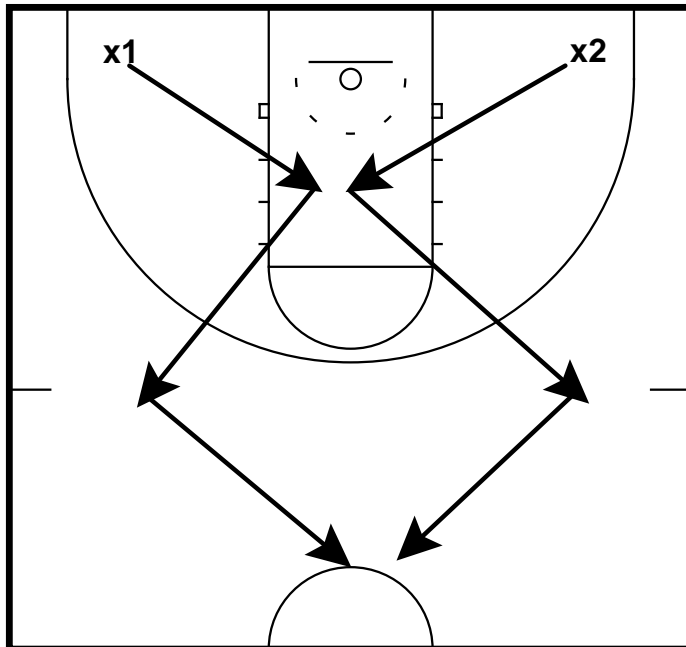


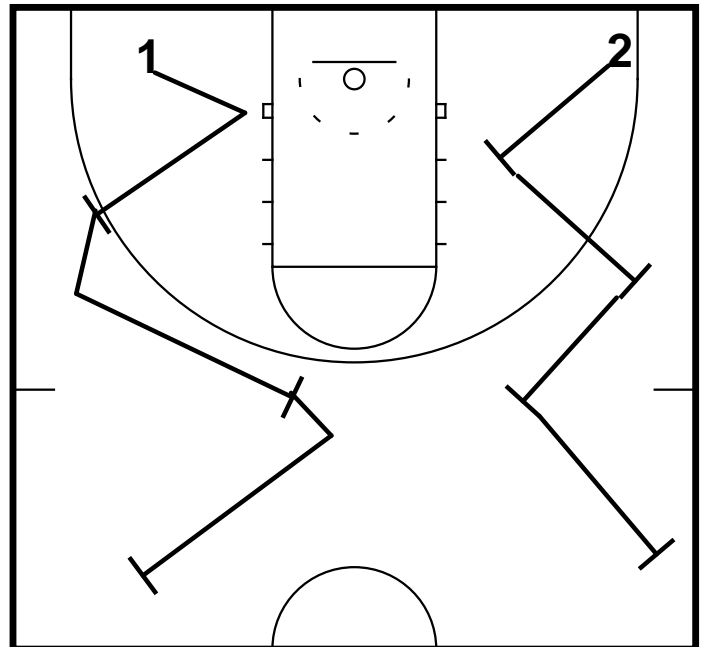
Bethel

Zig Zag Series

Frame 1



Frame 2

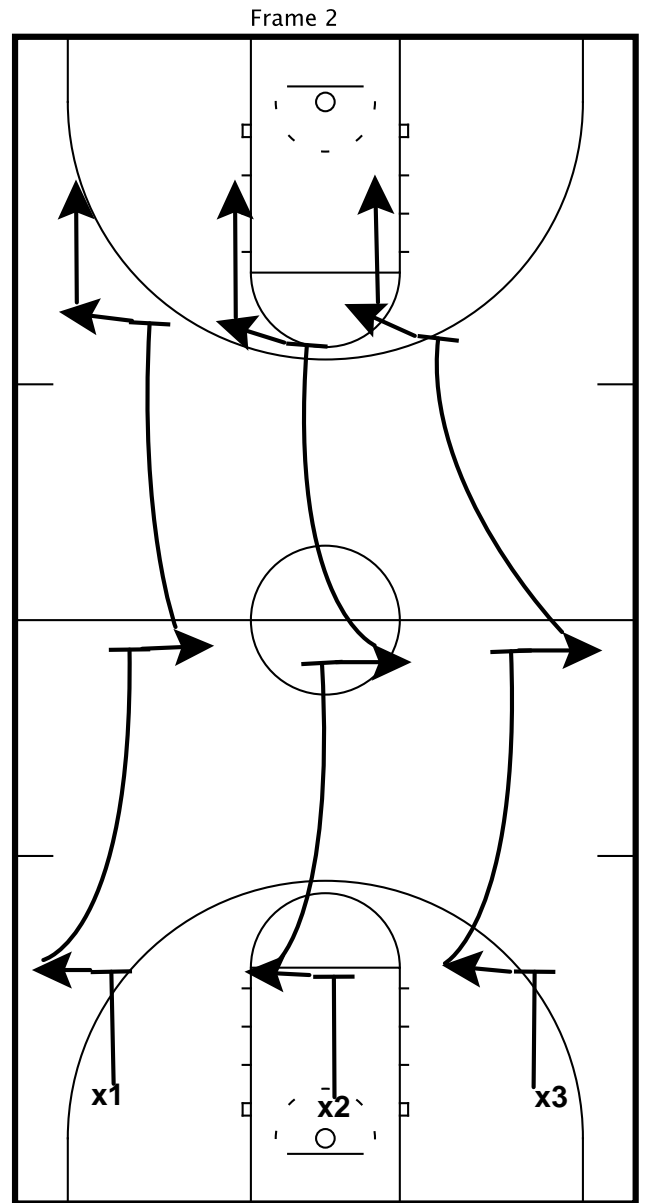
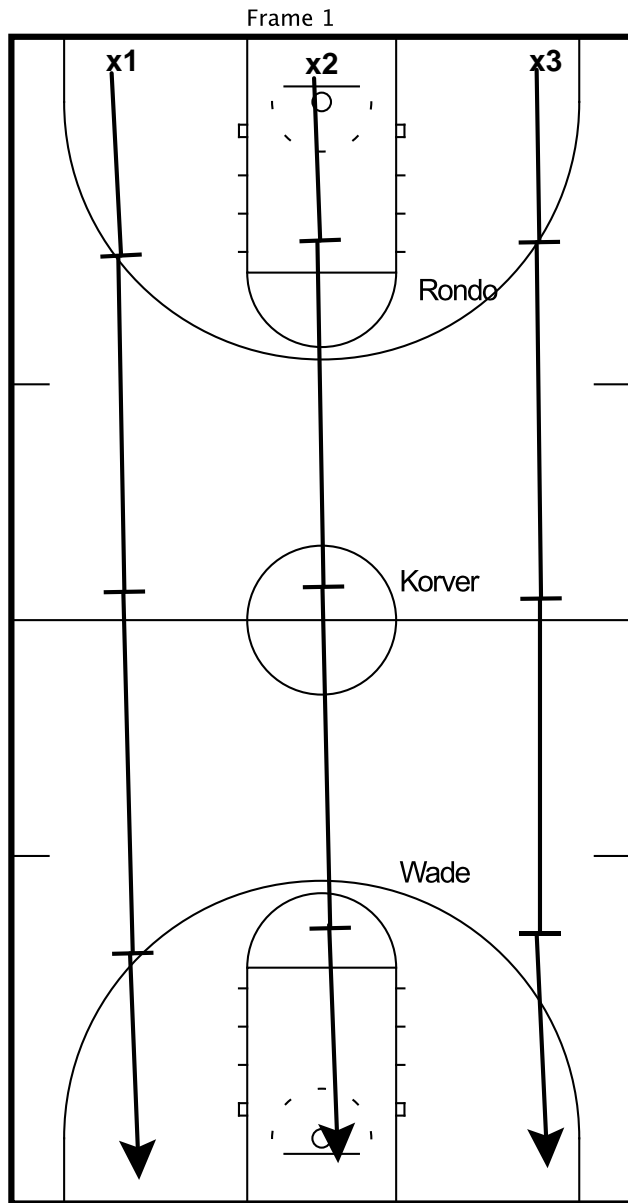


1. Slow low slides
2. Explode Explode
3. Explode, run, Explode
4. Chop and Pop

Zig Zag into chop feet, pop into a screen. Must lock hand over wrist and squeeze chest (Full Court)

Bethel

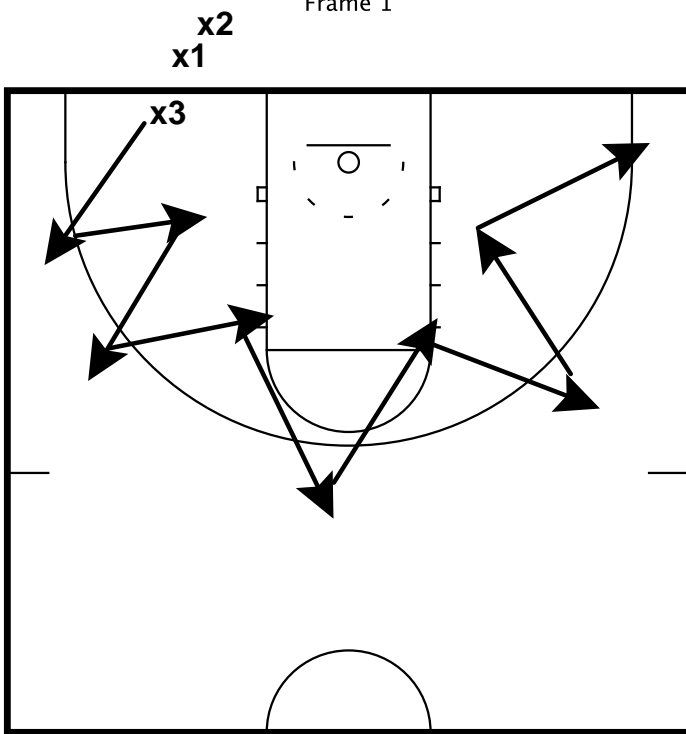
Personnel Closeout



Same closeouts, add an explosion step to the right or left

Bethel Star Closeout

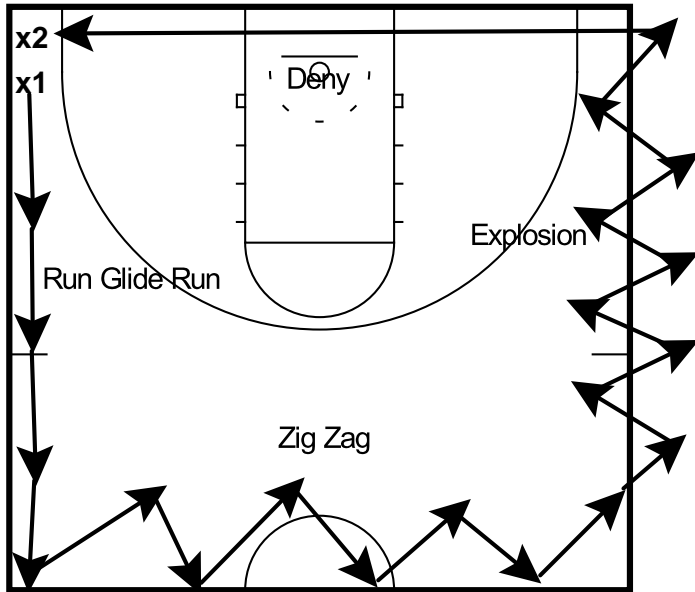
Frame 1



Contest...lay wrist back
Dig...in and out. Back hand up
Pop back...create a cushion

Bethel Box drill

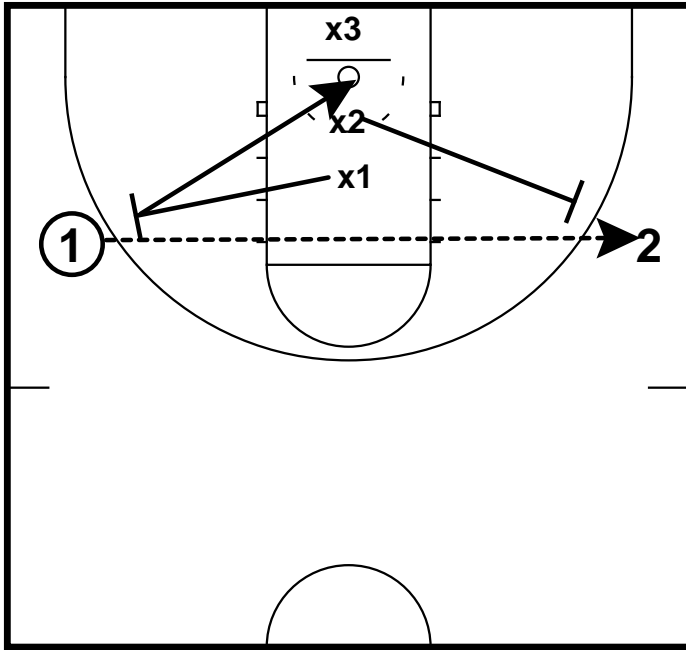
Frame 1



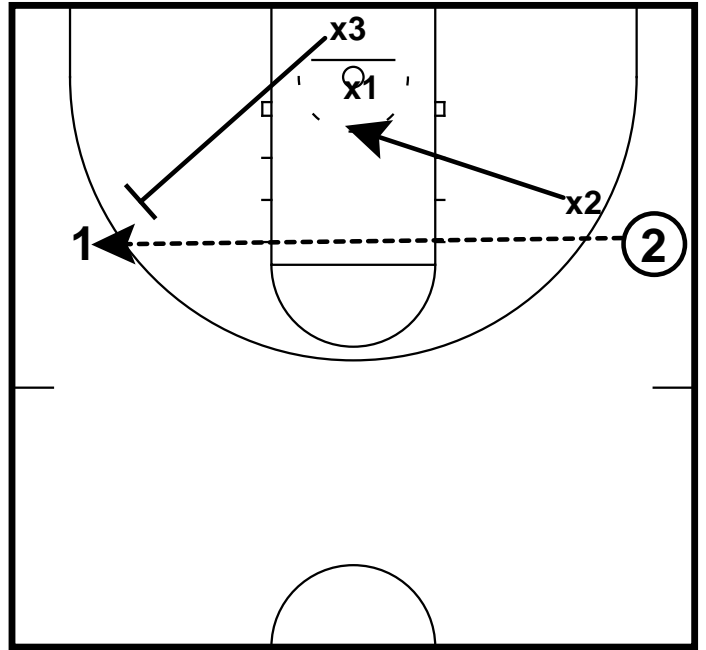
Bethel

Close out/ Help (F-F) (G-G)

Frame 1



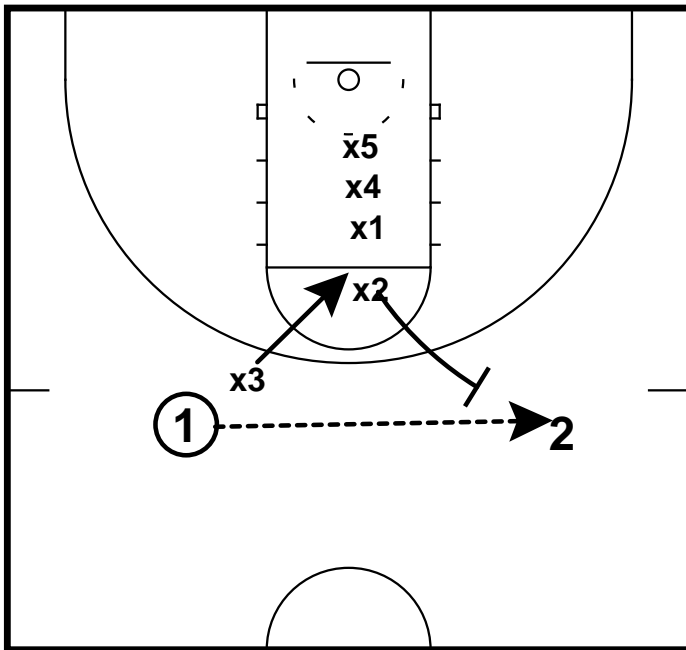
Frame 2



Closeout one time, sprint to help and off
 Have 4 year guys that are more precise
 Dont care what is behind you...vision on ball
 Whatever system you run, drill it

Get a hand on the ball

Frame 3

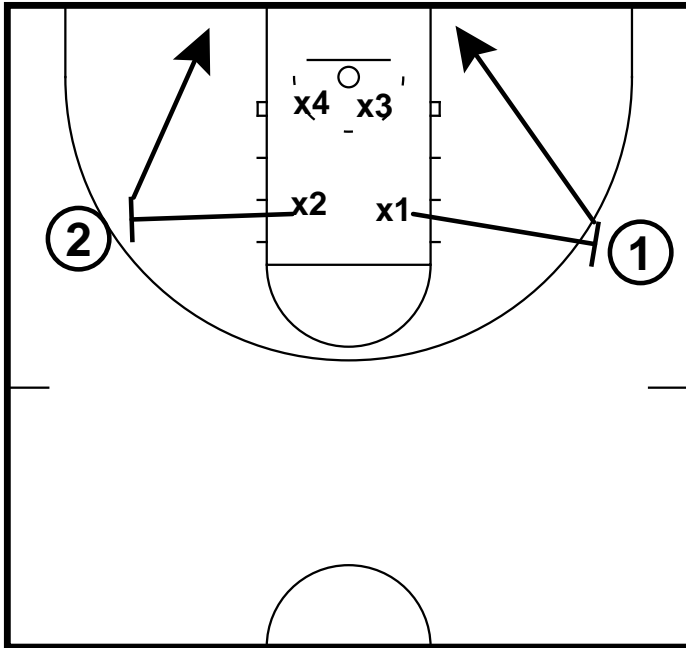


Closeout gap

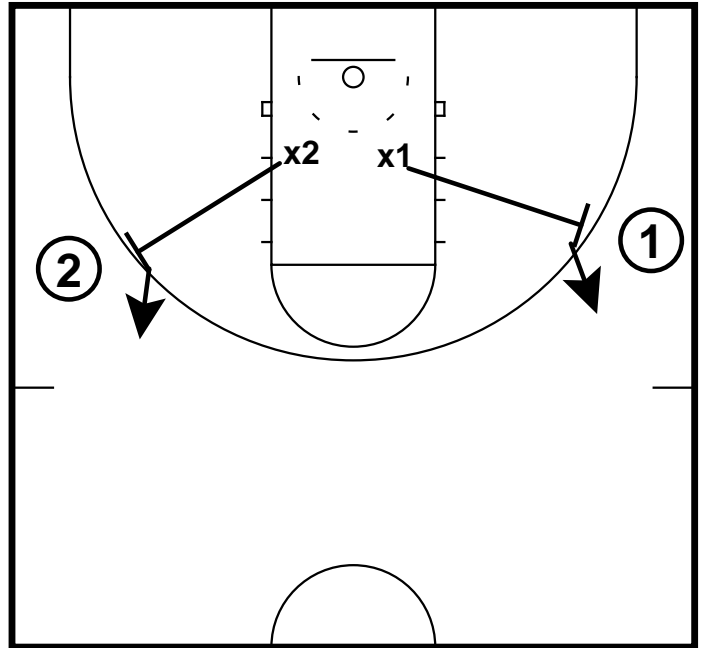
Bethel

Triangle Closeouts

Frame 1



Frame 2

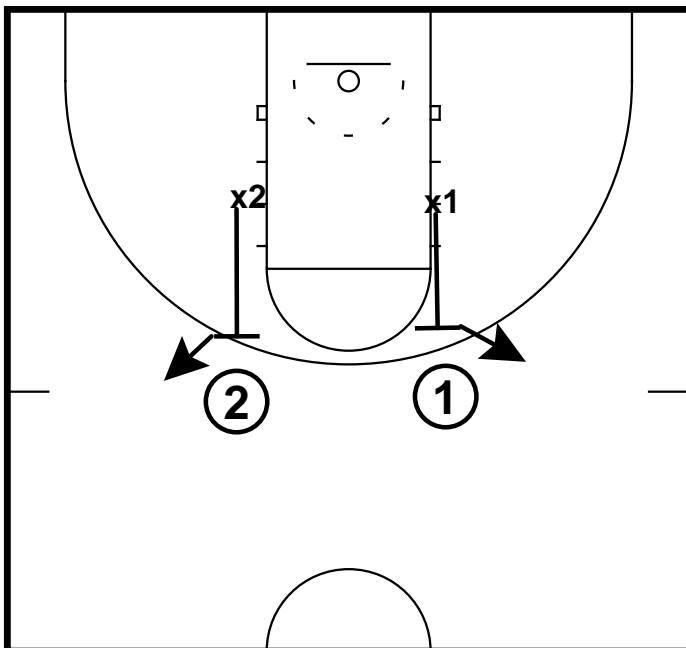


Triangle close outs

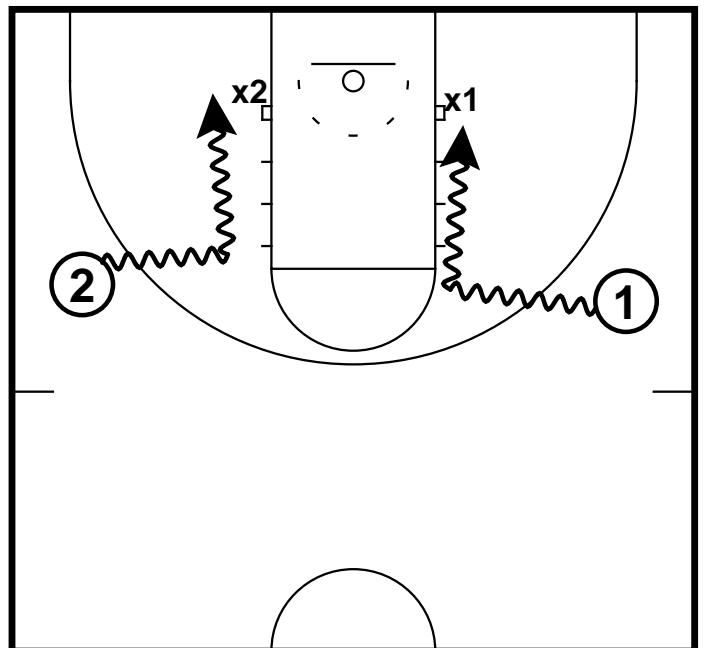
- Closeout to Explode
- Closeout to Explode Run Explode
- Closeout to ICE

Coaches fake a pass to top, defenders try to cut pass

Frame 3



Frame 4



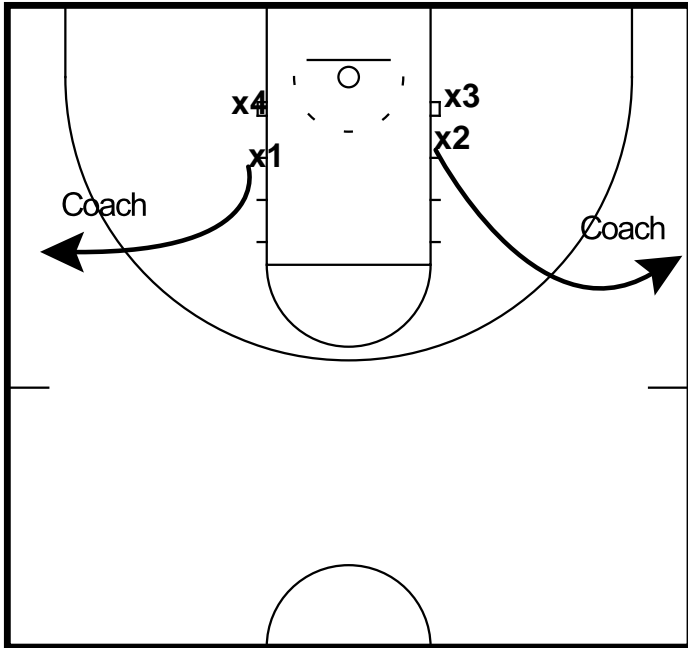
- Closeout to coach
- Coach fakes pass to wing
- Get hand on ball by cutting pass

Closeout defend change of direction

Bethel

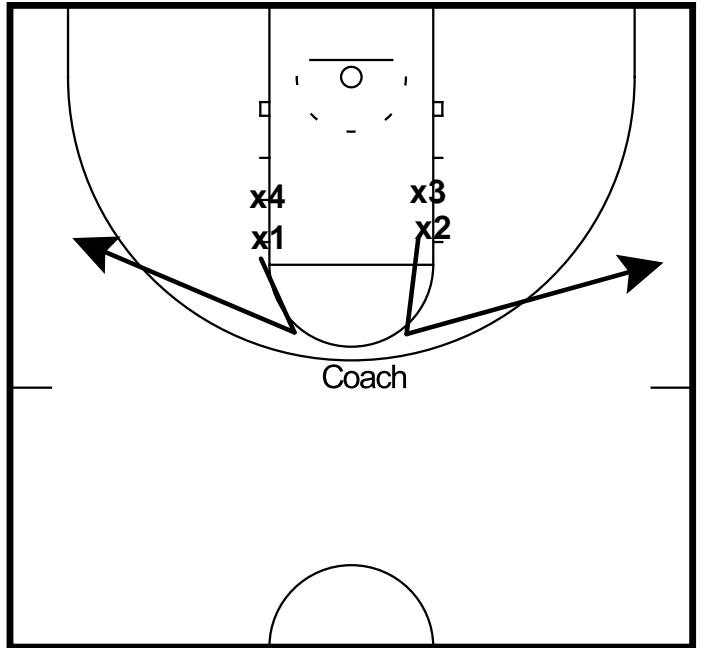
Triangle Closeouts

Frame 5



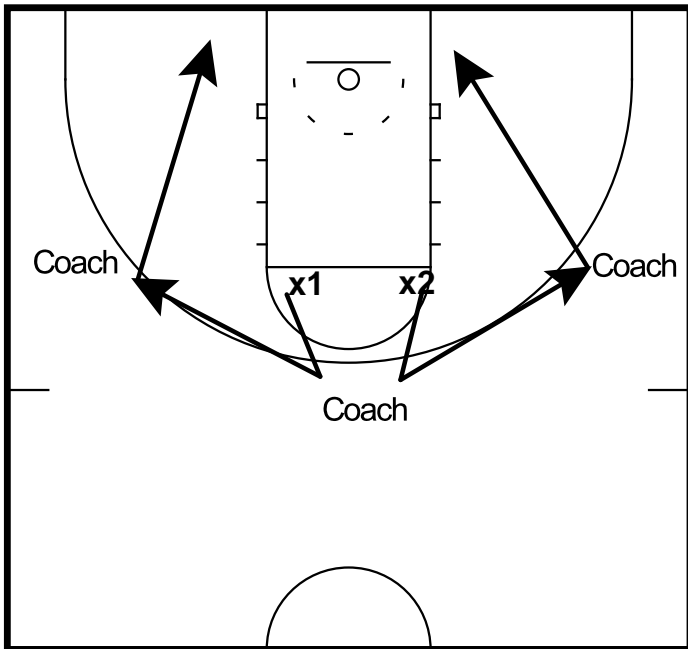
Wing deny
Wing deny snap head on back-cut
Add the cutter posting after the cut

Frame 6



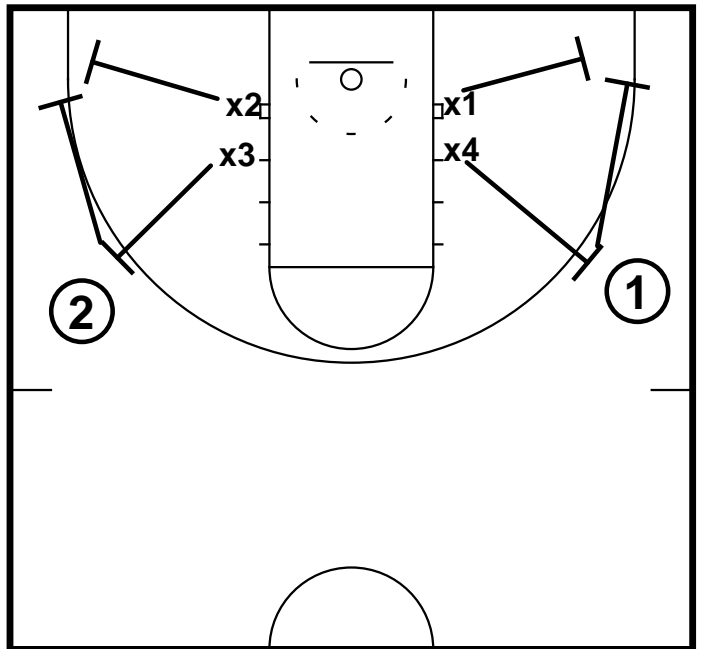
Stunt to Deny

Frame 7



Stunt to Closeout

Frame 8

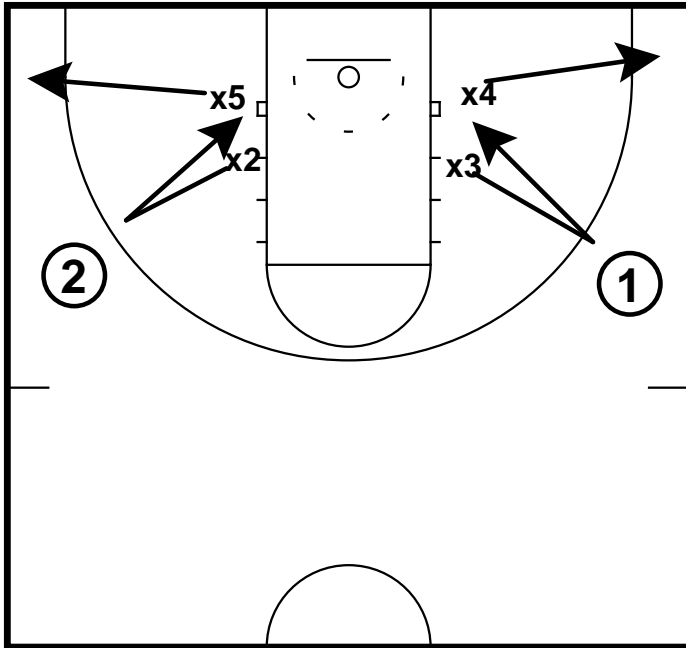


2 Defense Fire

Bethel

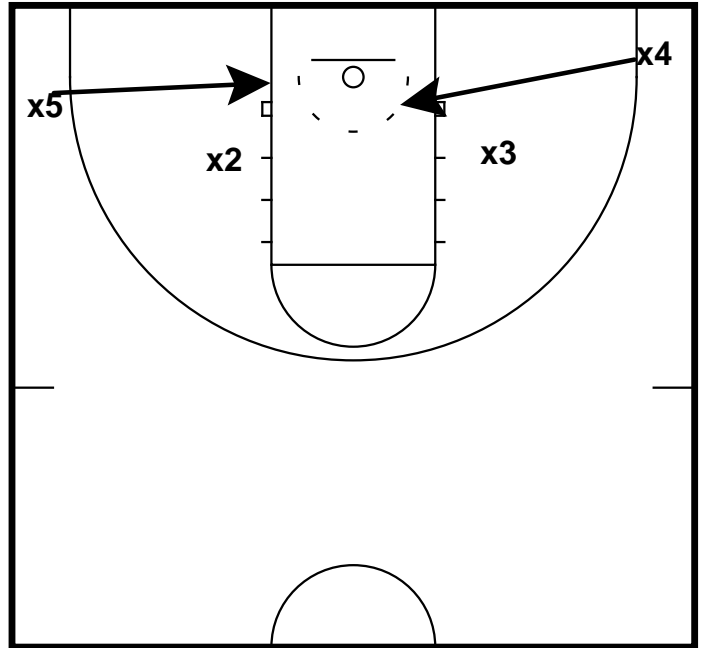
Triangle Closeouts

Frame 9



2x Defense
Short x

Frame 10

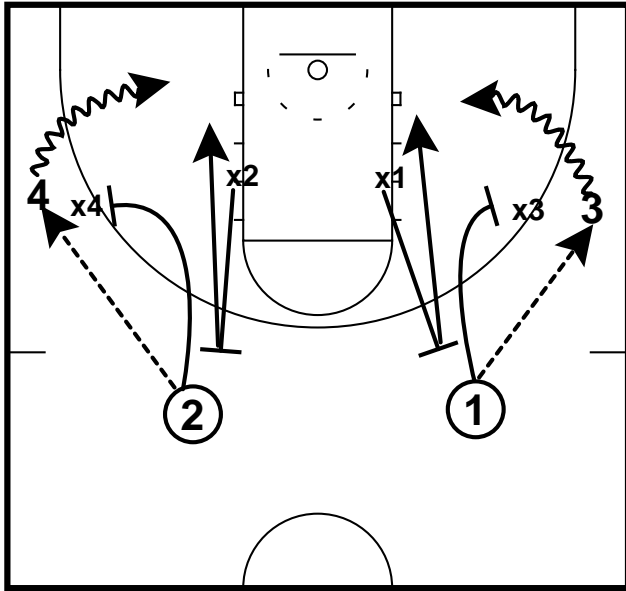


Recovery from short x

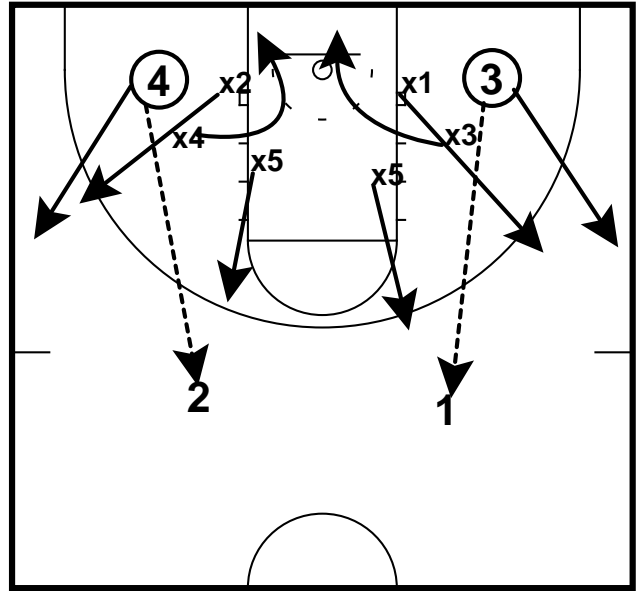
Bethel

ICE Warm Up/ Throw and Go

Frame 1



Frame 2

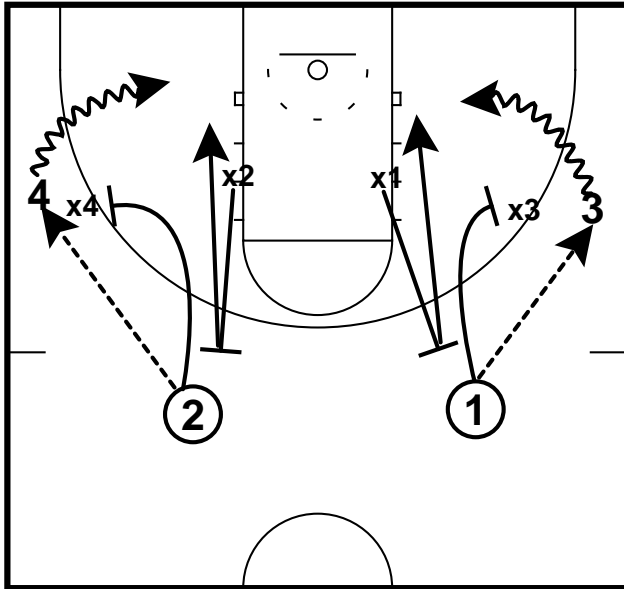


Close out
Throw and Go

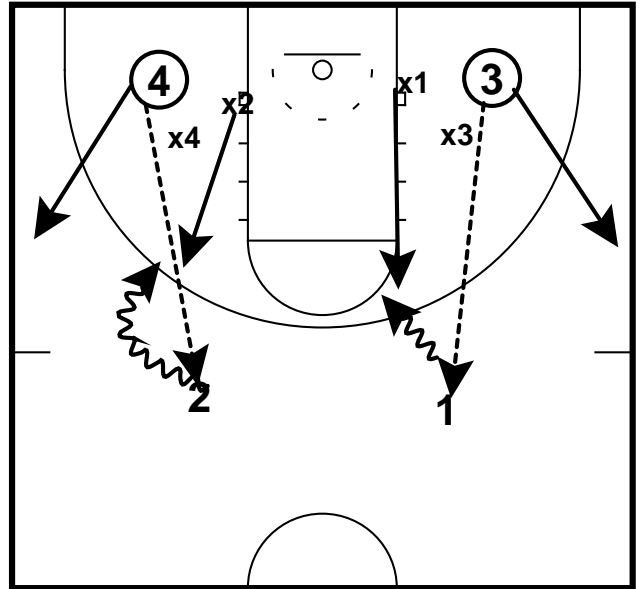
Bethel

ICE Warm Up/ Throw and Go 2 dribbles

Frame 1



Frame 2

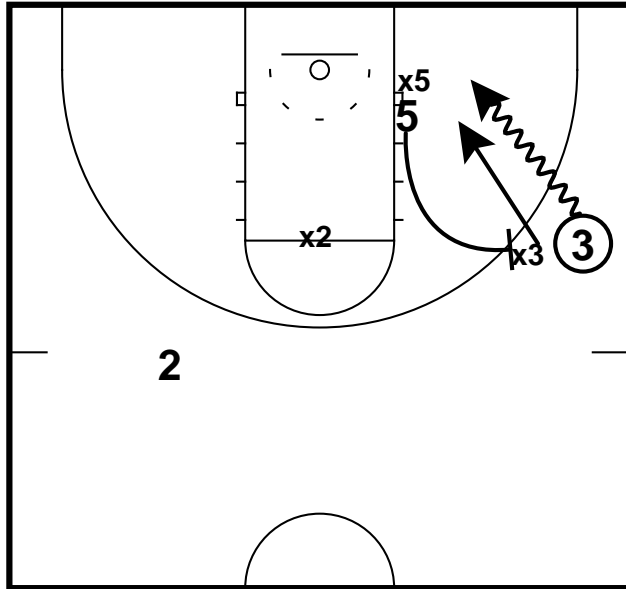


Close out
Throw and Go

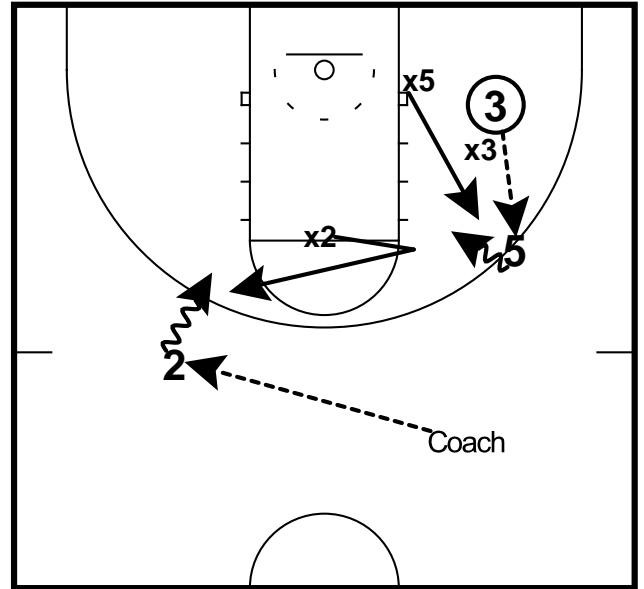
Bethel

Ice Warm up/ Stunt 2 dribbles

Frame 1

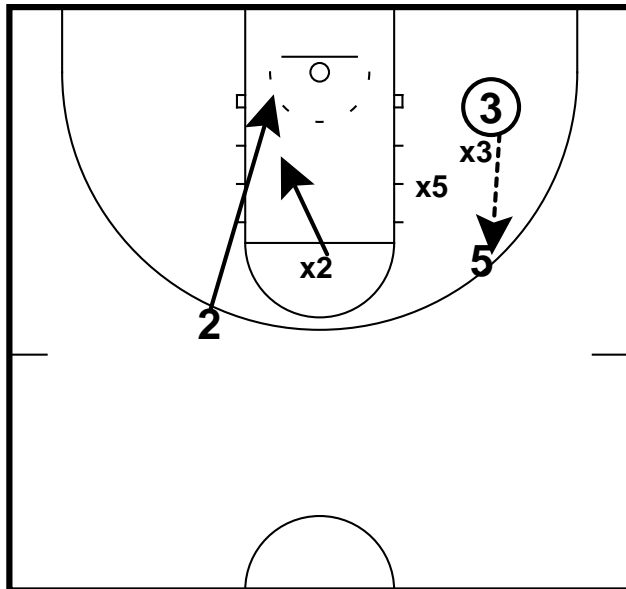


Frame 2



Closeout
Offense has 2 dribbles

Frame 3

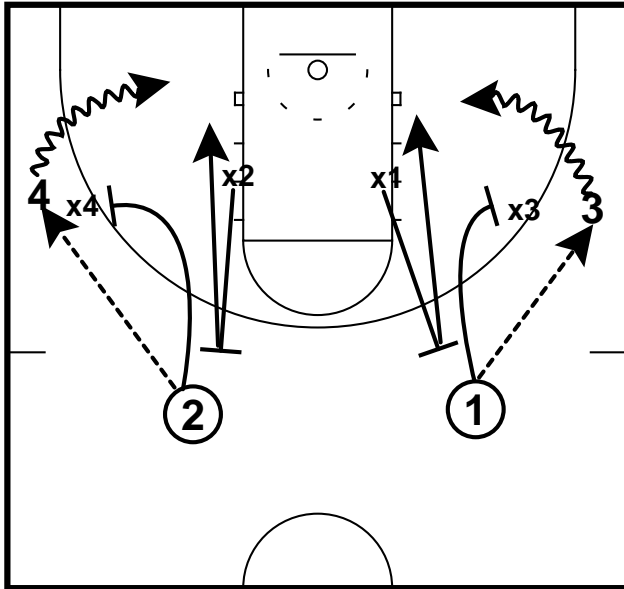


Dive vs Stunter

Bethel

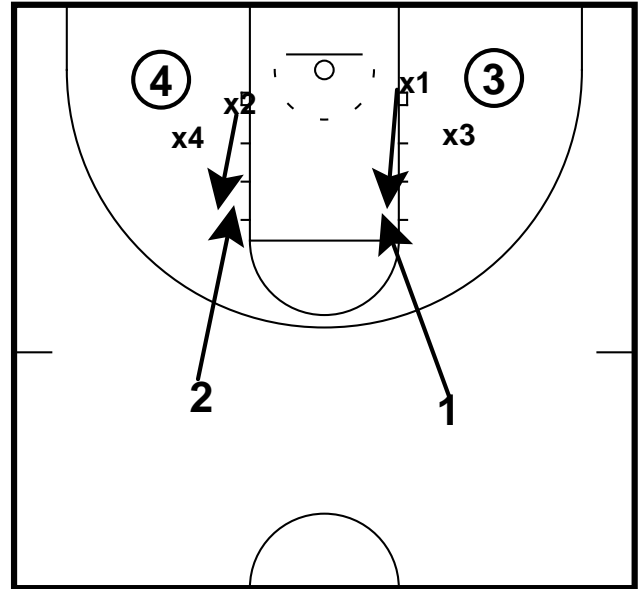
ICE Warm Up/ Throw and Go Shot

Frame 1



Close out
Throw and Go

Frame 2

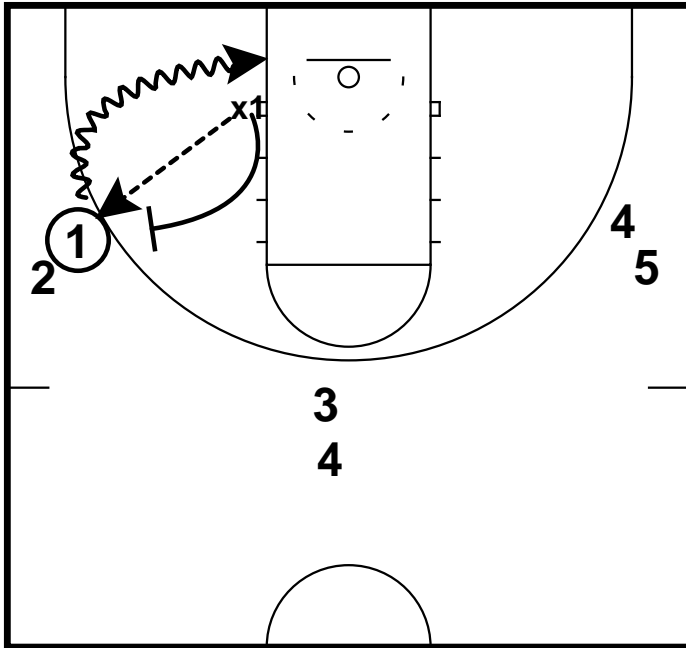


Wings fake a shot
x1 and x2 Block out

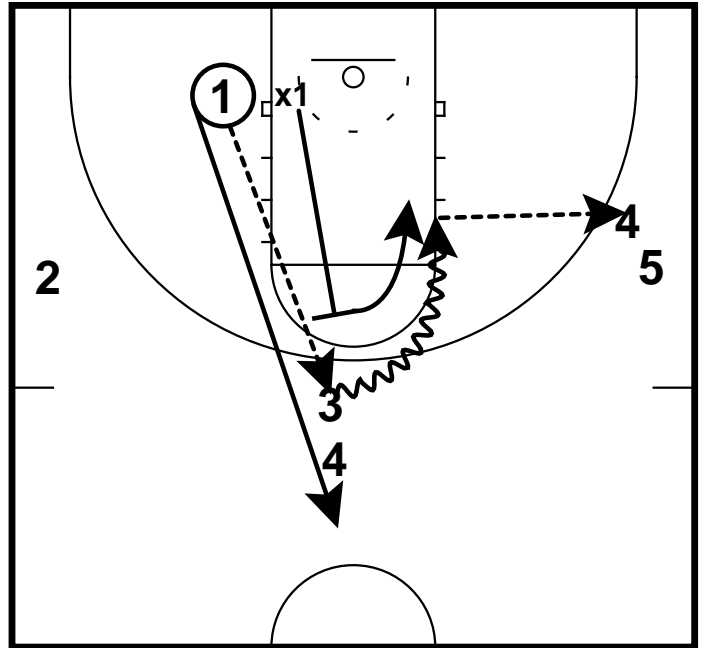
Bethel

Continous closeouts

Frame 1

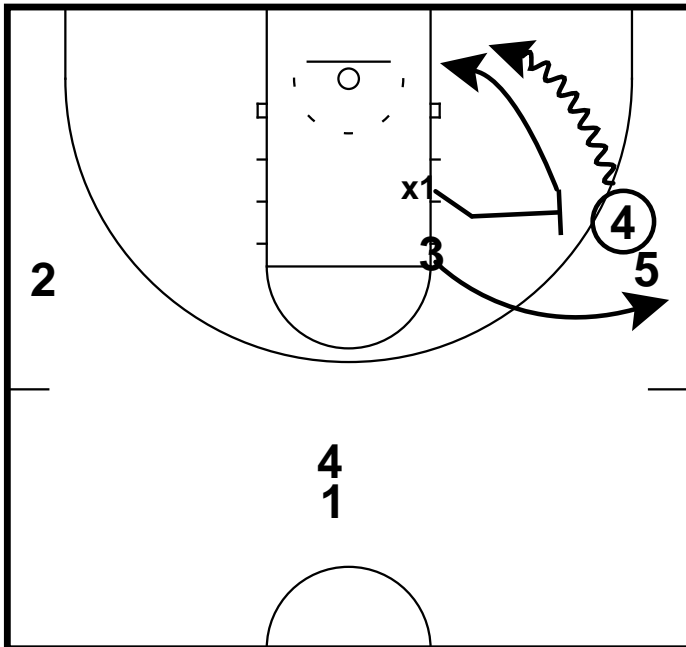


Frame 2

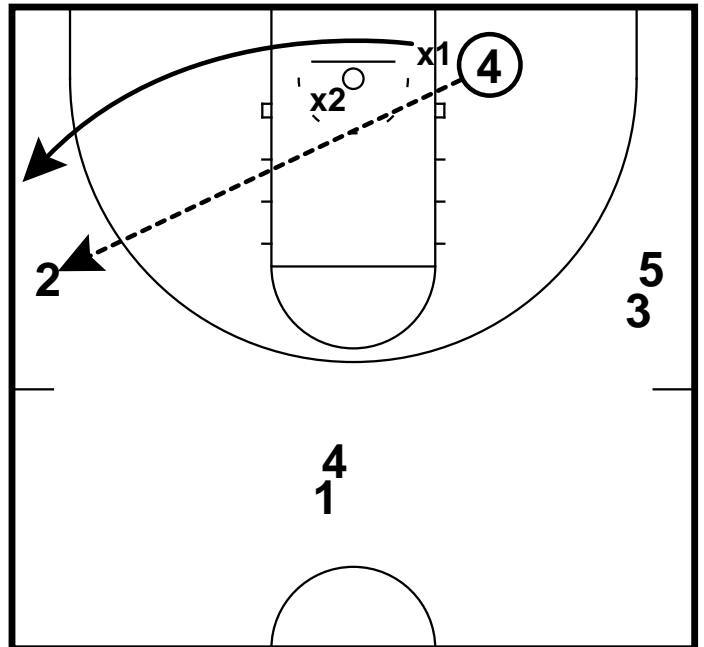


2 dribbles, drive either way trying to get in paint
Pass to next line and follow pass to end of line

Frame 3



Frame 4

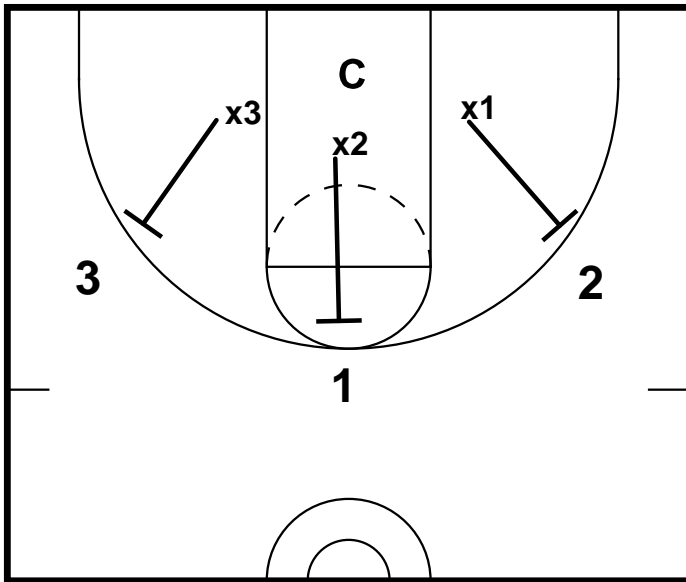


3 to 4 minute drill
Offense can foot fake too
Players coach/ do it for one another

Bethel

3 Line Personnel Closeouts

3 Line Closeouts

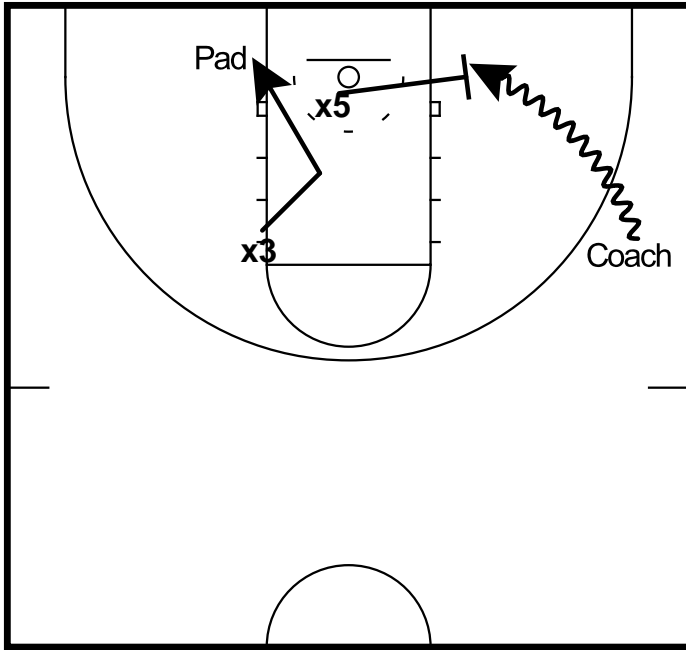


Closeout to their game
2 dribbles

Bethel

3 Line Closeouts

Frame 1

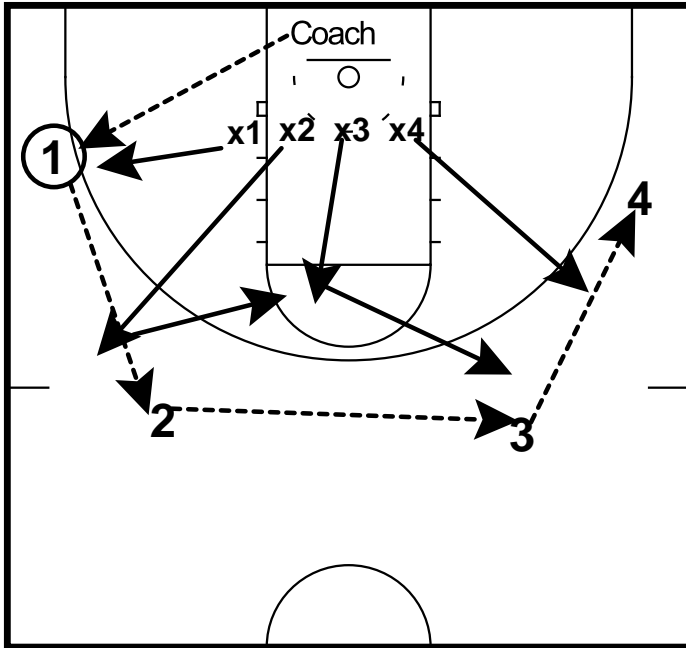


Take charge
Sink/ body
Also have pad move for rebound

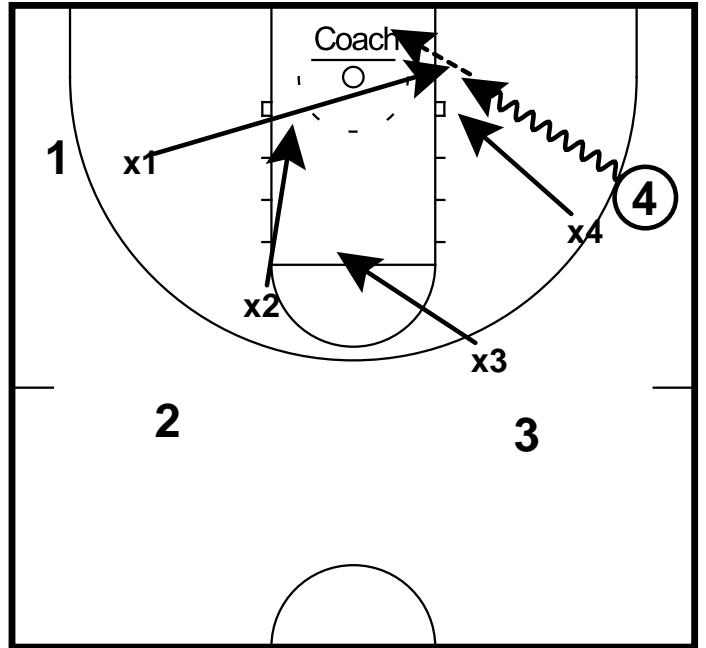
Bethel

4-4 Continuous baseline drive

Frame 1

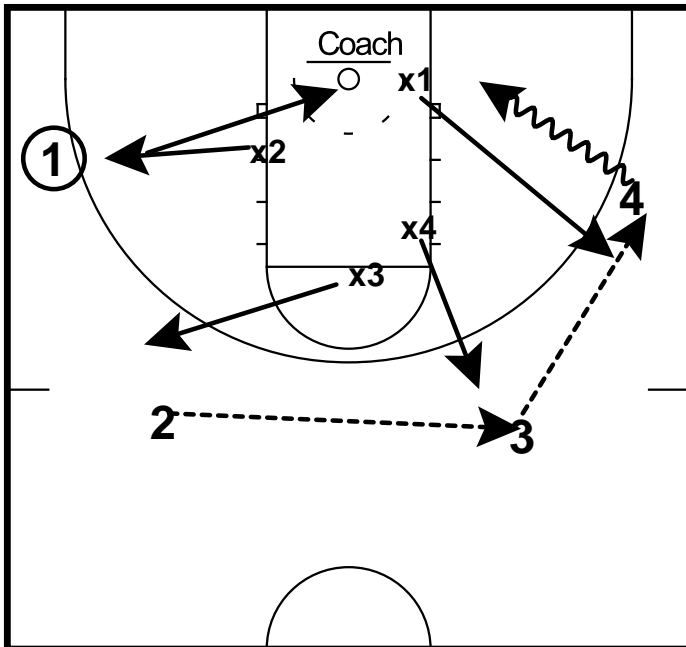


Frame 2

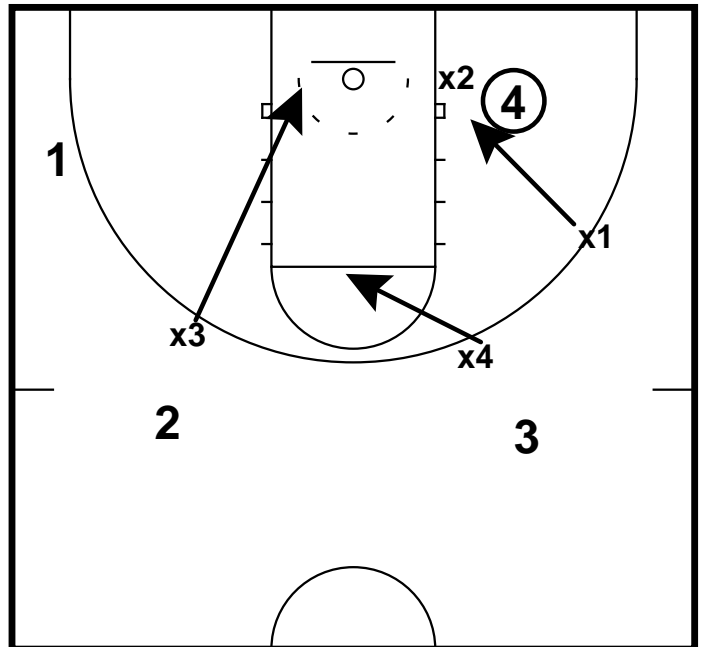


Hot and GO

Frame 3



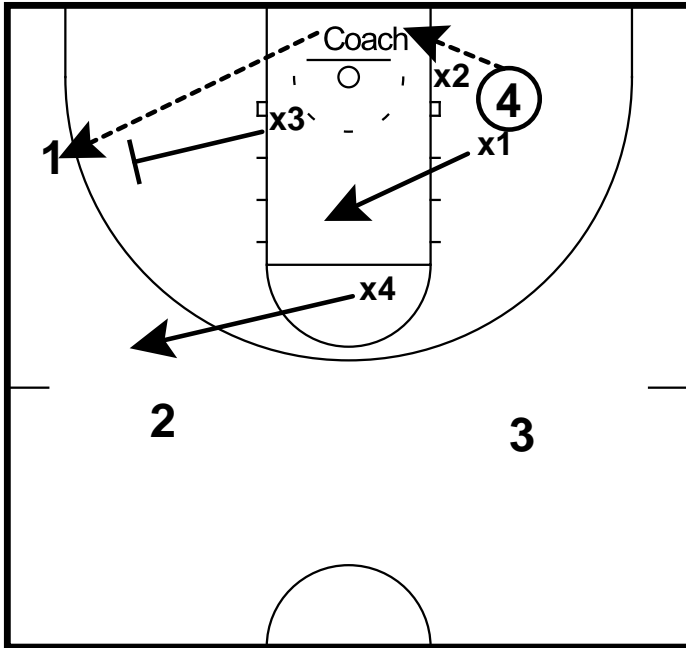
Frame 4



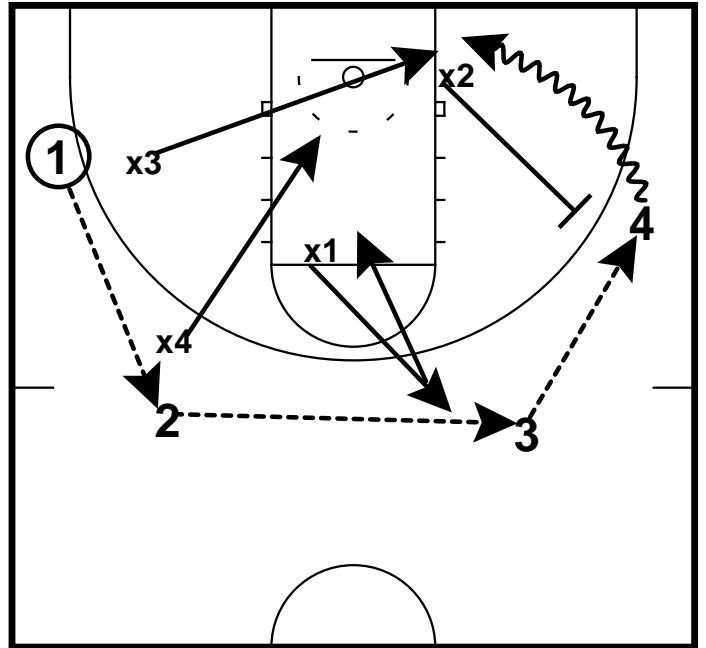
Bethel

4-4 Continuous baseline drive

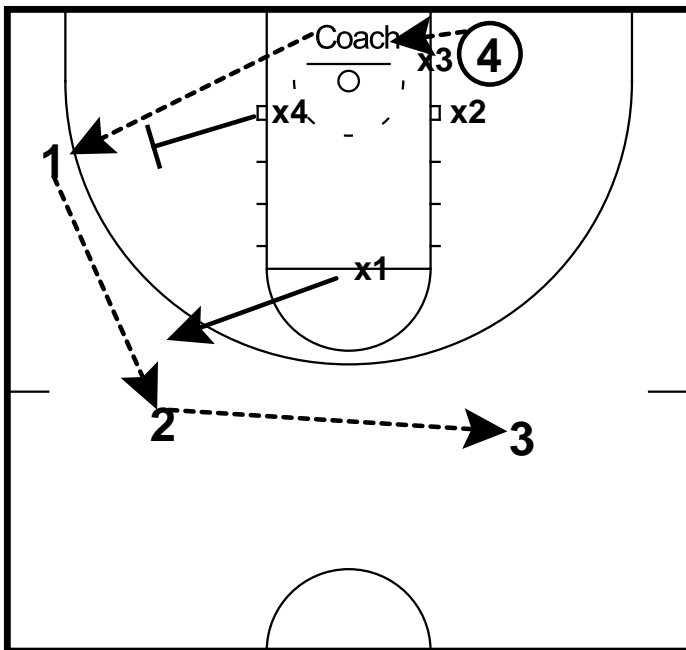
Frame 5



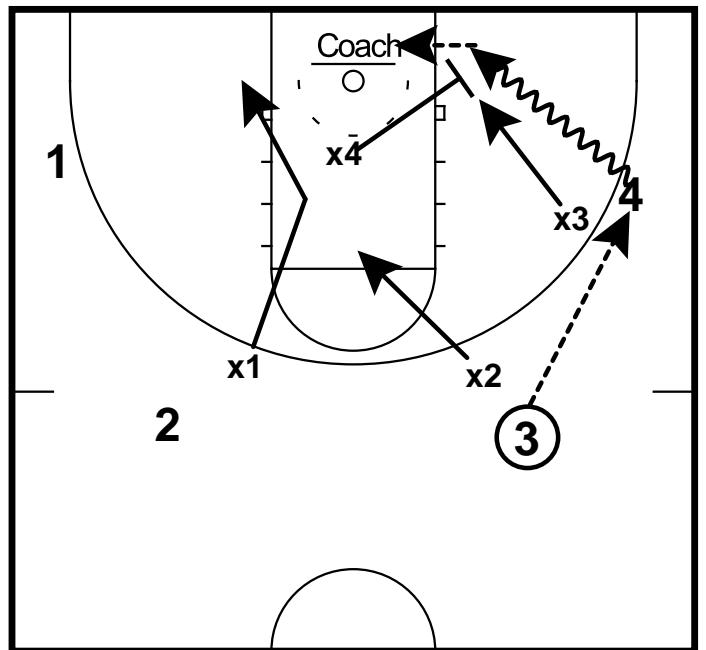
Frame 6



Frame 7



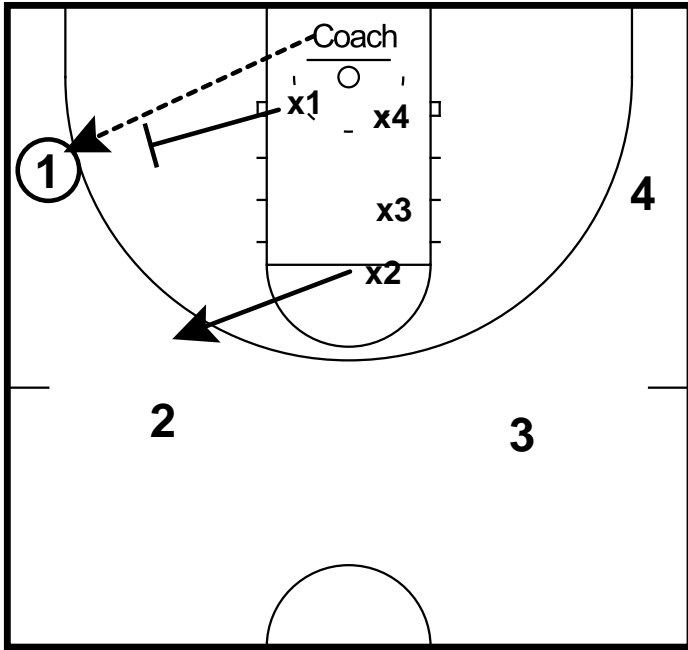
Frame 8



Bethel

4-4 Continuous baseline drive

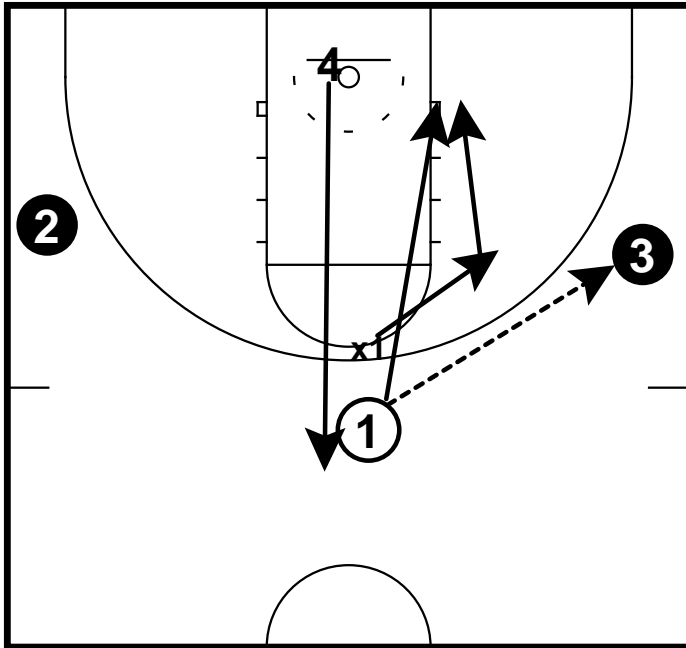
Frame 9



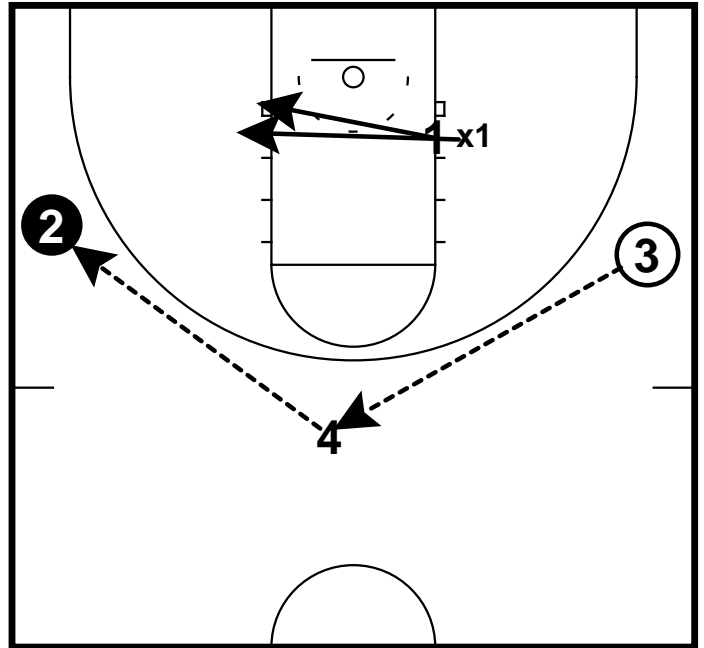
Bethel

Jump to ball

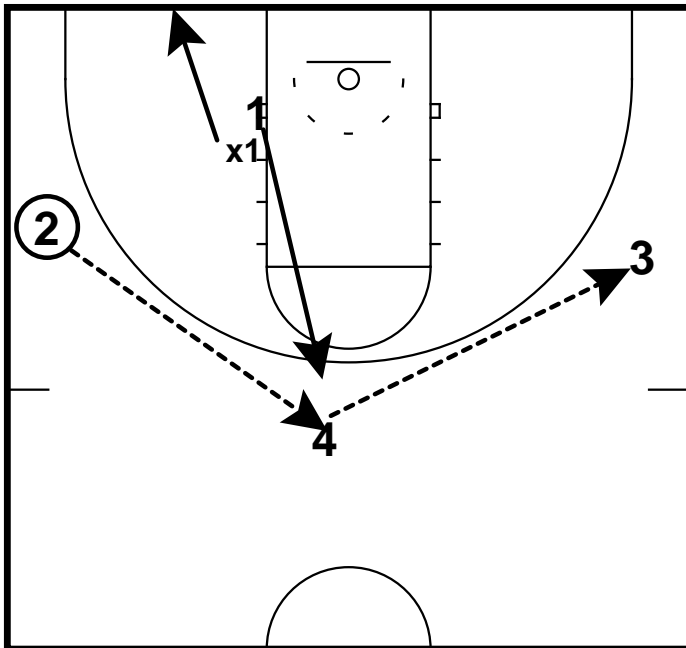
Frame 1



Frame 2



Frame 3

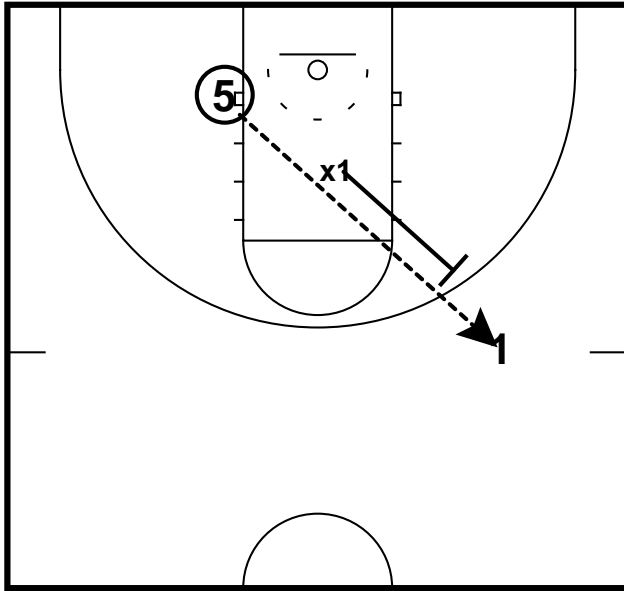


Offense to defense, repeat

Bethel

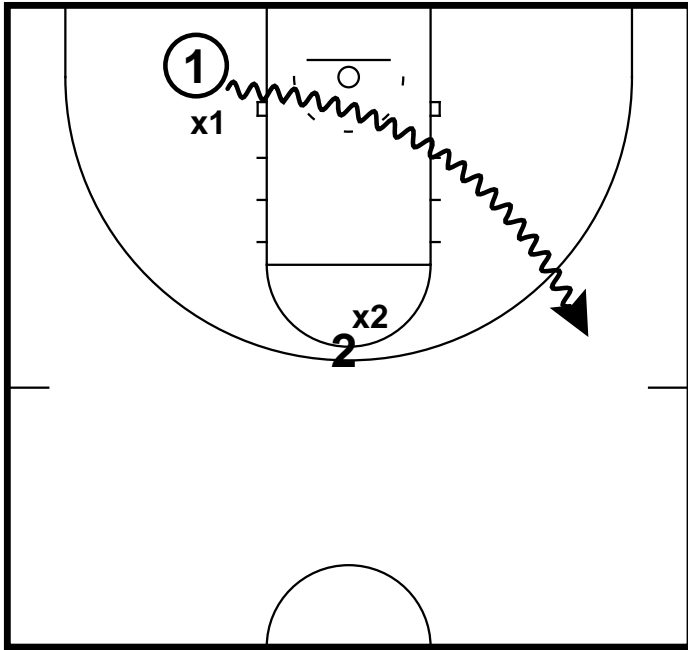
Dig Closeouts

Frame 1



Bethel Energizer

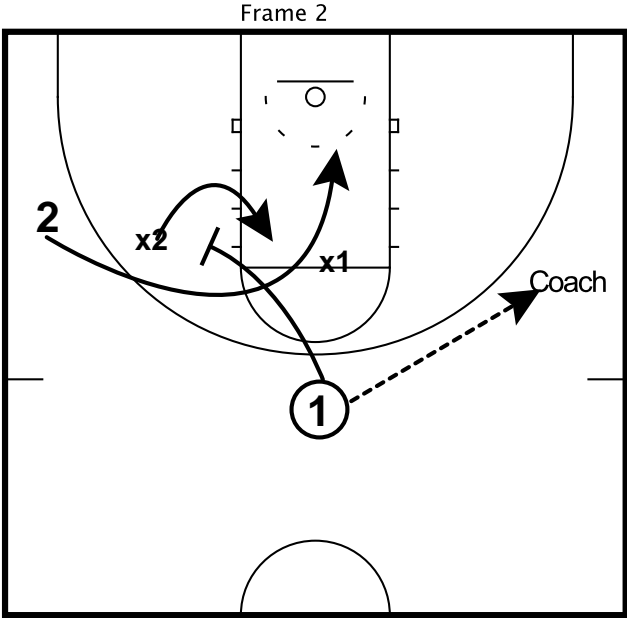
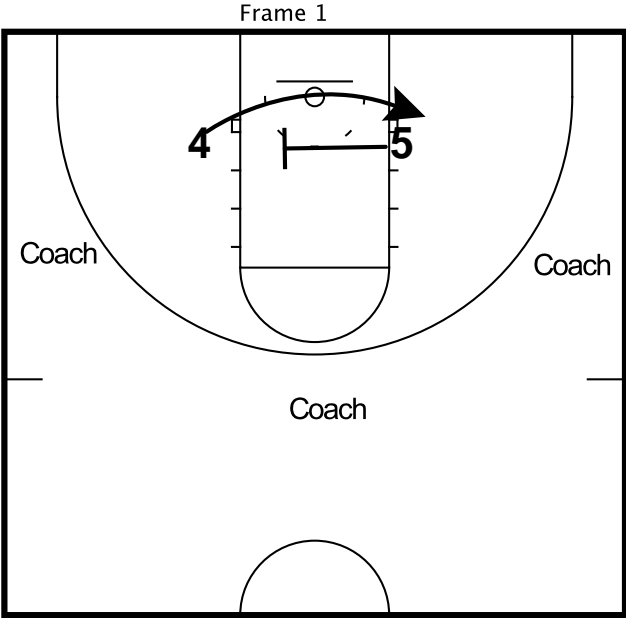
Frame 1



Full court
Jump middle
Black sideline

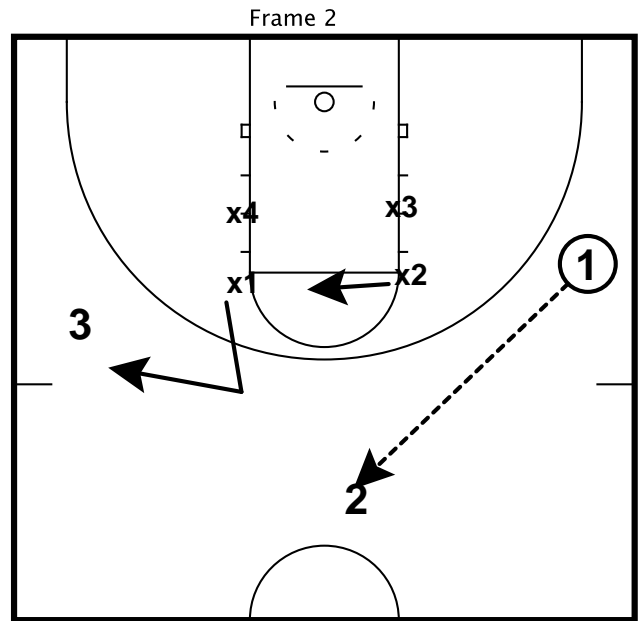
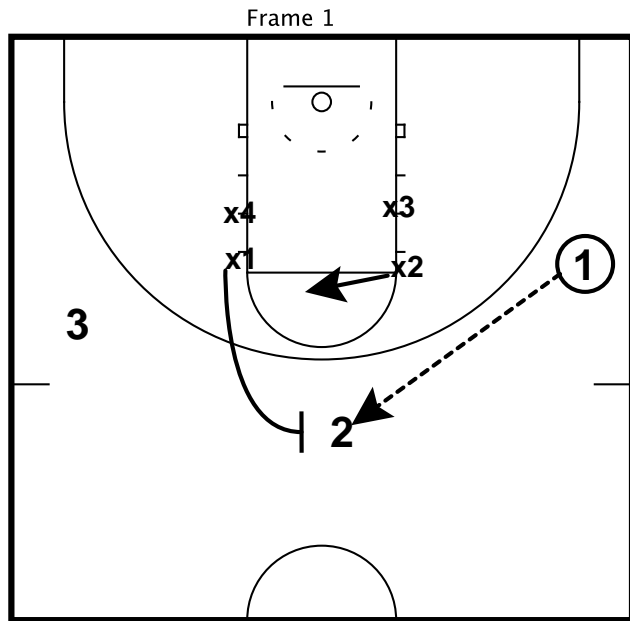
Bethel

2-2 Screen away



Bethel

Zone 2x angle or stunt

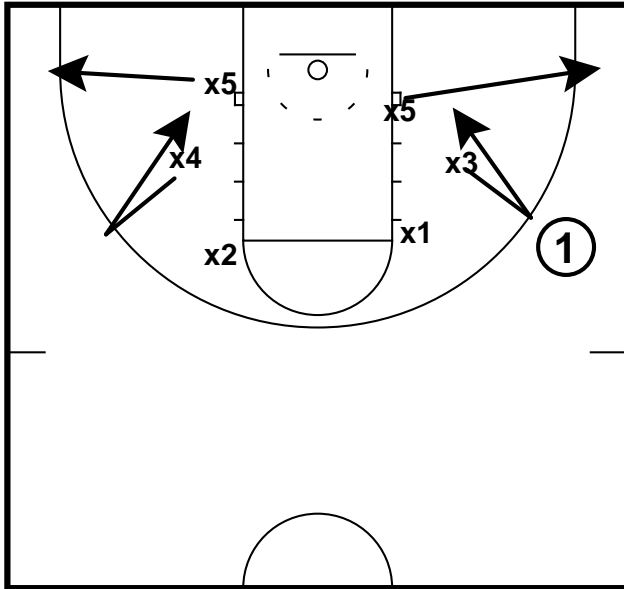


If top is out of shooting position, stunt to deny

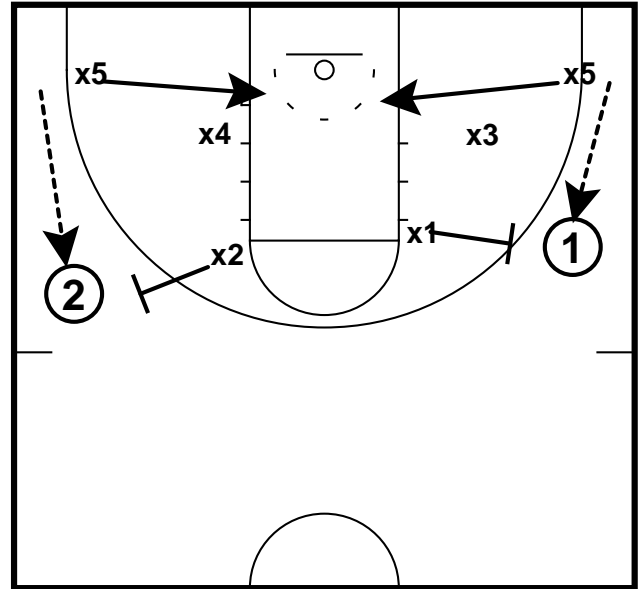
Bethel

Zone 2x Bottom movement

Frame 1



Frame 2

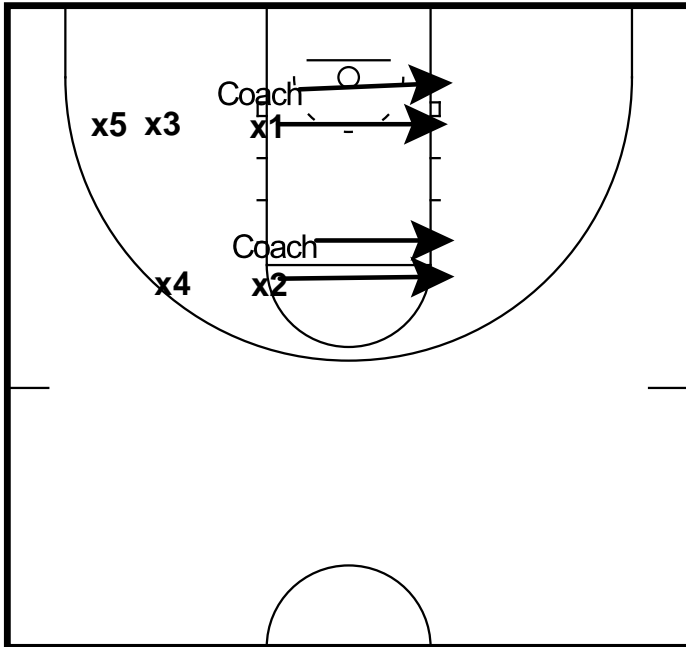


Wing closeout
Pretend corner pass rotation

Pretend pass back up, half guard takes

Bethel Tags

Frame 1



Post defense across the lane vs Coach and Pad
Tags occur on line of the ball turn