

FDBA Domestic Coaches Drill Book: Defence

Name: 4 v 3 Cover Down Drill

Drill No: D16

Description:

Defensive rotation drill to teach rotations on a middle drive from the top of the key.

Two corner players and a post are matched up.
Coach passes the ball to an unguarded 1 at the top who will penetrate to score.

3 looks to help by hedging, but cannot stop the drive, this forces 4 to step up and help, leaving the offensive 4 alone for a dish and layup unless 2 covers down from the perimeter.

Points of Emphasis:

1. Be in a stance and ready to react.
2. When covering down, sit down on the post players thighs to take away any lob opportunities.

Diagram A.

