

## FDBA Domestic Coaches Drill Book: Defence

Name: Wichita 1 v 1 Post Defence

Drill No: D20

### Description:

Teaches the offense to anticipate his sealing action, how to get open, how to stay open, how to safely receive the ball and how to finish.

Teaches the defence to get around the post, help and recover, close outs, contest and block out.

#### Diagram A

Passer at the top and wing, one defender above the charge circle and two offensive players at either block.

Coach calls out a name of an offensive player to start the drill. The offensive will attempt to "duck in" overtop of the defensive player for a post feed.

If the ball is passed in play 1 v 1.

#### Diagram B

If the defender can deny the post pass from the high side then the ball is passed to the wing.

If 4 can hold the seal for a post feed on the baseline then play 1 v 1.

If not the passer will drive baseline and force the defender to help.

Offensive post will pop to the elbow.

#### Diagram C

4 receives the ball at the elbow and will play 1 v 1 off the close out.

### Points of Emphasis:

**Defence** - No hands you must use your chest, battle of the feet don't try and wrestle, deny on the high side.

**Offence** - Get your shoulders lower than the defence, hold your seal, feet wider than shoulders.

Diagram A.

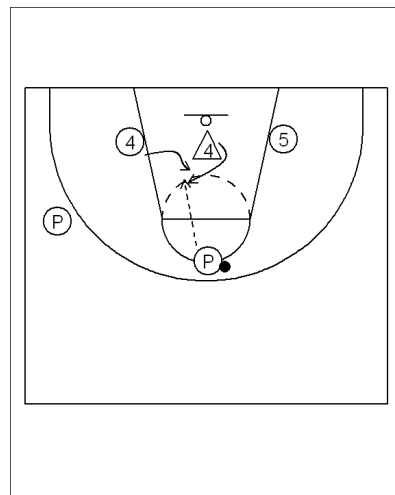


Diagram B.

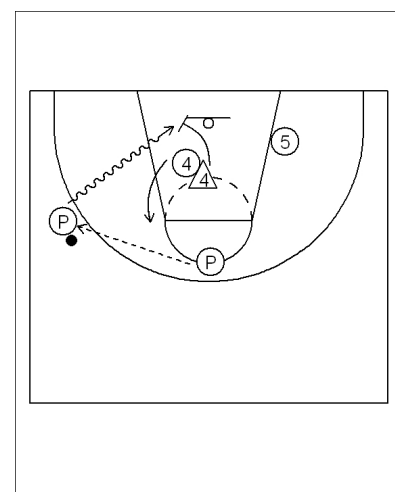


Diagram C.

