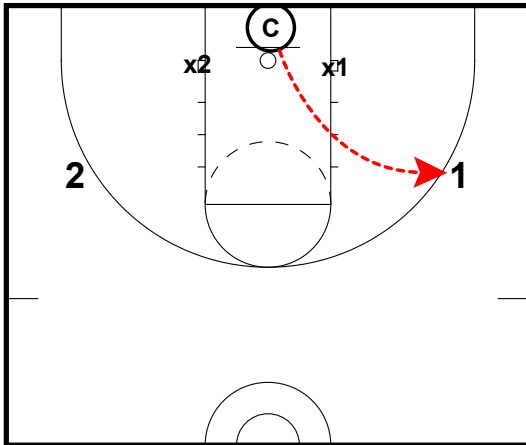


2v2 Closeout Live

2v2 Closeout Live

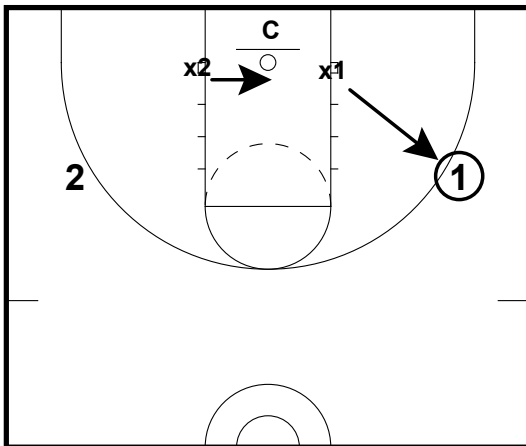
Defensive Drills



X defenders must start on the block. Offensive players need to be free throw line extended, outside the 3 point line. Coach throws the ball to either player #1 or #2.

2v2 Closeout Live

Defensive Drills

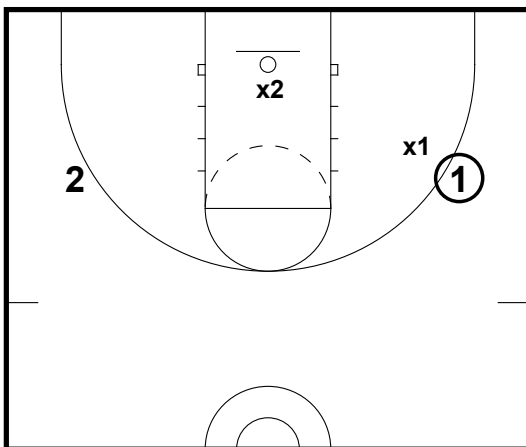


Be sure the X1 closes out correctly. X2 needs to jump to the middle of the lane to be in help position.

To maximize the number of closeouts, we limit the number of passes to 1 as a team and a maximum of 2 dribbles as a team.

2v2 Closeout Live

Defensive Drills



Offense and defense play it live. We play make it take it. So, if offense scores, they maintain possession and the next 2 defenders enter the drill on the blocks. If the defense gets a stop, they play offense and the offense goes to the end of the line.