

6. Fresno Drill

Purpose:

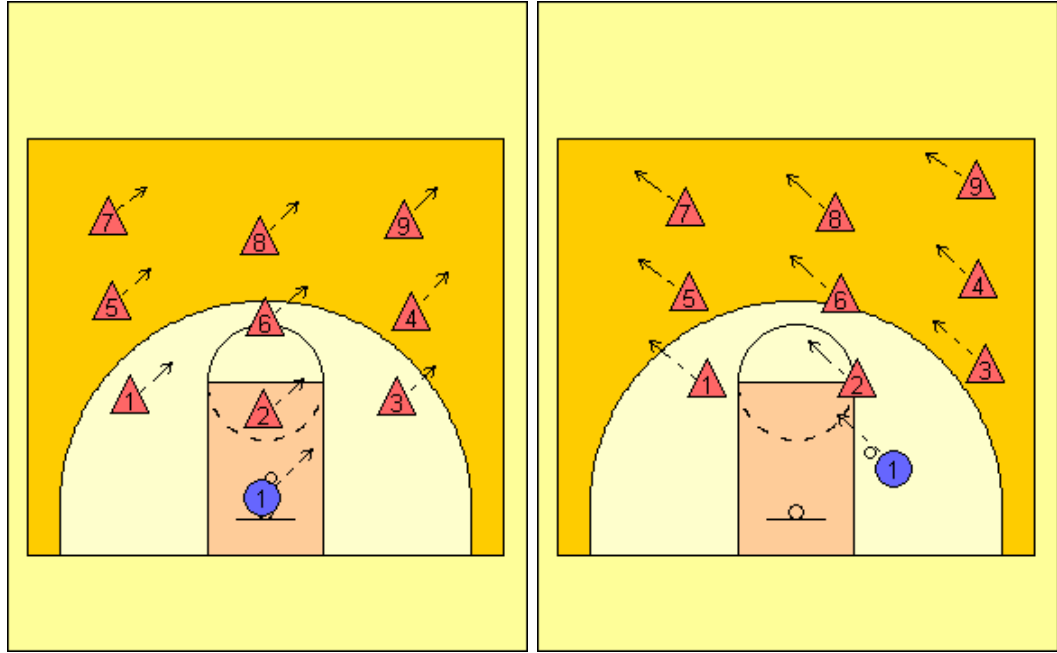
This drill is fantastic with the fundamentals for on-ball defense, and communication.

Setup:

The players will spread across the court (enough space so they can slide). The players will want to be facing you. You (Coach) want to be positioned underneath a goal. So, there is plenty of room for the players to slide down the court.

Execution:

- * The Coach has the ball and slaps it.
- * Players will yell, "Ball!"
- * Coach dribbles the ball with his right hand, at a 45% angle towards the players.
- * The players do a defensive drop-step with their left foot and slide to their left with the Coach as if they were guarding him.
- * Coach crosses over to his left-hand.
- * Players do a defensive drop-step with their right foot and slide to their right.
- * Coach picks up the ball.
- * Players jump-forward and yell "dead, dead" "ball, ball." Choose whatever you feel is appropriate.
- * Coach takes a step towards the players.
- * Players yell "UHHHH!" and fall backwards as if they took a charge.
- * Repeat the drill a few more times.



Coaching Tips:

* Make sure that the players are yelling “Ball” and “Dead, Dead,” etc. This is practiced for game-like situations when the crowd is noisy and they need their teammates to hear them.

* Make sure they are also using the proper defensive technique.