



Close Out 3 Point Shooting Drill

Great drill that develops ball movement, closing out on defence and shooting under pressure.

- Line on the baseline
- #1 starts with ball under ring
- Passes to #3 at the elbow ready while 2 closes out on 'flight of the ball'
- #3 then passes to #4 in corner for shot while #2 chases to close out #4 and immediately boxing out the shooter

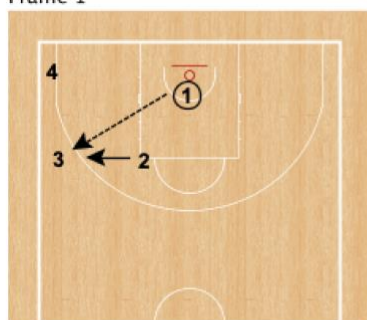
Variations

- Make it challenging by changing up the passes (overhead, ounce pass, push pass etc)
- Change up the shot, catch and shoot 2 or 3, 1 or 2 dribble jump shots.
- Make it competitive, shoot to a score. First player to 4 makes.

Points of Emphasis

- Different coaches have different theories on closing out so go with what works for you but always ensure players are balanced and controlled and never leave their feet when closing out a shooter.
- Shooting under pressure forces shooters to be prepared and in stance ready to shot prior to catching the ball. Encourage good shot preparation as shooters can minimise their release time by simply being prepared before getting the ball.

Frame 1



1 pass to 3, 2 closes out on 3.

Frame 2



3 passes to 4, 2 turns and closes out shooter then must box out.