

## FDBA Domestic Coaches Drill Book: Defence

Name: 4 v 4 Circles

Drill No: D17

### Description:

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

Three defensive players on the weakside are rotating in a circle around the three offensive players.

Coach passes the ball to 1 who's defender is behind to force a help situation on the baseline drive.

The nearest rotating defender must scramble and help out on the drive, while the other 3 players must scramble to match up.

### Points of Emphasis:

1. Be in a stance and ready to react.
2. Communicate to minimize any confusion.

Diagram A.

