

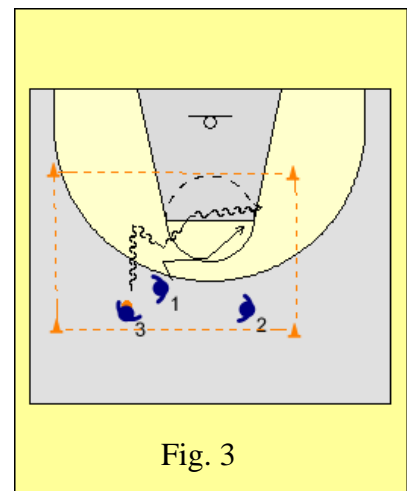
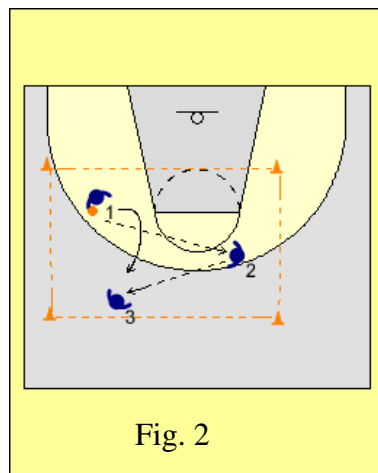
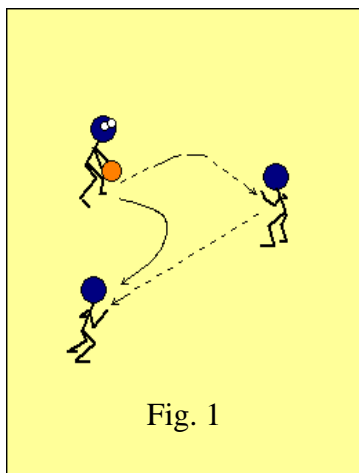
Teaching Close Outs With a Games Approach

Here is a little progression I have used for teaching players the concepts of closing out and protecting the basket. The players start in a group of three with one ball (Fig. 1). Two players pass the ball back and forth. When the third player shows “ten fingers” the ball is immediately passed. The player who did not make the pass must run and square up in a defensive stance to the player who now has the ball. The player with the ball does a few fakes moving back and forth. The defender mirrors this movement. Don’t worry about traveling at this point. The key is to get the player who is closing out to come under control so he/she can move. Load it by having the players move around as they are passing it back and forth.

Box Tag (Fig 2)

Each group of three has a defined safety area. Be sure to stay away from the walls or too close to another group for this one. The ball is again passed back and forth between the two players. When ‘ten fingers’ is shown the ball is passed to the third player. The player who did not make the pass must try and tag the player with the ball before he/she can run through the end of the zone. The player with the ball must run through the zone the passer has his /her back too (Fig. 3).

Load this by making the player with the ball dribble through the end of the zone. The defender works to turn and contain the ball handler. Load it a second time to have the other passer become a second defender who is working on trapping or shadowing.



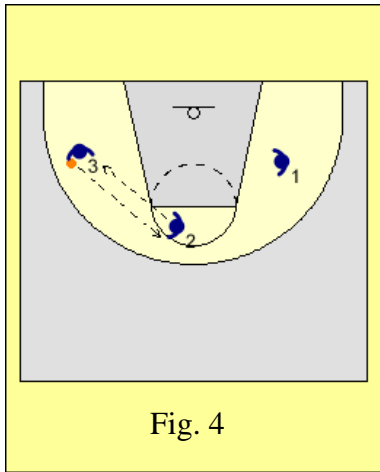


Fig. 4

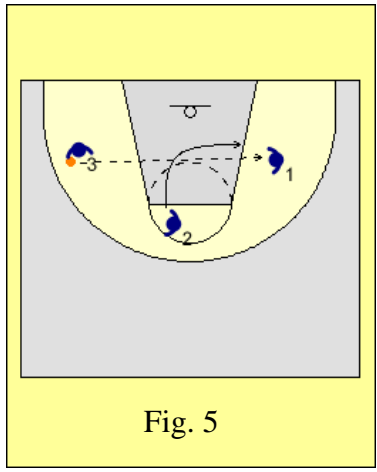


Fig. 5

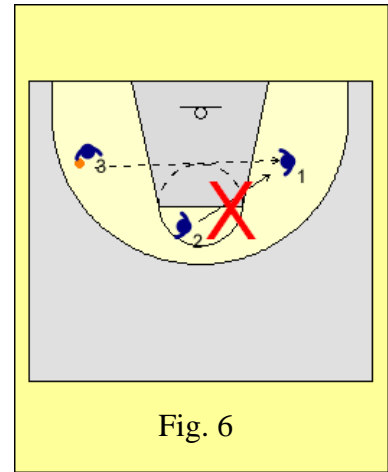


Fig. 6

Now apply the concept on the court. Two players pass the ball back and forth (Fig. 4). When the “ten finger” signal is made the ball is passed. The non-passer must now close out to the player who received the pass (Fig.5). Note that the player closing out belly’s into the drive line of the player with the ball. This is to prevent the open basket (Fig. 6).

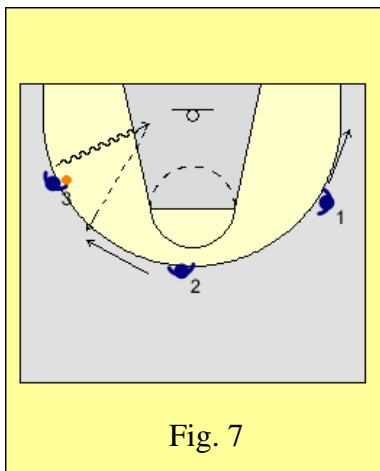


Fig. 7

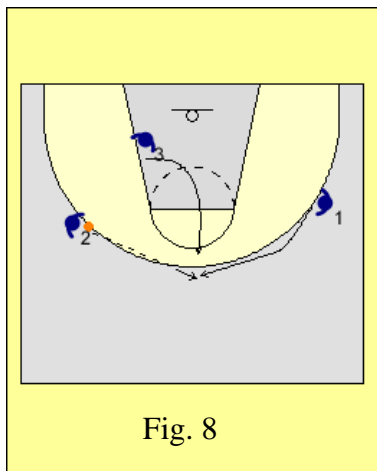


Fig. 8

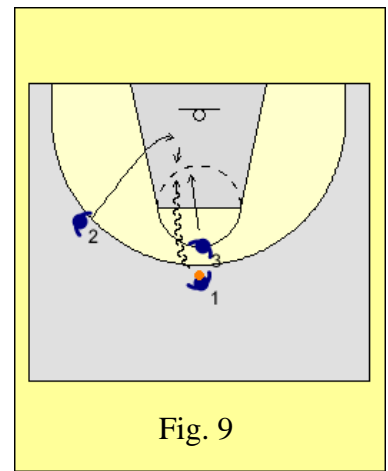


Fig. 9

Now start the drill with a penetration pass pass. The first player drives the ball to the basket (Fig. 7). The other two must react with proper penetration principles movement. The pass is made to one of the two players. The second pass is immediately made. Note that the player receiving the second pass had to move to shorten this pass (Fig. 8). The player who made the original penetration has to close out to defend the player who received the second pass (Fig. 9). To load the drill even more:

- Have the player who made the second pass become a help defender. This overloads the offensive player.
- Have the player call for a return pass. This makes the defender work on jumping to the ball and defending cuts.

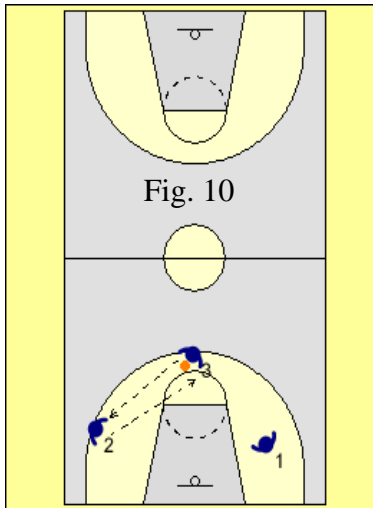


Fig. 10

The same concept can be used in the full court. It starts with the ball being passed back and forth.

On the pass the player who did not make the pass must contain the ball (short safety) The passer becomes shadow (long safety).

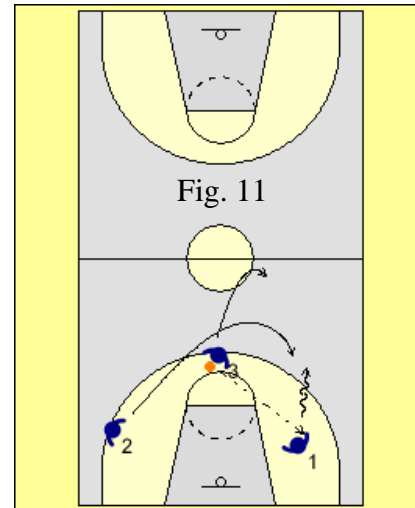


Fig. 11

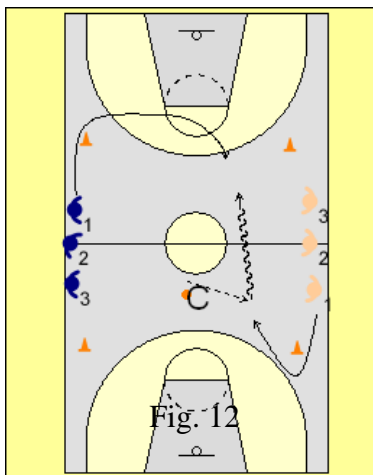


Fig. 12

Full Court Contain

The players line up on the sideline and number off, 1, 2, 3. Notice that the #1's for each team are not directly across from each other (Fig. 12). The coach has a ball in the middle and turning pylons are set up at either end. The coach calls out a number. In this case #1. Both #1's must sprint around the designated pylon and into the middle.

The coach will pass to one of

the two players. The player who does not receive the pass must contain the ball and play defence. In the second example (Fig.13) the coach called two numbers, #1 and #2. The players now play 2 on 2. You could also call all three out.

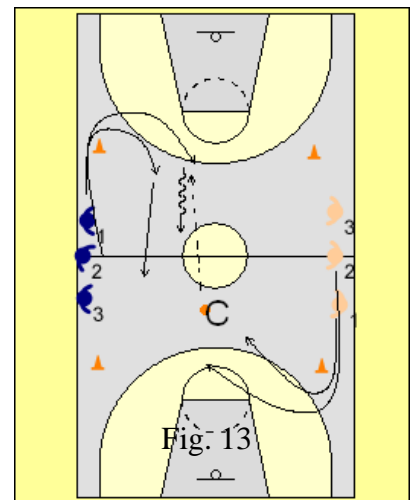


Fig. 13

Remember, when using the games approach it is important that you the coach emphasize the key teaching points;

- Protect the basket first,
- Run at the player with the ball under control,
- Contain the ball.