



## Solway Basketball Club – Coaching Drills

### DEFENCE

**Name:** Turn, Run & Slide

**Description:**

This drill teaches players what to do if their man they are defending gets past them: turn and run.

Players start at baseline in defensive stance with back to cone.

On the whistle player turns and sprints to get past cone then takes 1-2 to reach sideline.

**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.

