

# Double Closeouts – 1-on-1 Drill

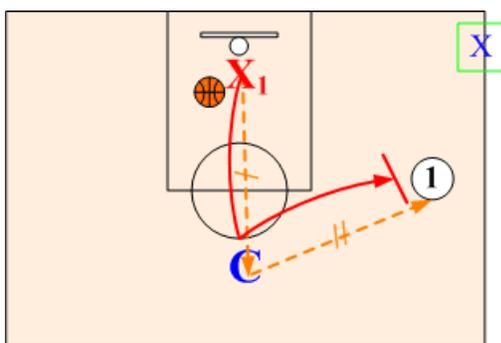
## Defending Dribble Penetration

This is an excellent One-on-One combination drill for practicing and refining techniques for closing out and successfully defending against dribble penetration. It is comprised of two closeouts and live one-on-one action. The double closeouts are used not only to practice the proper techniques in closing out, but also to provide the offensive player with a slight edge for dribble penetration.



In denying dribble penetration, the defender must beat the dribbler to the baseline PushPoints by defending entirely with their legs. Both hands should be held above the shoulders to discourage and contest the shot or pass options. "Showing" or holding both hands high also eliminates referees from calling fouls. Demonstrate and explain drill by walking players through the various defensive techniques paying strict attention to details, and then go "Live." Be sure to use both right and left sides of the court.

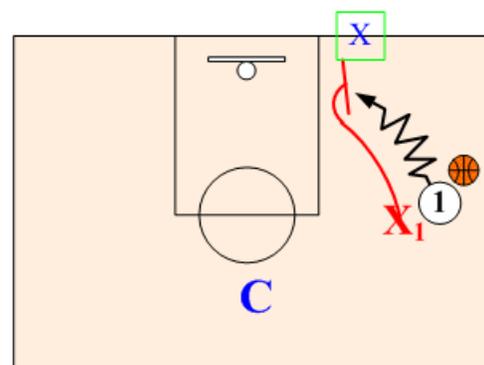
### Phase One: Defending Against Baseline Dribble Penetration



**Hands High Close Outs**

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

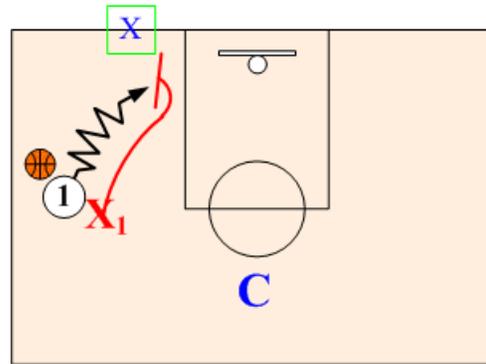
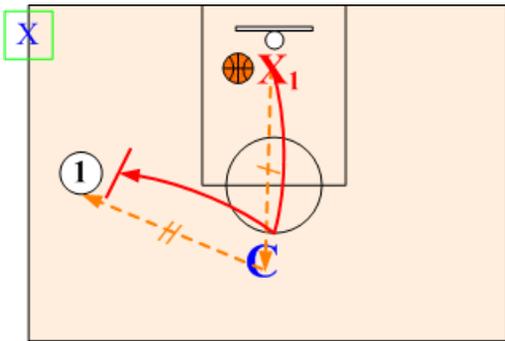
Coach then passes to O1 on wing. X1 makes a second hands high close out taking away the middle drive by having their top foot up forcing O2 toward a corner or baseline PushPoint.



**1-on-1 live**

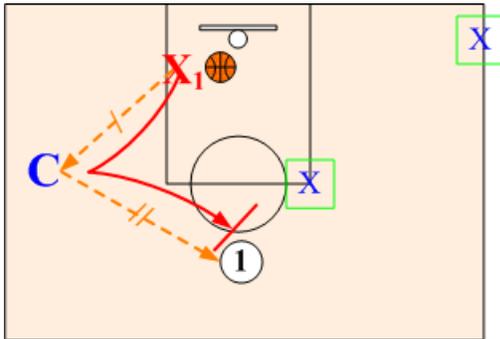
Defender X1, defending with legs, keeps both hands high (SHOW) beating O2 to the baseline PushPoint. If O2 picks up their dribble, X1 Jams (smothers) O2 tracing the ball with both hands and yelling "Dead – Dead."

## Dribble Penetration Left Side



Same as action as Phase One, except on left wing. Requires opposite hand and footwork.

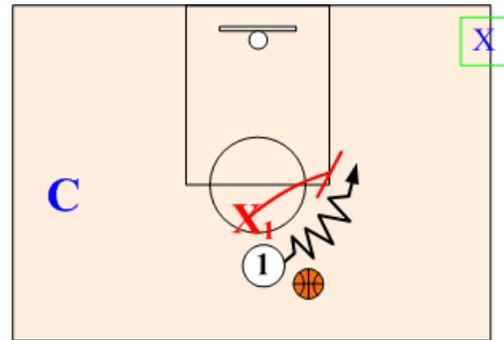
## Phase Two: Defending Against Point Dribble Penetration



### Hands High Close Outs

Same double closeout action as Phase One except coach is positioned on wing and O1 is located at the top of the circle.

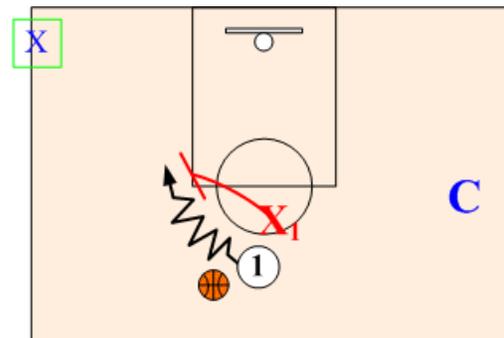
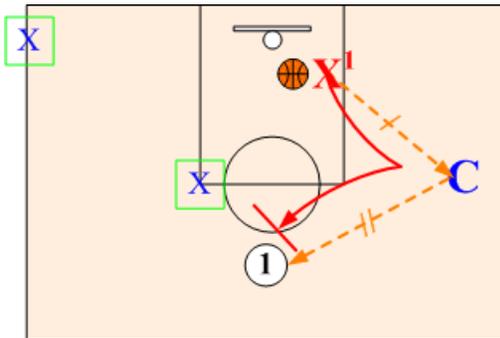
Coach then passes to O1 on wing. X1 makes a second hands high close out taking away the middle drive by having their top foot up forcing O2 toward a corner or baseline PushPoint.



### 1-on-1 live

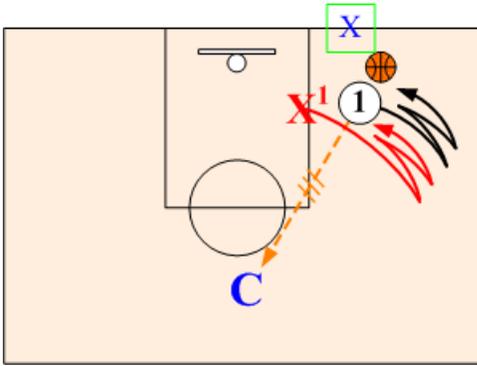
Defender X1, defending with legs, keeps both hands high (SHOW) beats O2 to elbow forcing O2 toward corner PushPoint. If O2 picks up their dribble, X1 Jams (smothers) O2 tracing the ball with both hands.

## Point Dribble Penetration Left



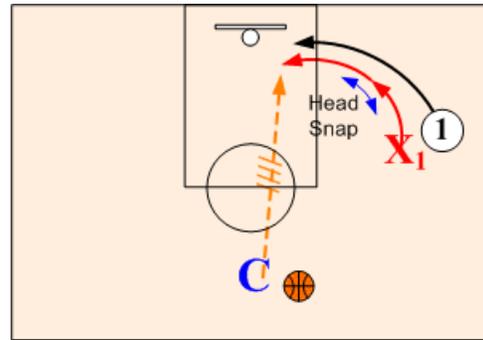
Same as action as above, except opposite. Requires opposite hand and footwork on the part of the defender.

## Phase Three (Optional): Add Pass Denials on Baseline Dribble Penetration



When O1 does not shoot on baseline dribble penetration, O1 passes out to coach. X1 “Dances” with O1 assuming a strong pass denial and not allowing a return pass for 3 to 5 seconds.

Note: If O1 does receive a return pass, baseline penetration is repeated.



In defending back cuts, defender X1 makes a shoulder to shoulder drop forcing O1 to baseline PushPoints. If O1 should get ahead, X1 switches “Stop Signs” (hands) executing a quick head snap.

### Teaching Points

Guarding a dribbler in the open or backcourt and defending against dribble penetration in the front court requires two entirely different techniques.

With the present trend of “Drive & Kick” offenses, teaching defending dribble penetration is of the utmost importance.

When multiple baskets are being used, replace the coach with a third player. Players rotate from offense to defense, defense to passer and passer to offense.

Review this drill only as needed during the season.