

FDDB Domestic Coaches Drill Book: Defence

Name: F/C Sliding

Drill No: D5

Description:

This drill is a full court sliding drill and can be done on both side of the floor.

Player slide to cones and drop step on arrival and slide to the next until reaching the other end of the court.

Variations:

Let the players continue full court.

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.

