



Solway Basketball Club – Coaching Drills

DEFENCE

Name: Full Court Turn, Run & Slide

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.

Watch For:

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.

