

FDBA Domestic Coaches Drill Book: Defence

Name: **Mass Sliding**

Drill No: **D1**

Description:

Spread players out in the half or full court with plenty of space between each player.

Coach stands at the front of group and uses visual and/or verbal cue to direct player action.

This drill can be used to teach most defensive footwork.

Players take a maximum of two slides each direction.

Movements:

1. Lateral slide
2. Drop step slide
3. Box Out
4. Turn, run and cut off.
5. Close out
6. Charge

Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Active hands

Diagram A.

