

FDBA Domestic Coaches Drill Book: Defence

Name: **Slide the Key**

Drill No: **D2**

Description:

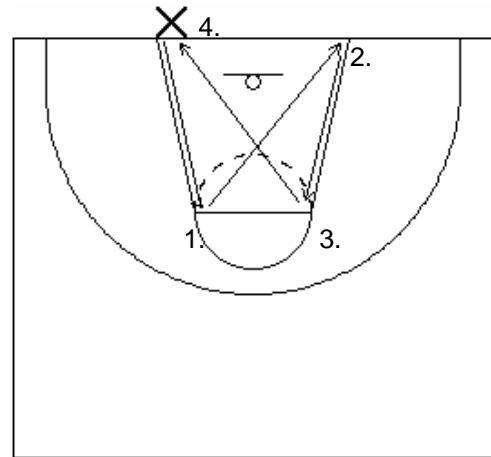
One player at a time slides the key in the following pattern.

1. Run and close out to elbow
2. Drop step and slide to edge of key at baseline
3. Run and close out to elbow
4. Drop step and slide to start/finish point.

Variations:

Change the distance.
Let the waiting player try put off the shooter by shouting etc.
Make it swishes only count.

Diagram A.



Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. Don't lean forward - "nose behind toes."
3. Correct footwork - big to bigger - don't bring feet together.
4. Short choppy step on close out
5. Drop step and slide in one movement