

## FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Combo Drill

Drill No: D18

**Description:**

Individual defensive drill to teach positioning and technique on a middle drive and a sideline drive.

Initially the offence can only stay within the elbows. If they cannot blow by the defense by the 3pt line, they must dribble to the wing and then try to score from the wing.

**Points of Emphasis:**

1. Maintain stance and balance, have the weight on the balls of your feet.
2. Play straight up and do not allow any blow by or straight line drives.
3. Contest all shots and block out to finish the drill.

Diagram A.

