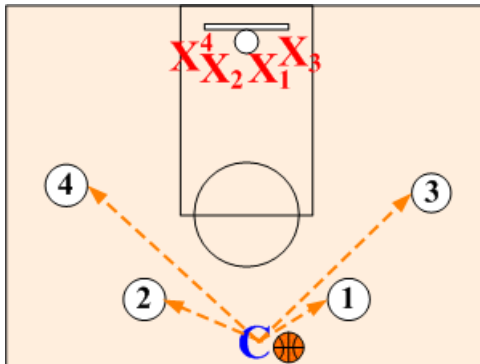
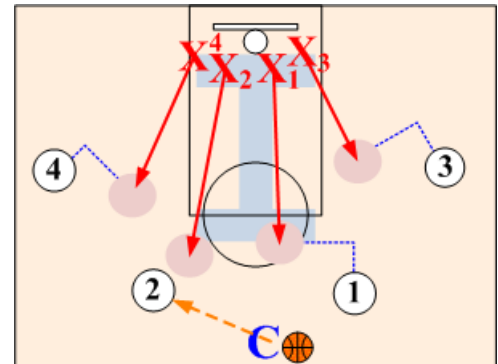


Shell Drill: Closing Out

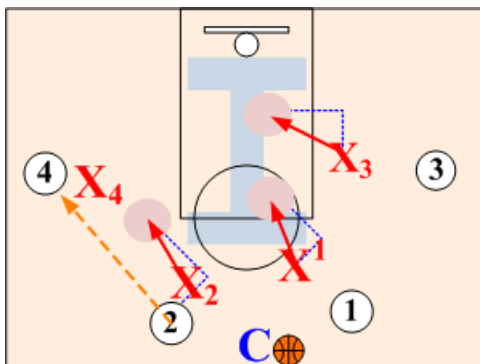
This closing out drill is a continuation of the basic shell shifting drill. After the basic shifts have been demonstrate and practiced. Have players execute proper closeouts prior to shifting in accordingly to the ball position. The defender guarding the ball handler closes out on balance with both hands up, pressuring the ball handler to a sideline or baseline pushpoint. The three other 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.



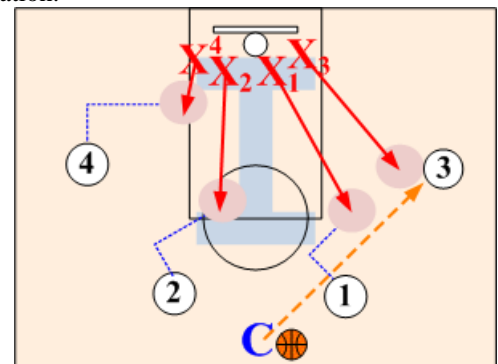
Drill starts out with defenders align in front of the basket and the coach making an entry pass to one of the four offensive players.



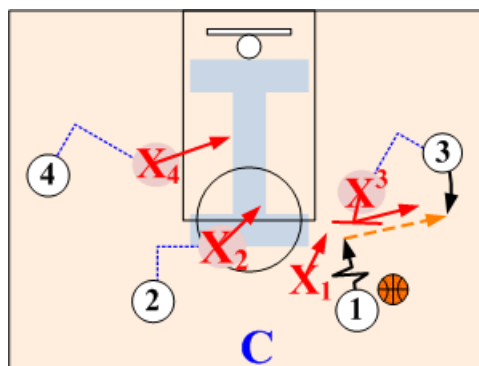
On the coach's pass, the defenders close out quickly with the defender closing out to the ball on balance with both hands up. The other three defenders close out to support spots (not opponents) protecting the gaps against dribble penetration.



Once closed out, the offensive players move the ball with the defenders shifting according to the pass. Defenders rotate as the ball leaves the passer's hands. All defenders must assume a stance with their ball side foot up and lead with the foot in the direction to which they are going.



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 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

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 using 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, 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.)

Miscellaneous

1. Defenders’ rotations taking place as ball leaves passer’s hands.
2. Communicating and talking (“Ball,” “Help”, etc.)