

# Closeout

Coach Nikki Caldwell

## Purpose

To help players defend penetration and get to the help-side position.

## Organization

Four players, offense and defense on the perimeter, one ball, two lines, (a line on each wing). The rotation moves offense to defense, and new offense comes in. The coach will be a passer at the top with a ball.

## Procedure

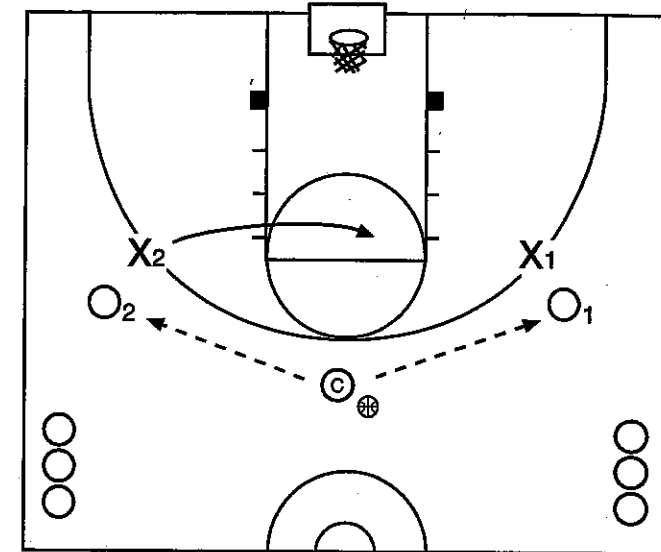
1. The defense will deny passes to the wings.
2. As the coach passes to one side, the weak-side defender will rotate into help-side defense. Make sure players are in the middle of the lane (see diagram 1).
3. To reverse the ball, either pass to the coach then reverse the ball, or use a skip pass to the opposite wing.
4. The defense will move from help-side defense to on-ball defense (see diagram 2).
5. Make sure the players come out in a stance with their feet moving, to force the offense to the baseline. Do not let the offensive player come back to the middle.
6. The other defender will now become the help-side defense.

## Coaching Points

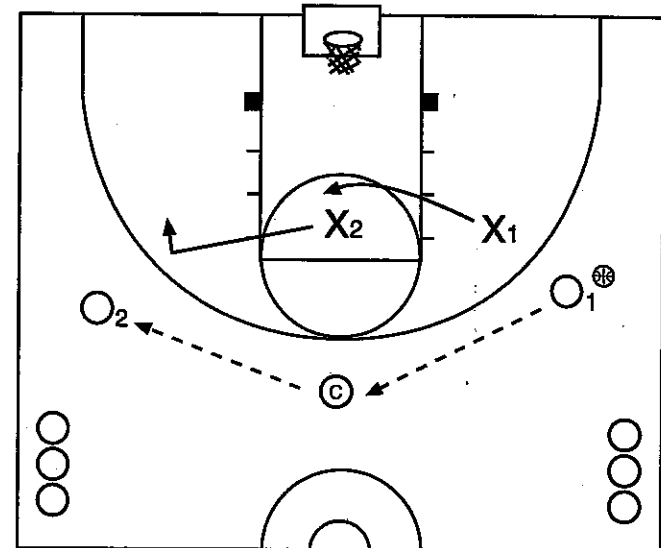
- The player must get off to the help side.
- When the ball is reversed, come out to defend in a defensive stance, with feet moving.
- Have active hands, and force the offensive player to the baseline. Keep penetration out of the middle of the court.

## Variation

- Once the weak-side player recovers, let the defender get beat and have the help-side defender rotate over and take the charge.



1



2