

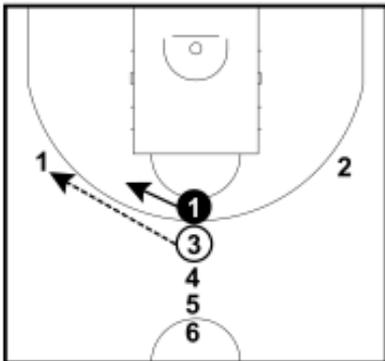


DRILL OF THE WEEK

“BLACKHAWK CLOSEOUT DRILL”

DRILL PURPOSE

This drill comes from the Championship Productions DVD “Chris Mack: Drills to build the Pack Line Defense”. The Xavier University head coach uses it as a tool to teach defensive position on the ball, off the ball and closing out.



INSTRUCTIONS

1. Place offensive players on each wing and at the point with a line behind them.
2. Defender 1 matches up on Player 3 at the point pressuring the basketball
3. Offensive player can pass the ball to either wing
4. On the flight of the ball, defense jumps to the gap and performs what Xavier University call the “jump & swipe” – the hand closest the ball swipes in a circular motion

5. Player 3 makes a basket cuts at game pace
6. The defender must hit the cutter, slowing their movement to the basket and then slide down with them



7. Player 1 kicks the ball back to the point to Player 4 when the cutter gets over the free throw line
8. Defender closes out the ball yelling “Shot”
9. Player 3 circles out of the drill to join the end of the line again

10. This drill is continued from side to side for three or four repetitions until Coach yells out “Live!”.
11. Once “Live” is yelled out, the offensive player at the point has two or three dribbles (coaches discretion) to try and score.



POINTS OF EMPHASIS

1. Defense to maintain good stance at all times
2. Defense to jump to the ball on the flight of the pass
3. As the ball gets thrown back to the point closeout and call out “Shot”
4. Defense must close out under control with chopping feet, butt down and two high hands
5. Give the defense about three or four repetitions of closing out before calling “Live”
6. Defense must see both the ball and man when defending in the gap and defending the cutter
7. Offense must cut hard to work the defense