

FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 F/C Sliding

Drill No: D8

Description:

This drill follows on from Drill 5 - F/C Sliding.

The offence is dribbling at half speed and the defence must keep between the offence and the hoop while maintaining defensive stance and sliding with the correct technique.

Variations:

1. Take away cones and define a corridor that the offence must stay in. Let the offence beat the defence if they can, but must wait for defence to catch up if they do get past
2. Now go "live" offence must still stay within a defined area but can beat offence and go all the way for basket.

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. Always keep your body between the offence and the hoop.
5. Turn and sprint if beat.

Diagram A.

