



Defensive Positioning Outside the Midline

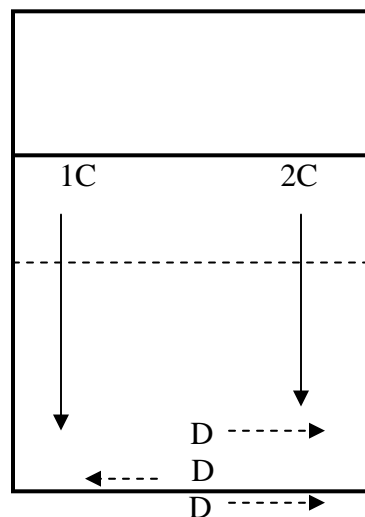
Drill Name: 30 Ball Slide Under

Purpose:

- This drill is great for getting your athletes to slide away from their pre-defense and slide to a ball played outside their mid-line.
- Too many athletes are slow moving to a ball and find themselves out of position to play the ball with success.

Description:

- 2 Coaches in position 2 and 4 facing the court.
- Group of 3 (5 also works) athletes lined up one behind the other in position 6.
- Each coach will take a turn and attack a ball to the defender down the line.
- 1st athlete through will move to the right to play the ball, 2nd athlete will move in and play the ball to the left, 3rd athlete will move to the right.
- After each athlete plays the ball they will move to the back of the line and then move in the opposite direction to dig the next ball (figure 8 cycle)
- Defenders should not move until the coach tosses the ball (Don't cheat).
- The drill is not finished until 30 balls are passed successfully to the target in 2 ½ (mimic setter).
- All other athletes position themselves around the court to collect loose balls. Make sure coaches don't run out of balls.



Alternate Drill:

- Have coaches attack the balls cross court instead of line. Athletes will continue to move to the line to play the ball.
- When starting this drill, have coaches start with less pace and increase the pace of the attack as the drill continues and athletes get familiar with the movement.

Key to the Drill:

- Defenders should start this drill from a low ready position and move with low efficient footwork to the ball.
- First step should be with the outside foot, 2nd step is a cross over step and 3rd step is a hop step/step split to get your body around the ball.
- When playing the ball outside the mid-line, athletes should drop their inside shoulder to ensure that there is greater surface area in contact with the ball.
- Coach should really enforce proper foot work and body position while completing this drill.