

FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Turn, Run & Slide Drill No: D7

Diagram A.

Description:

This drill builds upon Drill 4 - Turn, Run & Slide.
Offence and defence start side by side.
Offence attempts to get to halfway in a straight line by speed dribbling.

Defence must sprint to get 1-2 steps in front of offence, turn and slide to cut the dribbler off without fouling.

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.
4. Don't attempt to cut off until 1-2 steps in front.

