

FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Close Out

Drill No: D11

Diagram A.

Description:

This drill is for drilling the close-out 1 v 1.

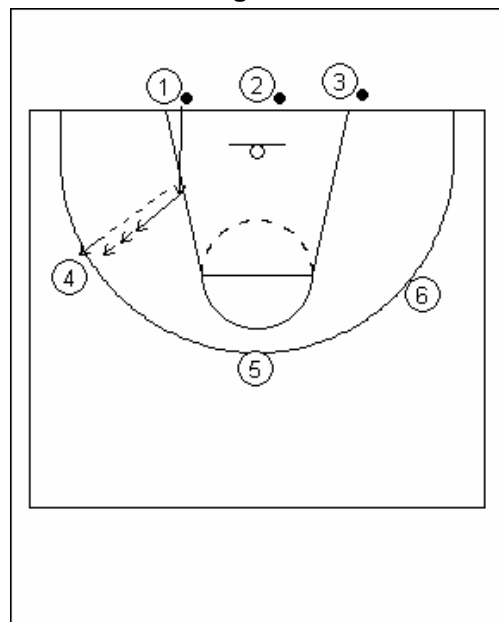
Start with three lines on the baseline and set up players on the 3pt line.

First player up walks to edge of keyhole and bounce passes to his opponent.

Defence must close out and play one on one. Offence can drive or shoot on the catch and look to get to the hoop by taking advantage of the defender having to close out.

Variations:

1. Change distance from hoop and close out depending on age and ability.

**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.