players switch lines and go twice each side. This drill works on close outs, sliding and also communication to not run into one another as they pass each other on the close out!

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Split team into two groups coming off the baseline area. One defender starts just below the nail.

C w/ball will initiate the drill with pass to a wing. Defender closes out to ball. On air-time of pass, next defender sprints to GAP

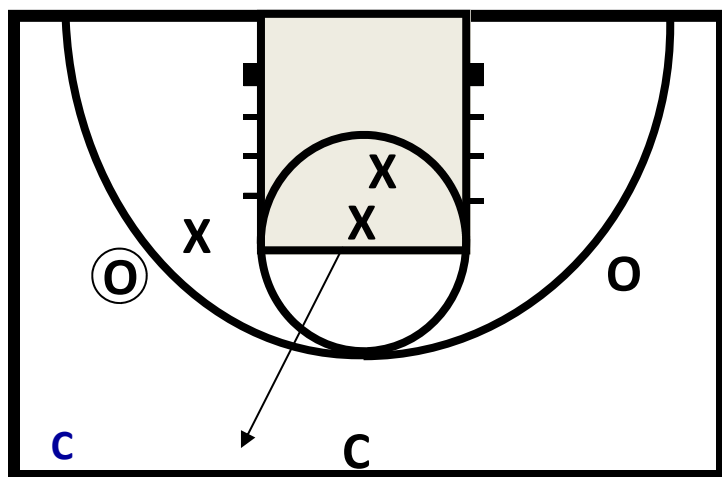


Offense skips the ball to wing O.

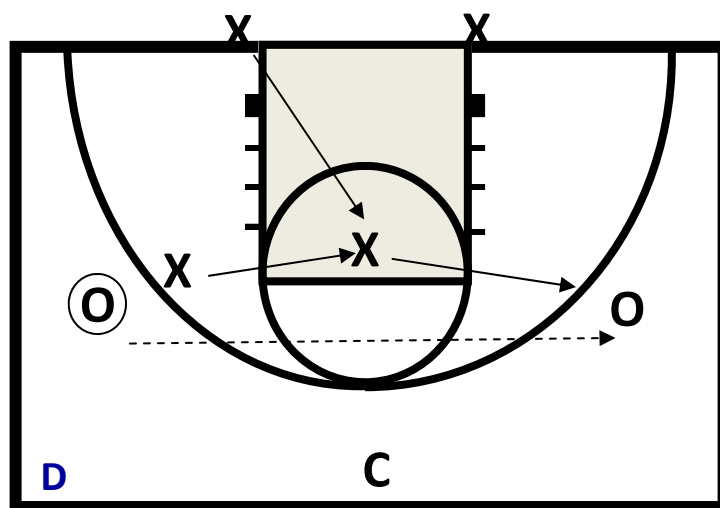
BALL defense sprints to GAP

GAP defense sprints to BALL

New defender starts sprinting to GAP on air time of the pass as well



As the new defender is arriving to the GAP, the defender who began the drill (has completed a close out and gap) sprints toward the half court line. If the Coach at the half court line is happy with effort and execution, they get a ball to score.



Repeat to keep drill continuous.

Players who score on other end, get outside the drill and return to line.

This is a great conditioner and PRECISION drill to focus on Closeouts and GAPS.