



2 v 2 Defensive Close Out Drill

Start with 2 players on opposite wings with 2 defenders guarding them. Rest of players are in a single file line on the baseline.

Player guarding the ball must be on high shoulder and force offence to drive baseline. When offensive drives help defence must show their 'numbers' and meet them outside of the key.

Offence skip passes the ball to team mate on other side. Defence rotates and closes out forcing the baseline drive. Help side defender rotates and meets the ball before the key line.

Skip the ball again and repeat.

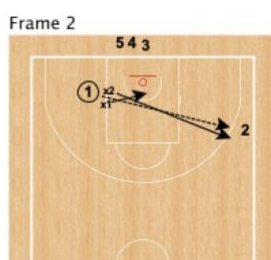
On every second pass the help side defender under the ring rotates out of the drill and the player at the front of the line on the baseline steps in.

Points of Emphasis:

- Always stay in defence stance
- See man and ball
- Help side defence must help outside the key (if they don't offence has a better chance of scoring and higher percentage shot).
- Communication & talk "BALL", "SPLIT LINE".



1 drives baseline. x2 meets outside key.



1 passes to 2. x2 closes out while x1 moves into help position.



1 cuts back out to wing. x2 closes out high shoulder and forces 2 to drive baseline. x1 rotates.