

FDBA Domestic Coaches Drill Book: Defence

Name: Defensive Chase

Drill No: D13

Description:

To develop defensive quickness, balance, and the ability to change directions quickly.

Players use a combination of running, sliding and backpedaling to try and catch the person in front.

If caught you drop out.

Movements:

A-B: Sprint
B-C: Slide
C-D: Backpedal
D-A: Slide

Variations:

Reverse Direction

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.
Stay on outside of cones

Diagram A.

