

FDBA Domestic Coaches Drill Book: Defence

Name: F/C Turn, Run & Slide Drill No: D6

Diagram A.

**Description:**

This drill is a combination of Drill 4 (Turn, Run & Slide) and Drill 5 (Full Court Sliding).

Split group in two with a line at opposite corners.

1. Players start in stance and take two slides towards elbows, turn run and then take two slides to reach elbow.
2. Once at elbow drop step and slide two towards half court, turn and run then take two slides to reach half court.
3. Drop step, two slides, run, two slides to reach elbow
4. Drop step, two slides, run, two slides to reach baseline corner.

**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.
4. Drop step and push off for slide in same motion.

