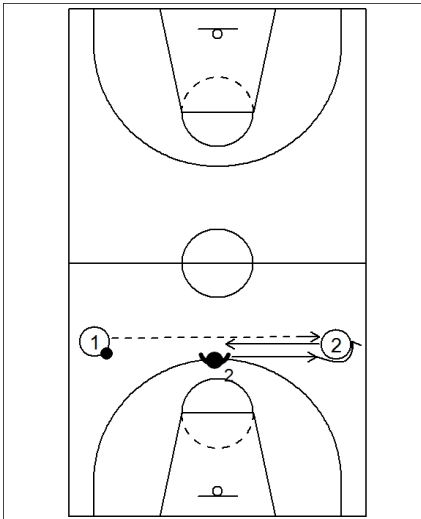




Mass close outs



01 commences with the ball.
x2 defender commences on the split line.
01 passes to 02.
x2 closes out to 02 as they receive ball.
See below for close out key points.

As 02 catches the ball in the air have them imitate either of the following:

- 1. Eyes up for a shot
- 2. Eyes down as if to drive

Key Focus Points:

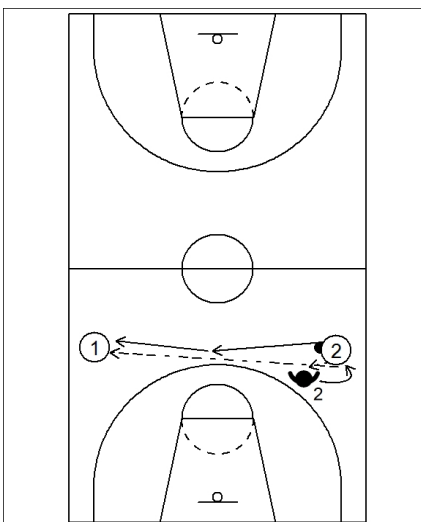
Watch the eyes of the player you are closing out on.
Eyes up for shot - Long Close Out, 2 hands up.
Eyes down for drive - Short Close Out, 1 hand trace, 1 hand spear.

Long Close Out:

- Stutter step into stance, throwing head back, nose behind toes
- Lock hips down
- 'Hands defend the ball' both hands up to challenge shot
- 'Feet defend feet' straddle the lead foot
- Mirror three point line
- Do not reach

Short Close Out:

- Stutter step into stance, throwing head back, nose behind toes
- Pick spot on floor to beat the driver to.
- 'Hands defend the ball' 'trace hand' to defend pass and shadow ball. 'Spear hand' to defend the crossover
- 'Feet defend feet' straddle the lead foot and contain drive
- Big to bigger movement whilst mirroring the three point line
- Do not open up and give a driving lane



02 hands the ball to x2 and then moves to the split line.
x2 waits until 02 reaches the split line and then skips the ball to 01, 02 closes out to 01 and the drill continues