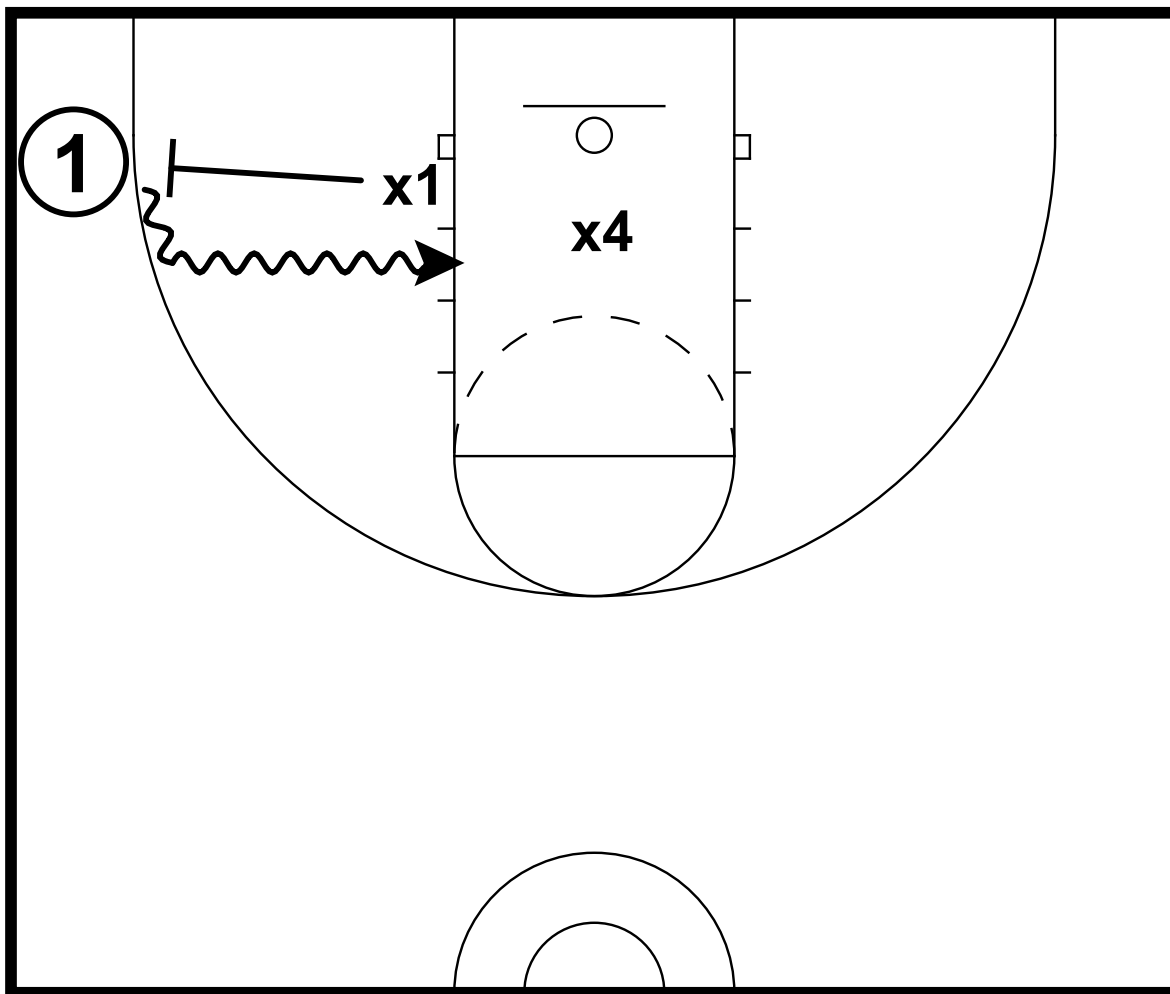


# Individual Defense Drills

## Lady Jayhawks

### Closeouts and Help Line



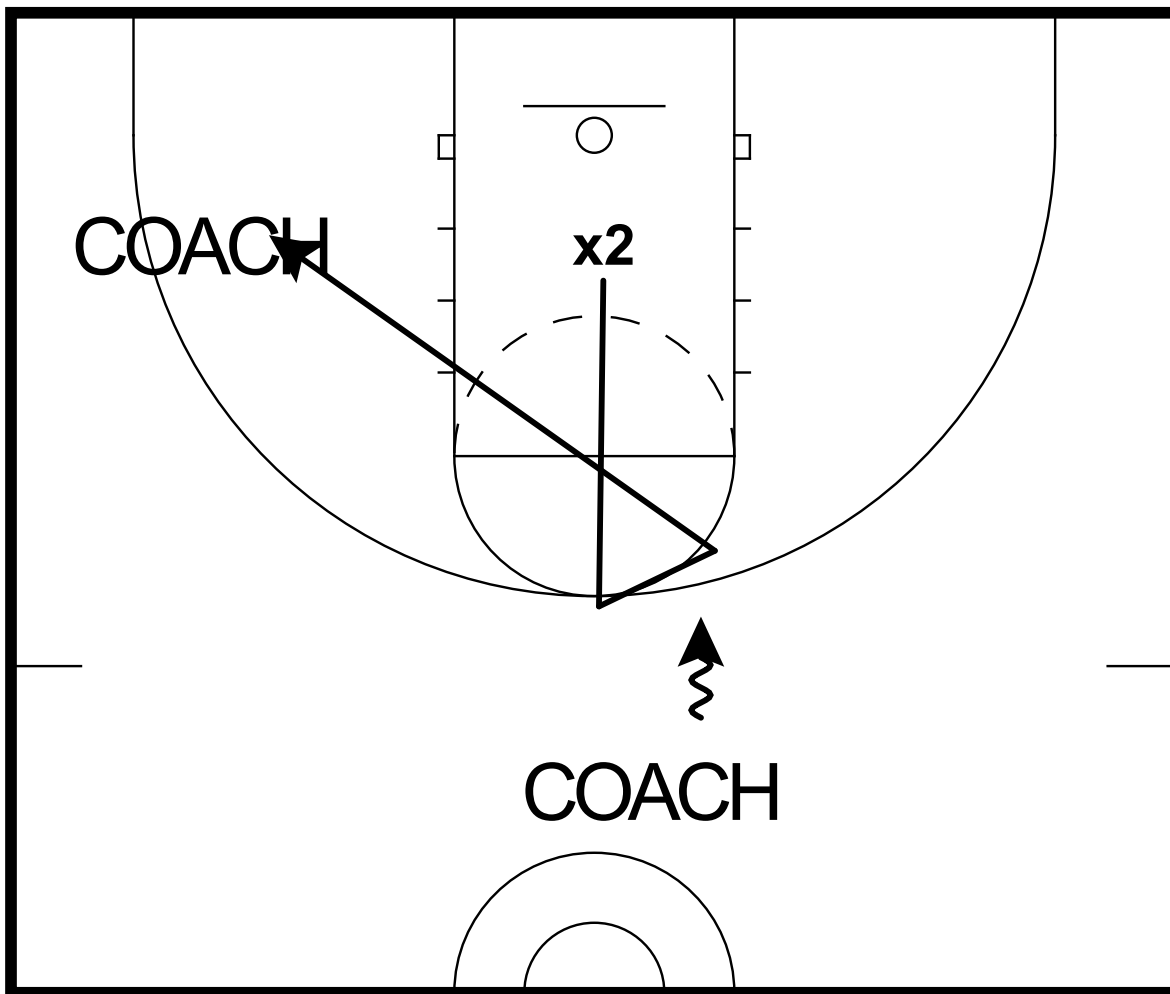
x1 closes out 1 and plays dummy defense. 1 attacks x4 in live play.

Progression: x1 and x4 both defend 1.

# Individual Defense Drills

## Castle Hills Eagles

Close Outs to Contest and Box Out

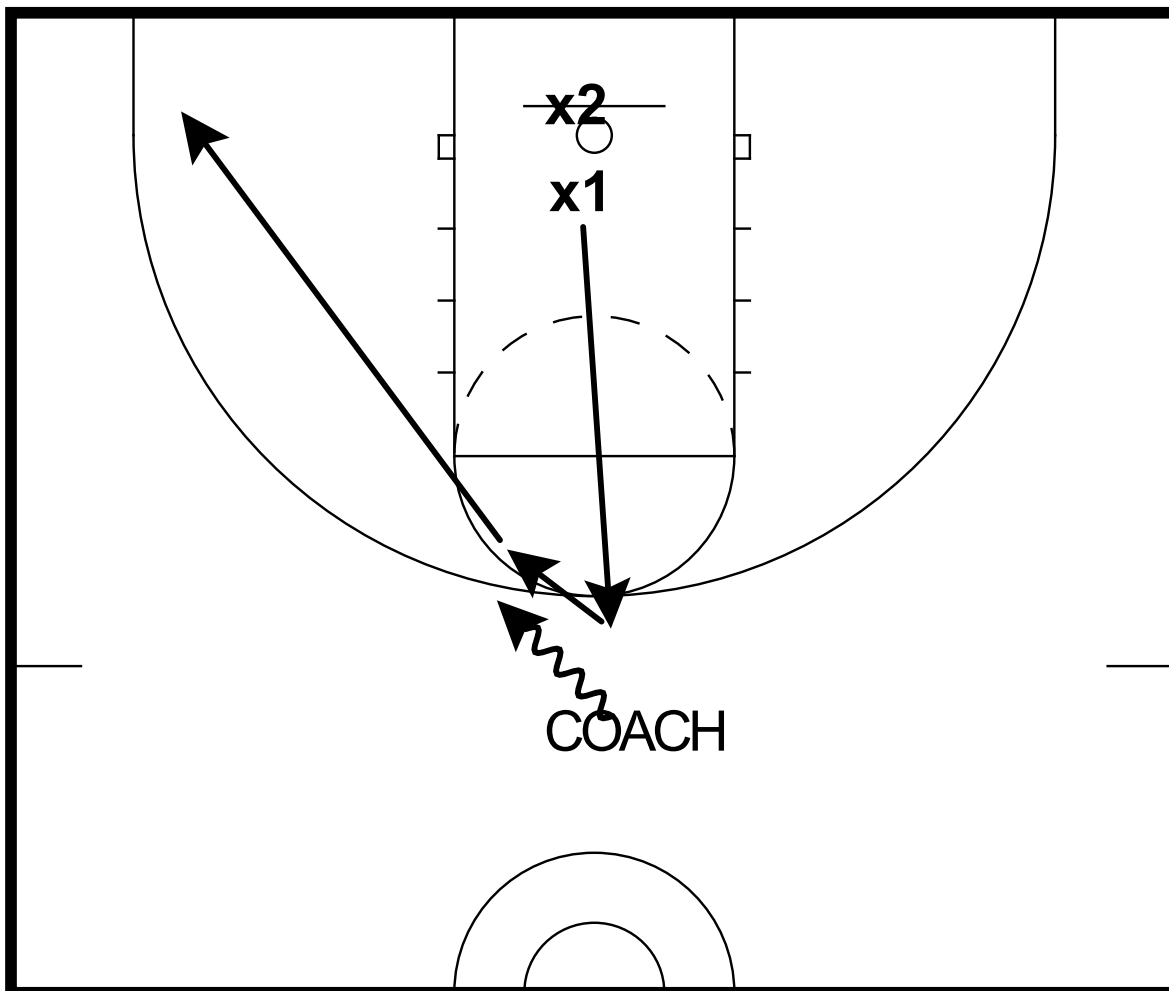


Players closes out on first coach and takes away first step.  
Then slides to second coach for contest of shot and box out.

# Individual Defense Drills

## Castle Hills Eagles

### Closeout to Take Away First Step



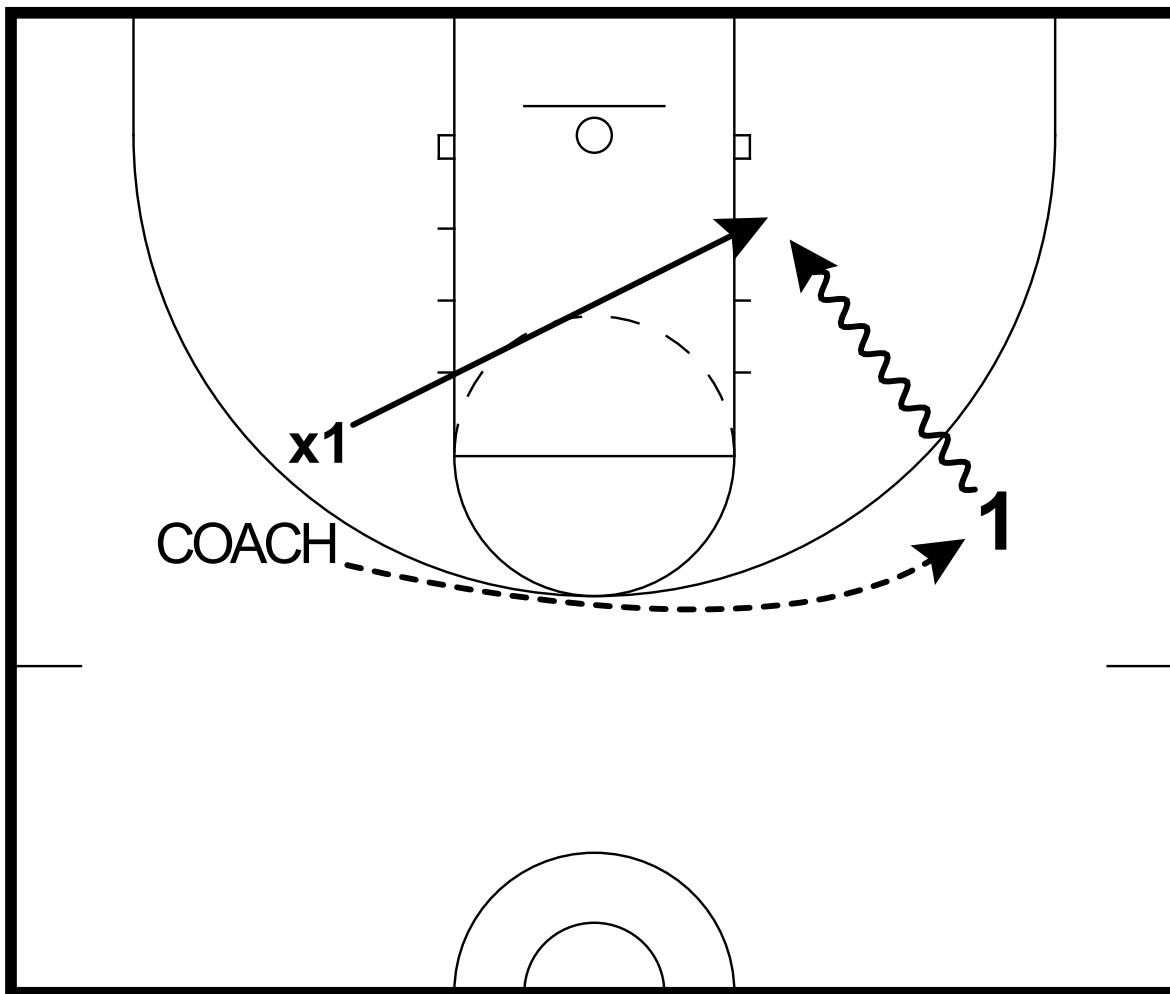
Player closes out on coach. Coach attacks off the dribble. Player stops coach on dribble and continues to slide to the corner.

Next player comes right behind first player in repetition.

# Individual Defense Drills

## Castle Hills Eagles

### Defend the Paint

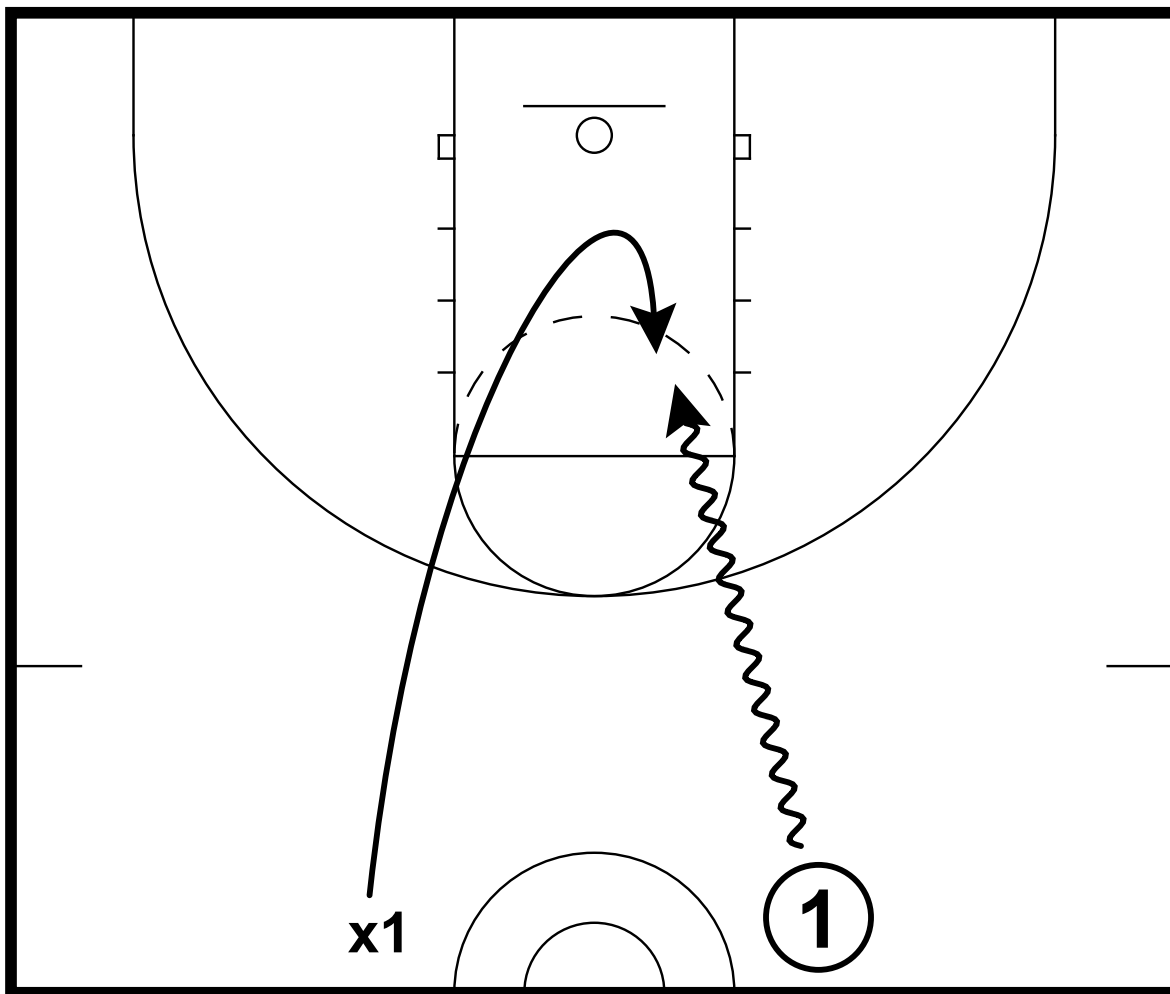


On the pass, x1 one drops to help opposite block and walls up against 1's drive.

# Individual Defense Drills

## Castle Hills Eagles

### Transition Chase Down



Both players start at half court. x1 tries to get in front and stop 1 from scoring.

Emphasis: Stopping the ball before the free throw line.