

"CLOSE-OUT SITUATIONS"

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Belgian Basketball Clinic Event
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FACTS

Number of possessions a game:

EuroMillions League Belgium D1: 70-77

Euroleague: 75-85

Each possession at very least 1 close-out situation, sometimes 5.

Different situation:

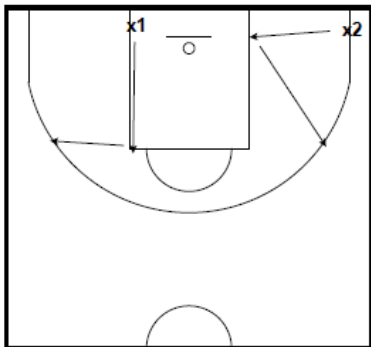
Close out to **CONTAIN**

Close out to **CONTEST**

Type of close out depends

- On WHO? (Shooter? Mismatch?)
- Spot on the court
- Time left on shotclock
- Coming from doing what?
 - o Help side
 - o Stunt
 - o Running in defensive transition

Drill #1 Close out FUNDAMENTALS



Yell "BALL"

Relax shoulders

Use airtime of ball to react

Approaching steps, never land on 2 feet

Transform into lateral quickness

Be light on the feet

1 Hand up

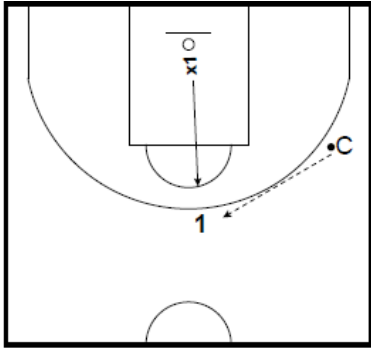
Explode after close-out, don't slow down

After dribble, open up chest, take contact on chest

Don't open up the hips to allow penetration



Drill #2 1on1 HC close-out drill

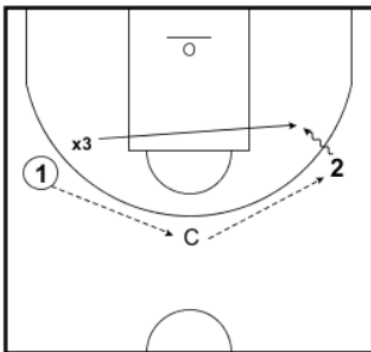


From lateral stance into close-out

With or without pass from coach

With or without playing live

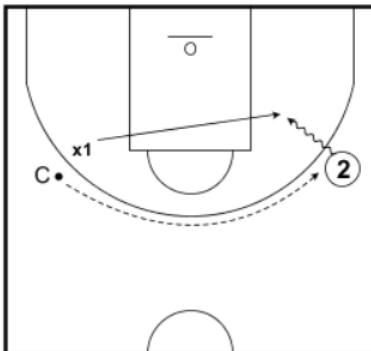
Drill #3 1on1 HC close-out drill



X3 starts in defense on the ball. Ball is swung through the C on top, where X3 sprints to be on time on the ball with 2. In 2 passes a defender must cover any distance on court. Use airtime of the ball.

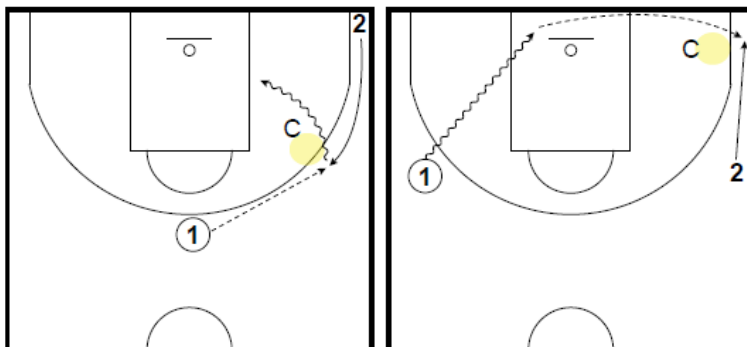
Coach can control the speed of the swing pass.

Drill #4 1on1 HC close-out from help



Skip pass by the coach, X1 defends from close-out, where he will be always late if he doesn't cheat on the pass.

Drill #5 Attack on the catch Offense



Be light on the feet, be on the ball of the feet

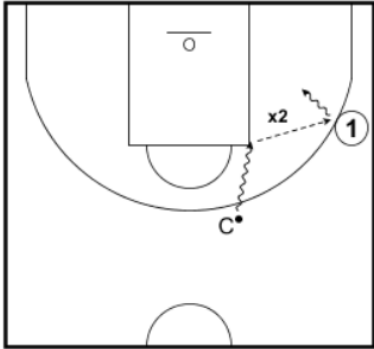
Attack on the catch

Aggressive with the ball, pull it into the pocket before pushing it into 1st dribble

Swiss ball in defense



Drill #6 1on1 HC close-out from stunt TO CONTAIN 7" on shotclock

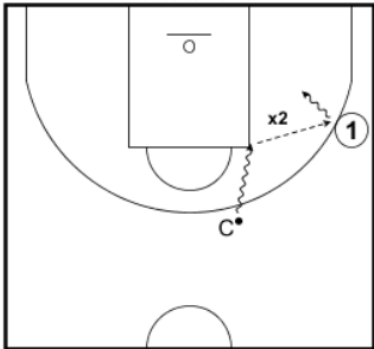


C fakes to penetrate where X2 has to stunt. C passes out of dribble to 1 and 1 plays 1on1 against X2.

1on1 defense out of stunt.

Coach counts from 7"

Drill #7 1on1 HC close-out from stunt TO CONTAIN 3" ON SHOTCLOCK

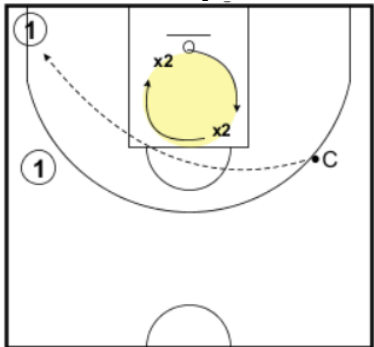
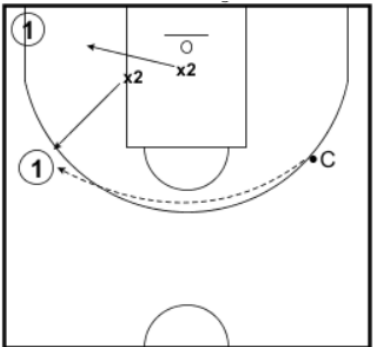


Same drill but coach counts from 3".

Team is in penalty

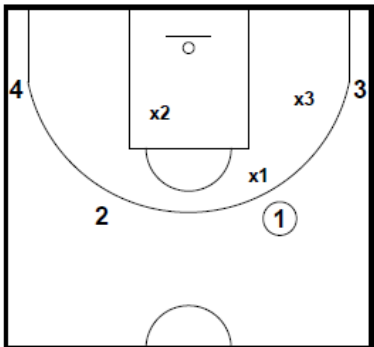
Clean close out
No foul
Verticality

Drill #8 2on2 HC rotation from help side



Coach makes skip pass to weakside. Closest defender closes out to first pass, second defender matches up with the other one. Live 2on2, limited dribbles or passes.

Drill #9 4on3 HC

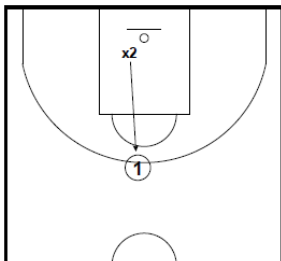


4on3 HC, communication in defense
Use airtime of the ball to move, anticipate in defense

With or without dribbles and moving in offense

With or without shotclock

Drill #10 MISMATCH / TACTICAL FOUL



Close outs in mismatches

Center on Guard, guard on center

How to make a tactical foul?

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