

FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Post Defence

Drill No: D19

Description:

Individual defensive drill to teach positioning and technique on defending the low post player.

3 passers work the ball around to attempt a pass inside. (No lob passes)

The defence must play high side when the ball is at the top, front when below the FT line and low side when the ball is in the corner.

Points of Emphasis:

1. Battle of the feet, don't wrestle, disengage to move to the next position.
2. When fronting, sit down on the offensive players thighs.
3. Stay low

Diagram A.

