

3. Musical Slide

Purpose:

This drill will teach players the proper defensive stance and improve their lateral quickness, which will increase their ability to shut down their opponent.

Setup:

* Place chairs, cones, or dots in a large circle. Use 1 less chair/cone/dot than you have players on your team.

Execution:

- * Players spread out around the outside of the circle.
- * On the whistle, players get into defensive position.
- * When the music starts, players begin to slide in their defensive stance around the chairs/cones/dots.
- * When the music stops, players must sit on or next to chair/cone/dot.
- * The player who is left out is removed, along with one chair/cone/dot.
- * This process continues until there is a winner declared. This is musical chairs but using defensive slide.

Coaching Tips:

- * Players who are not using proper defensive slide technique can be automatically disqualified.
- * Focus should be on defensive stance and balanced slide.

