

FDBA Domestic Coaches Drill Book: Defence

Name: N.B.A - No Babies Allowed!

Drill No: D15

Description:

Toughness drill to teach taking a charge and diving safely for a loose ball.

Player on wing drives hard into the chest of the splitline defender who will take the charge on the middle of the chest.

After driving into the defence the offence will sprint after a second ball that the coach rolls out. The offence will now drive for the loose ball.

Points of Emphasis:

1. Taking a Charge
 - A) Tuck chin to chest.
 - B) Start to fall backwards just before impact to soften the blow.
 - C) Land butt first then slap the floor with palms (arms spread to side not behind) - Do not take the initial impact with your hands
2. Slide onto side of body like a baseball player sliding onto a base.

Diagram A.

