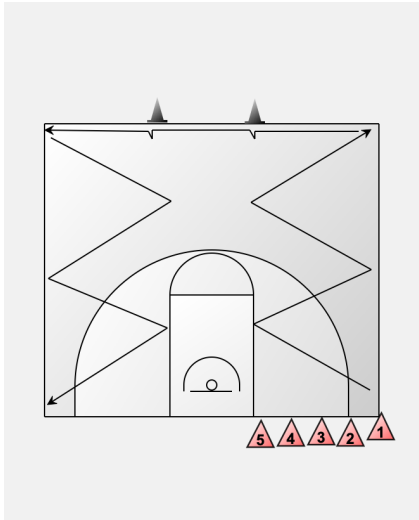


Defensive Slides Zig-Zag



Players start facing the baseline and begin defensive sliding in a zig-zag pattern until they reach half court.

Then they perform a slide > sprint > slide to get to the other sideline.

Players then face half court and zig-zag slide until they reach the baseline.

After performing the drill for a set amount of time or cycles, players start from the other side. Alternatively, coaches can alternate the starting side every practice.