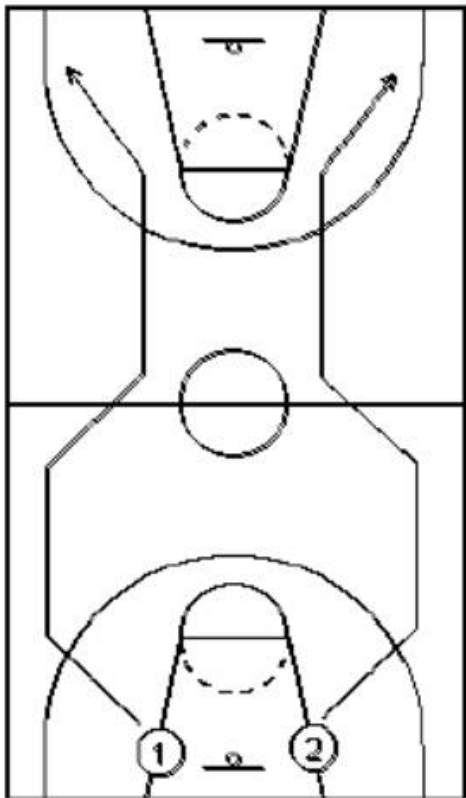
	Drill	Skill
	40 – Slide run slide	<ul style="list-style-type: none"> • Defense

Description	
<ul style="list-style-type: none"> • Players start at baseline facing out of court in defensive stance. • Players are playing against an "imaginary opponent" initially. • They begin by defensive sliding two or three steps then pretend they have been beaten and move to a run (sprint) to catch up, then return to defensive stance/slide, then repeat to other end of court. 	
Variations	
<ul style="list-style-type: none"> a) Add an opponent with ball rather than imaginary opponent. b) Add an opponent moving without ball (harder for defense). c) Defender holds towel behind back (concentrate on footwork). 	
Points of emphasis	
<ul style="list-style-type: none"> 1 Correct defensive footwork - stay low. 2 Sprint. 3 Effort. 	

