



Defensive Progressions

Appropriate Age Group: 12-18

Skill(s) Practiced: Defensive Positioning, Sliding, Recovering

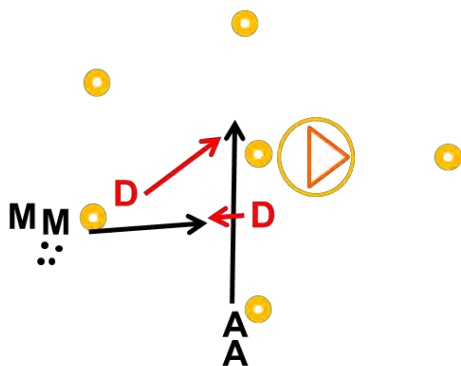
Drill Duration: 5-10 minutes

Resources: Balls, Cones

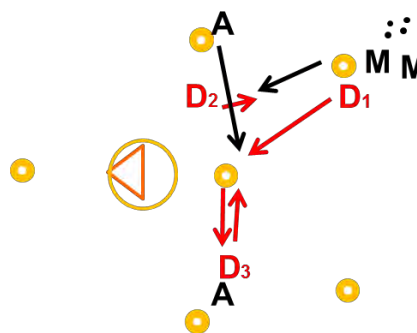
Description: Starting with an adjacent slide, build up the defensive rotations, extension, and recovery.

Progression(s): Alternate offensive sets. Change which D slides 1st.

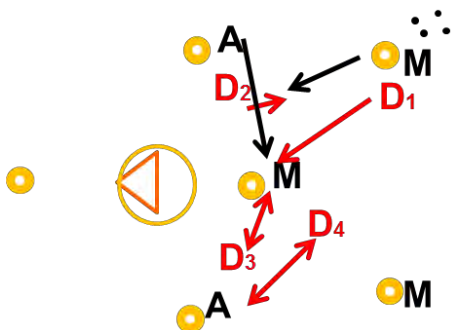
Drill Diagram(s):



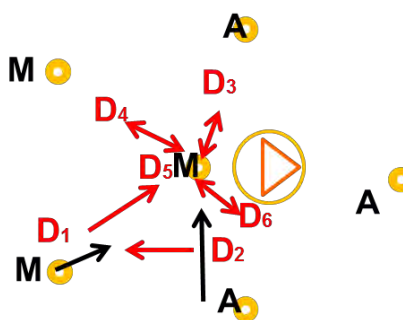
Progression 1



Progression 2



Progression 3



Progression 4