

20. Medicine Ball/Weight Slide

Purpose:

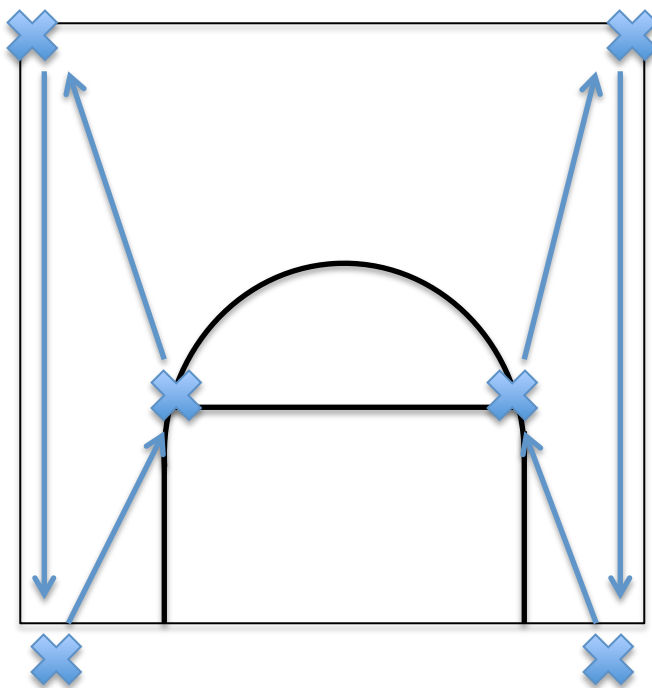
To strengthen defensive slide stamina.

Setup:

- * Divide players into two lines starting at the two baseline corners.
- * The first player in each line is given a medicine ball or weight to carry during defensive slides.

Execution:

- * On the whistle, the first player holds the medicine ball/weight at their chest with their elbows out while sliding to the elbow.
- * Player drop steps at elbow and slides to half court sideline.
- * At half court, player sprints back to baseline still holding medicine ball at their chest and gives the medicine ball to the next player in line.
- * Repeat until all players get 2-3 turns with this drill.



Coaching Points:

- * Emphasize to players to stay low, knees bent, feet slide and don't click.
- * Players need to stay strong and use their core during this drill.