



CLOSING OUT BONUS



Close Out

1. A close out is the act of running up and guarding an offensive player who has just received the ball
2. This usually occurs when defender is in help position. The ball goes to the man he is supposed to cover.
3. He must close out fast and with the right foot. Goal is to get close enough not to give up an uncontested shot but also stay far enough away to stop a drive.
4. A good closeout can also be heard and not just seen – should be “squeaky.”
5. Closeout position should be based on where ball is (up or down).
6. Defender should use short choppy steps when close to the offensive player.
7. When offensive player kills dribble, defender can trace the ball with both hands to make it hard on offensive player to pass or shoot.



1. Run to the offensive player



2. Slow down with short, choppy steps as you approach. Hand is up to contest the shot player



3. Get down into a good defensive



Defending a Shooter

- Staying in your defensive stance, raise the lead hand directly in front of the ball or the shooter's eyes
- Make the shooter “shoot over the wall”
- Contest the shooter so he doesn't have an unobstructed view of the basket.
- Force the shooter to adjust or change his shot – “move the shot pocket” so it's out of his comfort zone
- Do not leave your feet, swipe or swap at the ball. NEVER foul a jumpshooter!



Contesting a Jump Shot