



DRILL OF THE WEEK

“DUKE CLOSEOUT CONDITIONING DRILL”

DRILL PURPOSE

This is a drill used by legendary Duke University coach Mike Krzyzewski. It is a great conditioning drill that develops techniques in closing out, boxing out and running the lanes in transition.



INSTRUCTIONS:

1. Players start under the rim in stance performing foot fires
2. Coach points to a corner and the defense immediately closes out the cone using correct technique, but at top speed
3. Defense then slides back to original position and resumes foot fires
4. Coach then points to a 45'
5. Defender must then close out the 45' at top speed
6. Defender then boxes out the cone for a 2 count
7. Defender then turns and sprints the sideline to half court making sure to run around the cone
8. Next Player in line becomes defender
9. Original players join the end of the line at the opposite end of the floor

POINTS OF EMPHASIS

1. Ensure players communicate on all movements “Ball”, “Shot”.
2. Defensive player must maintain stance at all times
3. Defense must close out under control with chopping feet, butt down and two high hands
4. Players to explode out of the “box out” position into transition

ALTERNATIVES

1. Perform the defensive component at one end only. At the opposite end have a passer at the top of the keyway hit the player in transition for the lay-up