

FDBA Domestic Coaches Drill Book: Defence

Name: Turn, Run & Slide

Drill No: D4

Description:

This drill teaches players what to do if their man they are defending gets past them: turn and run.

Players start at baseline in defensive stance with back to cone. On the whistle player turns and sprints to get past cone then takes 1-2 to reach sideline.

Variations:**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.

Diagram A.

