

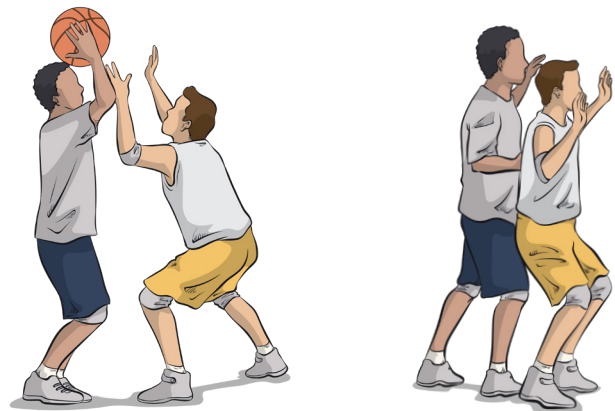


BLOCKING OUT BONUS



Blocking Out The Shooter

1. When the shot goes up, the defender's FIRST responsibility is to find his man and block him out.
2. Block out first, then find and retrieve the ball
3. To block out the shooter - contest the shot, then make a rear turn (reverse pivot) and make contact with the shooter butt-first
4. The player guarding the shooter should also call out "shot" to alert teammates that they need to block out, too.



Blocking Out From Help Position Or In A Zone

- You should always be positioned on defense so you see both the ball and your man
- When shot goes up, find your man and run out to him just like a close out.
- Step your pivot foot between his legs, raise your lead arm and rear turn (reverse pivot) into him to make contact butt-first
- Influence him to the outside, away from the middle
- If your man releases down court, find another nearby player to block out.
- If playing against a great rebounder, you can use a Face Block Out, which is like fronting the post, to keep him from getting to the ball. Defender faces the rebounder and his sole responsibility is to keep his man from getting the rebound. He doesn't worry about the ball.

