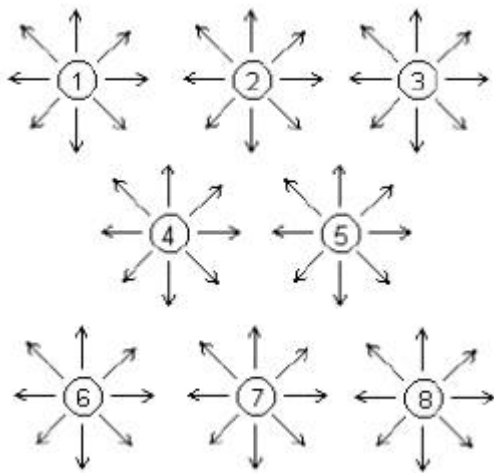


	Drill	Skill
	<b>18 – Mass defensive drill</b>	<ul style="list-style-type: none"> <li>Defensive stance &amp; footwork</li> </ul>

Description	
<ul style="list-style-type: none"> <li>Players spread out on court facing the coach who is standing in front of them.</li> <li>The coach can use visual or audible cues to make the players do the following: <ol style="list-style-type: none"> <li>Get into their defensive stance.</li> <li>Footfire or pitter-patter with their feet.</li> <li>Defensive footwork any direction (e.g. left or right slide, drop-step and slide, retreat step, close out).</li> <li>Change hand position - coach might move ball around and have players trace ball, challenge shot etc.</li> </ol> </li> <li>Visual cues may be better as it encourages players to keep their heads up.</li> </ul>	
Variations	
<ol style="list-style-type: none"> <li>Have a player lead the others.</li> </ol>	
Points of emphasis	
<ol style="list-style-type: none"> <li>Correct defensive stance.</li> <li>Stay low - no bobbing up and down.</li> <li>Keep head in middle of body.</li> <li>Keep head back - "nose behind toes".</li> <li>Correct defensive footwork - wide then wider - don't bring feet together.</li> <li>Active hands.</li> </ol>	

