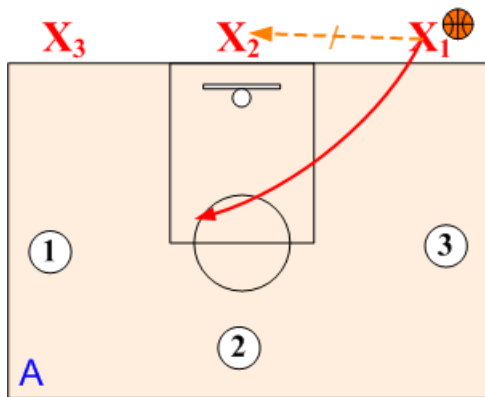


“Triple Closeout” Drill – Three-on-Three Live

Proper “Close Outs” are one of the least taught defensive fundamentals.

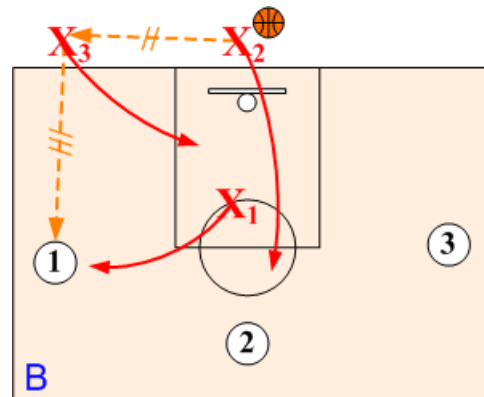
This 3-on-3 drill is an excellent drill for teaching and refining quick closeouts and initiating 3-on-3 play. It is a very competitive drill that incorporates all of the defensive fundamentals as well as quick on balance closeouts. Three defenders line up out of bounds along the baseline. Three offensive players take positions on the wings and top of circle. Normally players rotate from defense to offense to out.

Pass and Closeout



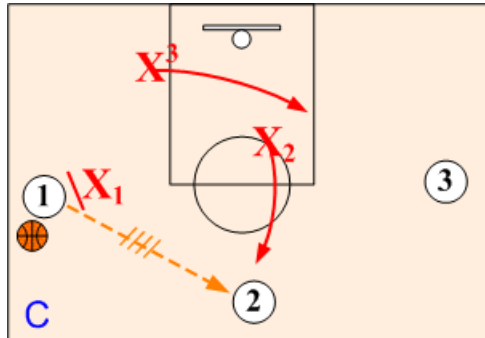
Drill begins with defender X1 passing to X2 and closing out to O1. X2 passes to X3.

First Closeout



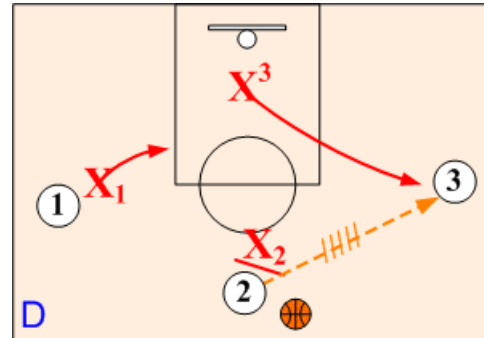
On X3’s pass out to O1, X1 closes out with both hands up and chatter steps forcing O1 toward corner or baseline pushpoint.

Second Closeout



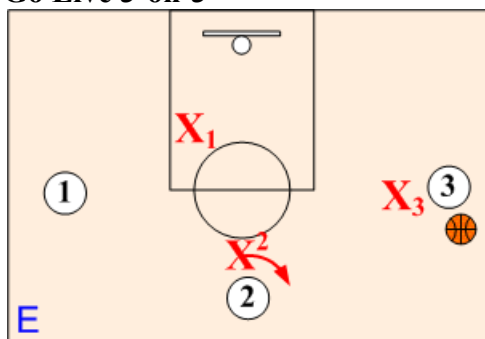
On O1’s pass out to O2, X2 closes out forcing O2 toward a sideline pushpoint. Defender X1 assumes a strong pass denial position on O1.

Third Closeout



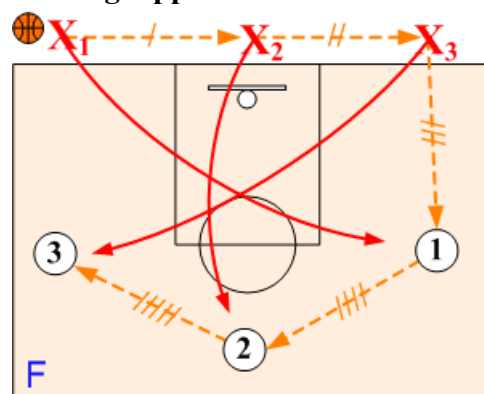
Defender X3 closes out to O3 on O2’s pass. Defender X2 assumes a pass denial on O2 and X1 sags off into a Helpside I position on O1.

Go Live 3-on-3



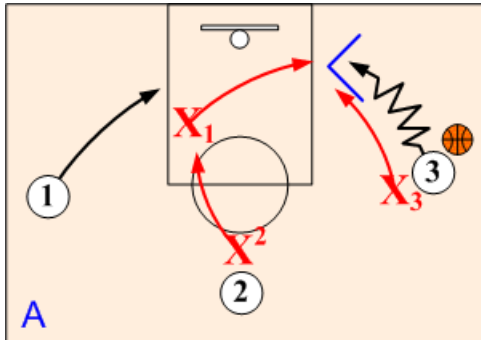
Once matched up, go live 3-on-3 with all basic defensive rules in effect. Play continues until the offense scores or the defense makes a defensive stop

Starting Opposite



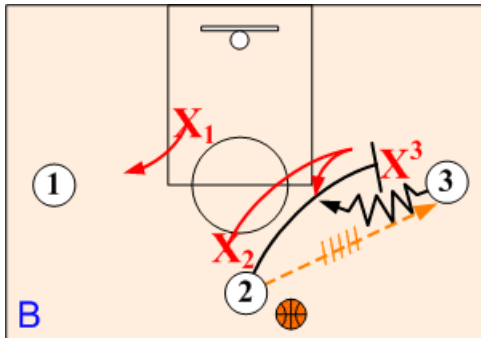
Since the footwork required by the defenders is opposite, be sure to use both sides of court.

Live 3-on-3 Variations



Box Pressure

Anytime the wing drives base, the basic baseline disruptions are initiated.

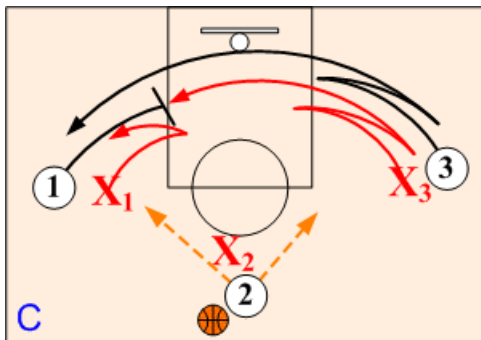


On Ball Screens

Side screen action can be initiated at any time by the point setting an on ball screen for a wing.

Mid screen action can be initiated anytime by a wing setting an on ball screen for the point.

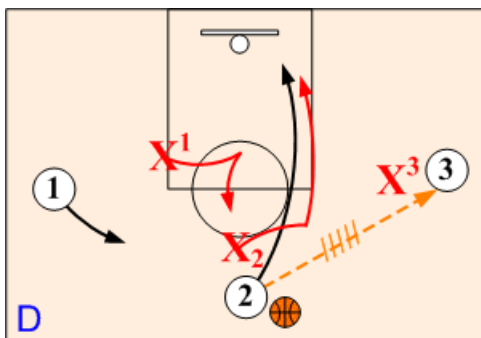
Note: Coach predetermines the defensive action.



Back Cut/Down Screen

Wings can initiate down screen action by back cutting to the basket and going out opposite.

Note: Coach predetermines the defensive action.

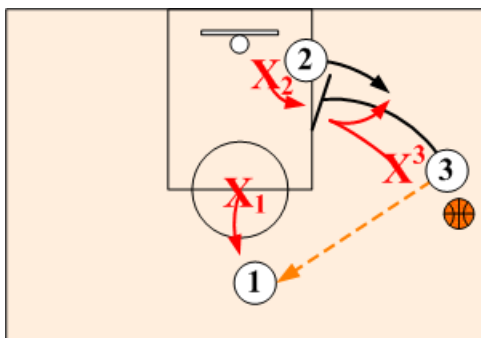


Give & Go Cut

“Give & Go” action can be initiated with the point passing to a wing and making a basket cut.

High Post Rub

High Post rub action can be initiated with wing O1 assuming a high post position and setting a back screen for O2.



Down Screen Continuity

If the cutter does not receive a feed, the wing O3 makes a reversal pass out to O1 and sets a down screen for O2.