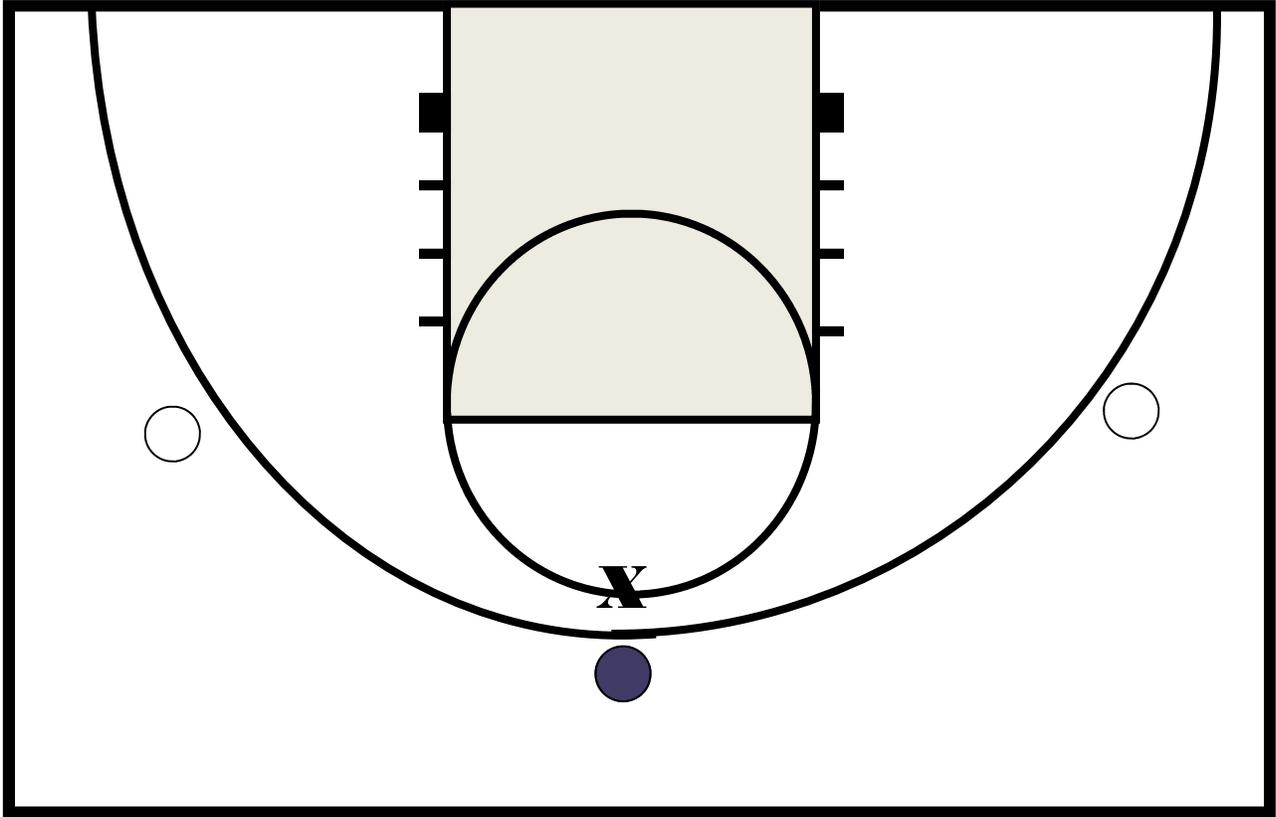


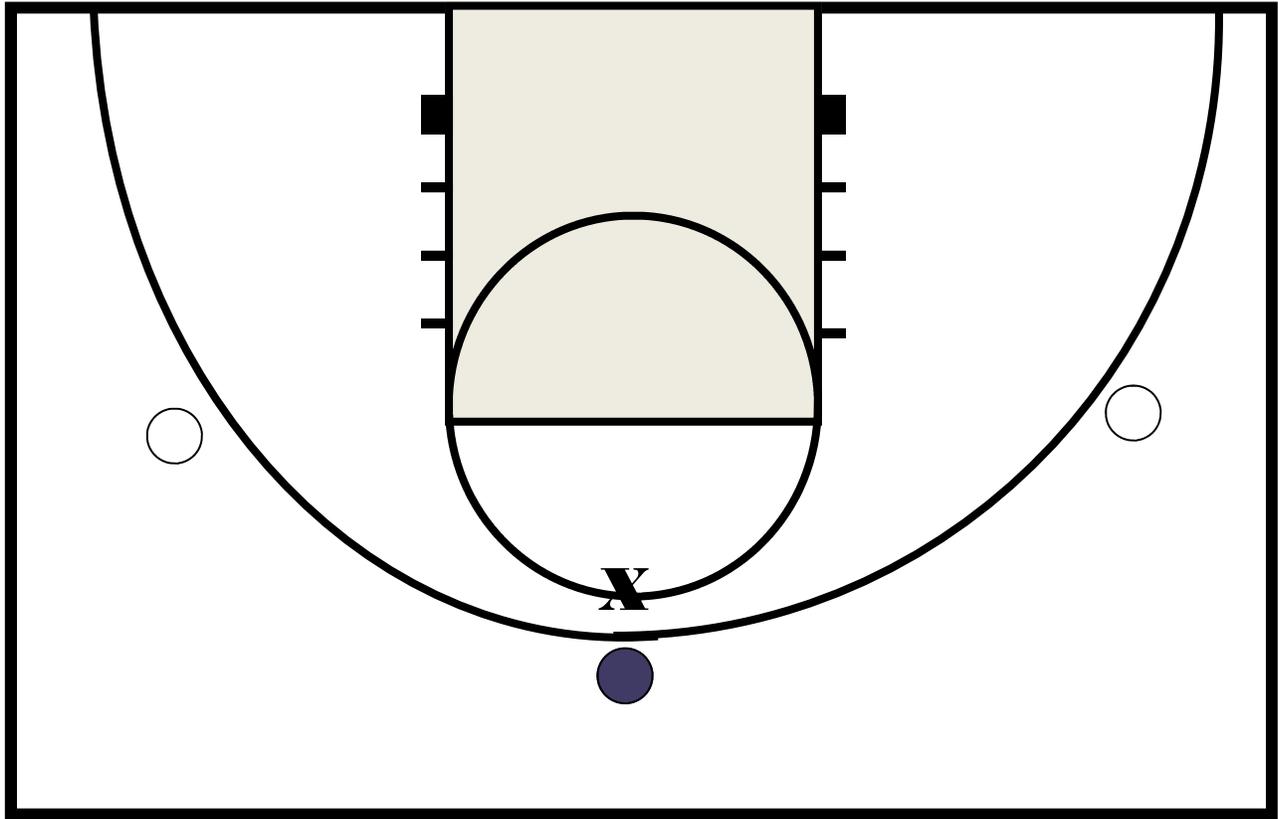
Island Closeouts



Three offensive players on the around the arc. Top player with the ball. Defender X starts here.

- 1) X is tough on the ball, applying pressure with active hands
- 2) Offense passes ball to right wing... X jumps into GAP... after this pass this offensive player steps out of the drill or rotates to next spot
- 3) Offense passes back to top... X closes out from GAP to ball.
- 4) Offense passes to other wing... X jumps to GAP
- 5) Top offensive player then tries to make basket but.... X hits her on cut and doesn't allow the offensive player to cut across her face... X jumps into chin on shoulder
- 6) With ball still on the wing, the offensive player in the post clears out to weakside wing where the original offensive player has vacated... X see's both as she cuts away from basket and stays in her GAP
- 7) Offensive player with ball throws skip to opposite wing... X on the air time of pass sprints to a close out on the wing

Island Closeouts



We call this ISLAND because there is no where to hide. You have peer pressure and peer help as other teammates are watching.

After we get the basics as listed, we will allow the first offensive player to attack the middle and force X to make her pick dribble up before closing out. There are endless variations you can add to the drill.

- let them play 1on1 at the end
- have a shot attempt and force X to hit/git on the rebound
- initiate with first offensive player trying to attack the basket
- force defense to come up with a stop before they can rotate out
- make it competitive with the 1on1 at the end in team colors

Again, this is a situation where we are varying the drill without varying the skill.