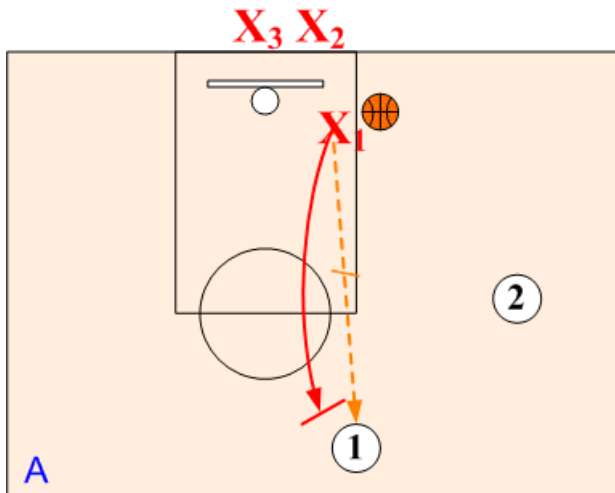


Double Closeouts Combo– 1-on-1 Drill

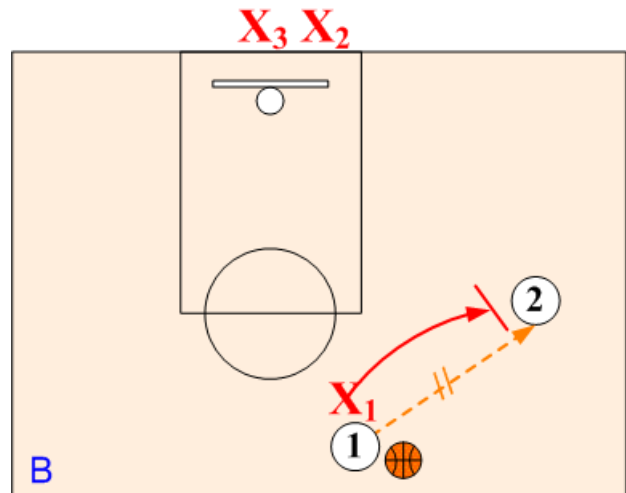
Closeouts, Base Push, Pass Denial, Back Cut

This is an excellent One-on-One combination drill for practicing and refining individual defensive skills and techniques. It is comprised of double closeouts, denying dribble penetration, strong pass denials, and defending back cuts. Demonstrate and explain drill walk players through the various defensive techniques paying strict attention to details. Be sure to use both right and left sides of the court.



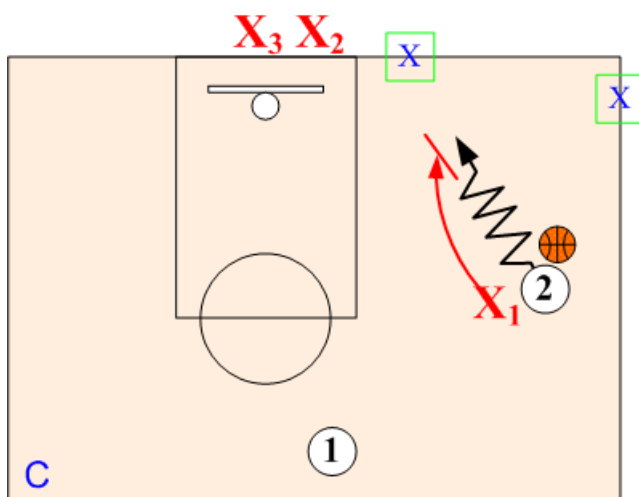
Hands High Close Out 1

Drill starts out with defender X1 making a pass from the block out to O1. X1 executes a quick closeout with both hands high taking away the middle using chatter steps to stop on balance echoing “Ball-Ball.”



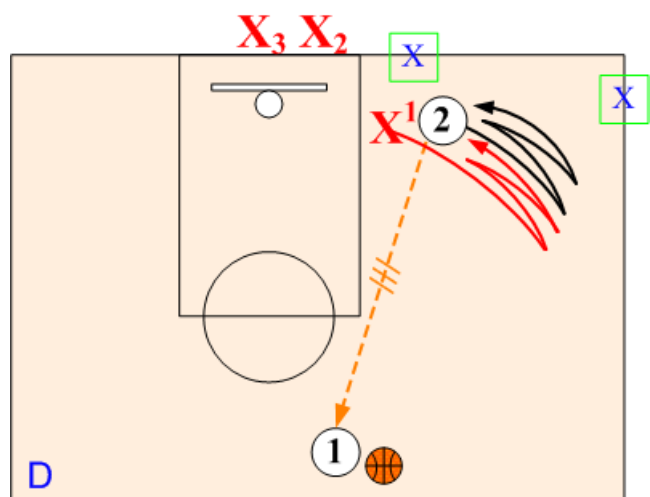
Close Out 2

O1 passes to O2 on wing. X1 makes a second hands high close out taking away the middle drive by having their top foot up forcing O2 toward a corner or baseline pushpoint. .



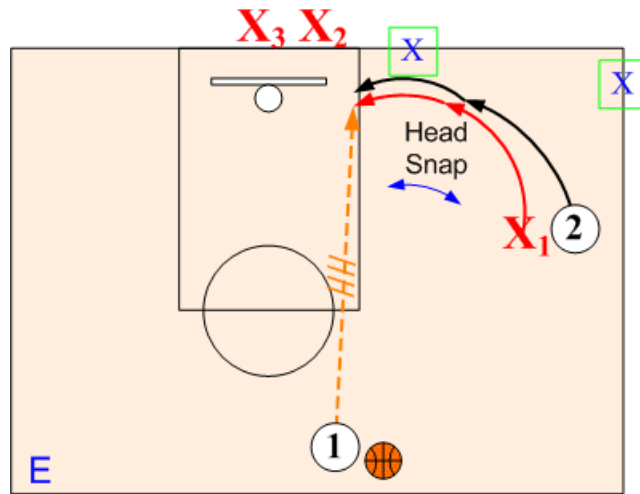
Corner Push & Picked Up Dribble

O2 goes 1-on-1 live with X1. Defender X1 keeps both hands high (SHOW) forcing O2 to the baseline PushPoints. If O2 picks up their dribble, X1 smothers (Jams) O2 tracing the ball with both hands and yelling “Dead – Dead.”



Pass Denial

When O2 passes the ball back out to O1, defender X1 assumes a strong pass denial position pushing O1 toward the baseline pushpoint.



Back Cut

When O2 executes a back door cut, defender X1 forces (“Rides”) O2 to the baseline PushPoints using a shoulder to shoulder drop. If beaten on the back cut, X1 switches “Stop Signs” (Pass denial hands) using a quick head snap.

Rotation: Players rotate counter clockwise from defense to offense, and the offensive players rotate counter clockwise to the end of the defensive line.

Variation: A coach assumes the O1 position.