

Close Out Rotations

Quick on balance closeout rotations are key to the success of strong Helpside support.

During close outs is when the defense is most vulnerable. Therefore, quick on balance closeout rotations are critical. Every effort should be made to keep the ball on the same side of the court and maintain box pressure. However, when the ball is passed from one side of the court across to the other side, defenders must rotate and quickly matching up against the closest offensive player. Close out rotations must be initiated as the ball leaves the passer's hands.

What to Discover or Recall:

Quick on balance closeout rotations are critical since during close outs is when the defense is most vulnerable.

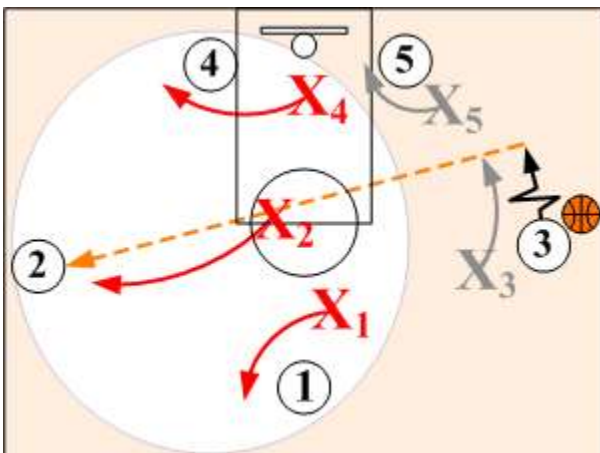
Helpside defenders must immediately "Close Out" to the nearest opponent moving on pass, not the catch.

Closing out principles are the same for both person to person and zone defenses.

Near Player Rule



As the ball leaves the passer's hands, all Helpside defenders must immediately "Close Out" to the nearest opponent moving on pass, not the catch. As ball is in air ("Flight Time"), sprint out and stop on balance using "Chatter Steps."



Anticipate the Pass

Since most players telegraph their passes, helpside defenders should watch the passer's eyes. They will tell them where they are going to pass the ball.

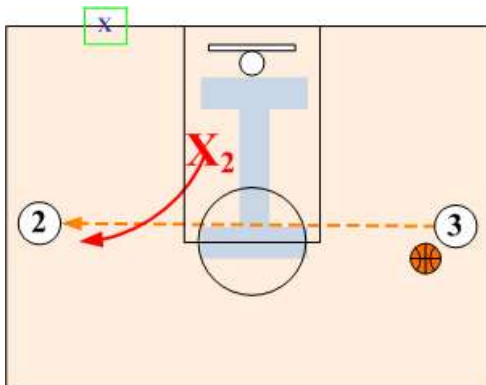
Defenders should also capitalize on the fact that most offensive players are poorly skilled in making long or cross court passes.

Closing Out to a Player with the Ball



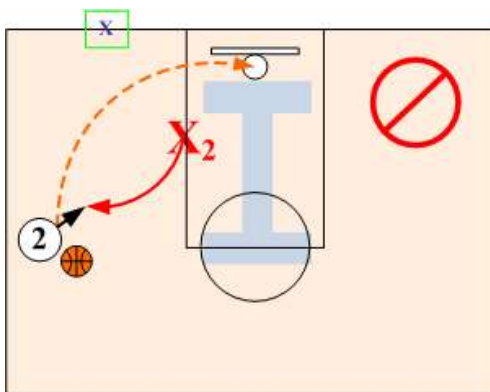
Sprint out quickly directly into a dribble penetration stance. Stay on balance with both hands up in a martial arts position taking away the shot and pass options.

Use small, quick "chatter" steps to stop. Maintain a low "Nose on Chest" position forcing the ballhandler toward a sideline or baseline pushpoint.



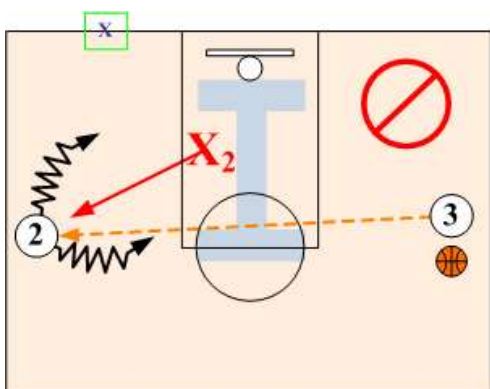
Take away the middle when closing out.

Stay down on balance. Do not try to block the shot or ever run past the shooter.



Never Foul a Three Point Shooter

Be aware that on a three point shot, the shooter moves forward and the defender must allow room for them to land.



CAUTION: Do not ever run directly at the opponent or leave the ground.

Be extremely alert for the "Pump Fake" shot and drive.

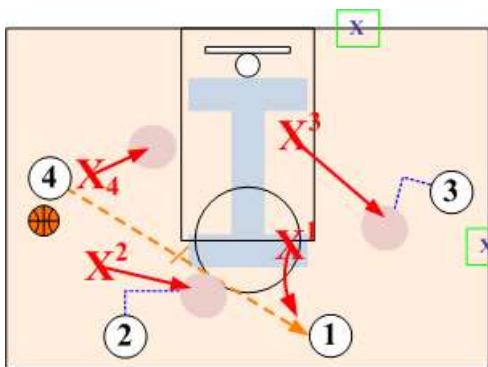
Closing Out to a Player without the Ball



Close out quickly on balance, and aggressively attack the passing lane with near hand and arm extend ("Stop Sign").

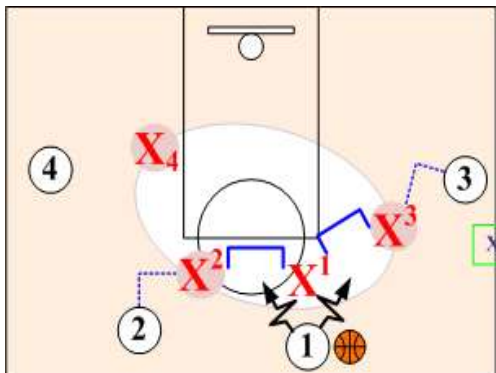
Stay low and assume an "Ear on Chest" stance with ball side foot up ready to step first with the foot in the direction your opponent moves.

Caution: In closing out be alert for the back cut option.



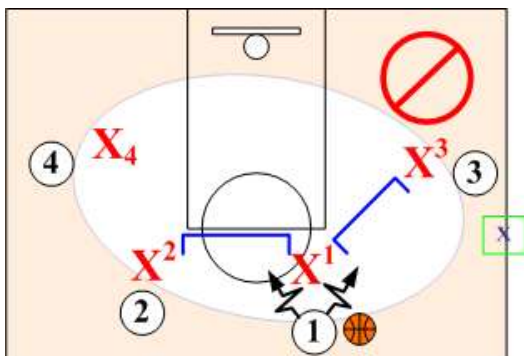
Close out to Support Spots (Not the Opponent)

In playing off and up the lane, it not only puts the defender in position to attack the passing lane, but, also, in a position to close the gap and protect against dribble penetration.



The Illusion of Congestion

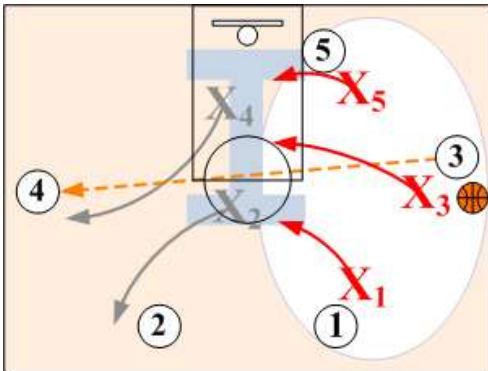
In assuming a position off and up the passing lane, it gives the ballhandler the illusion of congestion and actually discourages them from driving.



Closing out directly to opponents, not help positions, opens up the middle, but requires the defender to adjust their position.

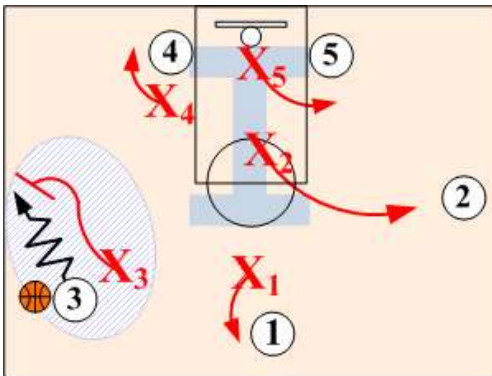
Ballside Rotations

On ball reversals or skip passes, the ballside players must assume Helpside I positions.



Helpside I Rotations

As the ball leaves the passer's hands, ballside defenders must quickly drop into Helpside I support positions.



Automatic Close Outs

Anytime a dribbler picks up their dribble, the On Ball defender should immediately Jam and smother the ball handler, and all the Off Ball defenders should immediately close out and take away all passing lanes.