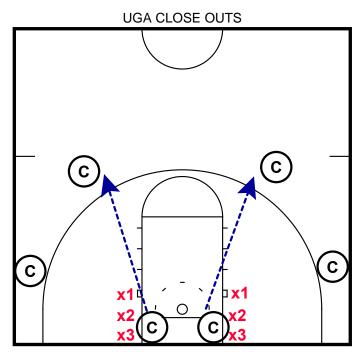
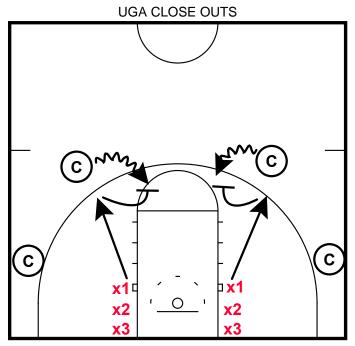
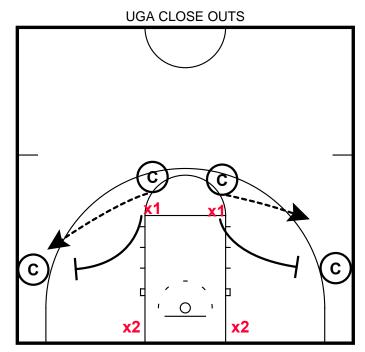
## Coach Hemi



This drill is designed for defenders to workout on closeouts in disadvantage situations.



In this first close out situation, the coaches try to drive the ball to the middle of the court. The defender must closeout under control then try to cut the drive off to the middle of the court.



Once the drive is cut off, the coach throws the ball to a practice player in the corner. The defender must now spring to challenge the shot and block out.

(Although two defenders are working at a time, they work independently of each other)

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