

FDBA Domestic Coaches Drill Book: Defence

Name: 1 v 1 Gate Drill

Drill No: D9

Diagram A.

Description:

In this drill the offence must try to dribble to the hoop but must stay between the elbows.

Defence must do their best to stop offence dribbling through the elbows.

Variations:

1. Limit the amount of dribbles for the offence.

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.

