

FDBA Domestic Coaches Drill Book: Defence

Name: Lane Closeouts

Drill No: D14

Description:

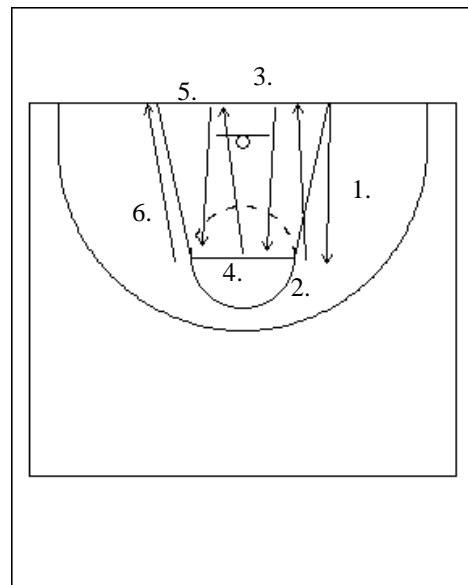
To work on different aspects of defensive, such as slides, closeouts, backpedals, and sprints.

Players start with back to baseline.

Movements:

- 1: Closeout
- 2: Backpedal
- 3: Closeout
- 4: Sprint and touch backboard
- 5: Closeout
- 6: Drop step slide

Diagram A.



Points of Emphasis:

1. Sprint 2/3 stutter step 1/3 on close out
2. Don't lean forward - "nose behind toes."