

FDBA Domestic Coaches Drill Book: Defence

Name: **4 Man Close Out**

Drill No: **D10**

Diagram A.

Description:

This drill is for teaching the close-out technique.

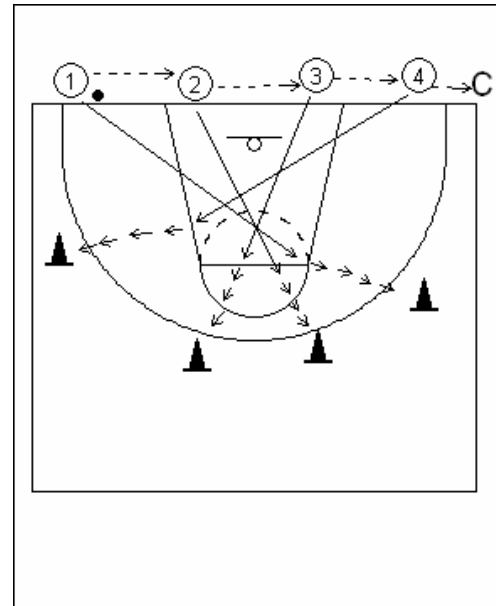
Start with four lines on the baseline and set up four cones on the 3pt line.

Players pass the ball along the baseline and close out to the diagramed cone.

Variations:

1. Substitute cones for players and play four on four after the close-out and ball is reversed all the way round the 3pt line. (Diagram B)

Note: This progression should only be made after you have taught team defence, split line help, denial etc.



Points of Emphasis:

1. Sprint 3/4 of the way and perform short choppy steps in stance for the final 1/4 distance.
2. Close out low and on balance.
3. Be ready to change from running forwards to running backwards.

Diagram B.

