

FDBA Domestic Coaches Drill Book: Defence

Name: Circle Box-outs

Drill No: D12

Description:

This drill is for drilling the box out technique.

Partner players up relative to size and speed.

One partner is on defence and the other is on offence. Defence stands inside the circle and offence is outside.

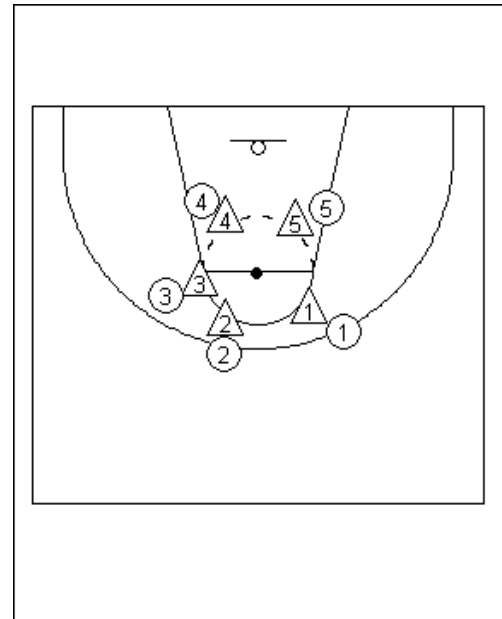
Coach blows whistle and all players on the outside attempt to gain possession of ball.

Time how long each group can keep offence away from ball.

Variations:

1. Allow offence extra space at start, which make the task of boxing out harder for the offence.

Diagram A.



Points of Emphasis:

1. Initiate contact
2. Pivot to seal offence on back
3. Explode to rebound ball