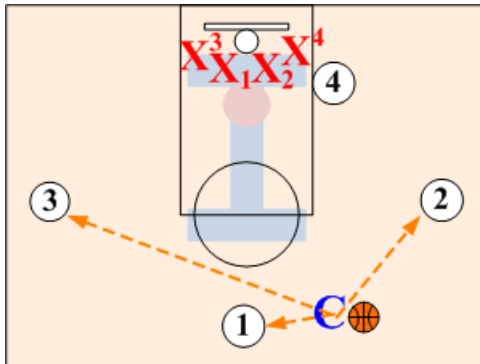
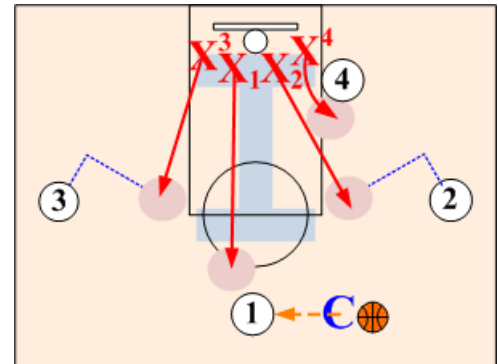


Shell Drill: Closing Out (Post Version)

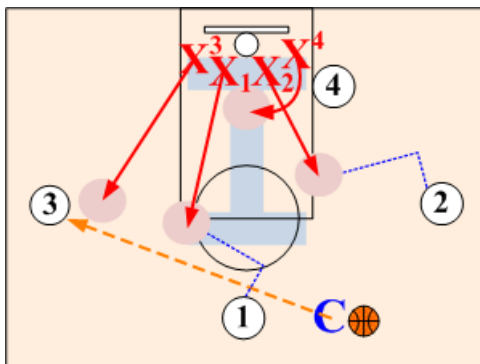
This closing out drill is a continuation of the basic post shifting drill. After the basic shifts have been demonstrated and practiced. Have players execute proper closeouts prior to shifting. The defender guarding the ball handler closes out on balance with both hands up, pressuring the ball handler to a sideline or baseline pushpoints. The three off ball defenders close out to designated support spots one step off and two steps up the passing lane towards the ball handler. All defenders must communicate and talk.



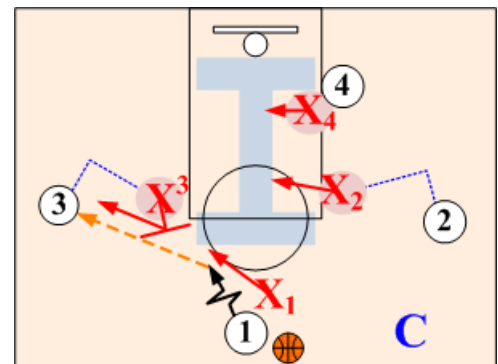
Drill starts out with defenders align under the basket and the Coach making an entry pass to any of the four offensive players.



As the coach passes to O1, the defenders close out quickly with the defender O1 closing out to the ball on balance with both hands up. The other three defenders close out to support spots.



When the coach passes to O3, defender X3 closes out on balance forcing O3 to corner or baseline pushpoints. Other three defenders close out to support spots one step off and two steps up the passing lane. Defenders pressure but allow the perimeter passes.



Optional: Once the proper close outs have introduced and practiced, allow the perimeter offensive players one dribble into gaps. The “Off-Ball” defenders “Seal (the gap) and Recover.” against the dribble penetration. The On-Ball defender must protect the “Elbows” and “Blocks.”

Points of Emphasis

Quick on balance close outs are critical to the success of any team defense.

On Ball Defender – Ball Pressure

1. On Ball defense closing out on balance with both hands up taking away the middle and forcing ball handlers to sideline, corner or baseline pushpoints.
2. Moving the foot in direction that they are going first.
3. Staying down and defending dribble penetration with their legs.
4. Taking away the middle and protecting the “Elbows” and “Blocks” against dribble penetration.

Off Ball Defenders

1. Off ball defenders closing out to support spots, one step off and two steps up the passing lane, not to their opponent.
2. Assuming a stance with their inside foot, nearest the ball handler forward.
3. Staying down and stretch out. (Gives the ball handler with the illusion of congested space).
4. Sealing off any dribble penetration by moving their inside foot first. (Stepping up with lead foot, rather than back foot, saves a step and allows defenders to seal off higher.)

Post Defender

1. Playing with agility and quickness rather than strength.
2. Assuming an aggressive pass denial position on ball side keeping their back foot 12" behind opponent's foot.
3. Staying down and changing position according to ball location.
4. Assuming a Low Helpside I "Strike" position when the ball is on the weakside ready to help out teammates, double team, deny flash cuts and rebound.
5. Augmenting individual post defense with post traps to insure total disrupt of the inside post up game.

Miscellaneous

1. Staying down with active feet and not standing flat footed.
2. Assuming a defensive stance with their inside foot, nearest the ball handler, forward.
3. Moving the foot in direction that they are going first.
4. Defenders' rotations taking place as ball leaves passer's hands.
5. Communicating and talking ("Ball," "Help", etc.)