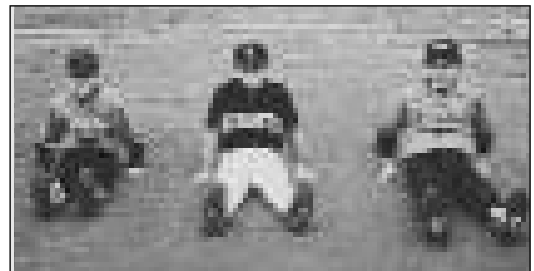
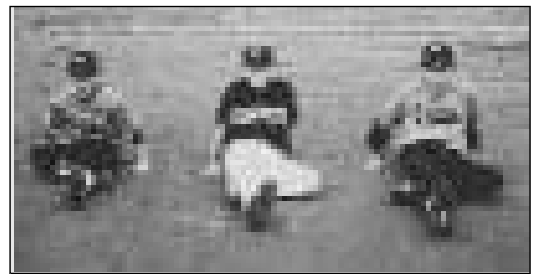


FUNDAMENTALS AND DRILLS

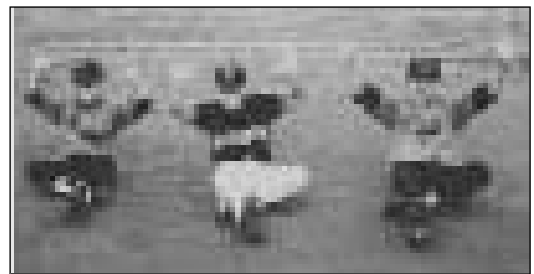
- A. Establishing the lead foot is important. With players sitting on the ground, put both legs straight out and arms resting on the ground. (**picture 11-1**)
- B. On the command, *slide*, have players fold one leg as quickly as possible under the other leg into a figure-four position. Do not tell them which leg to fold. Observe to see which leg they tuck under naturally. It is not necessary to teach players to slide on both sides at this level. Concentrate on proper technique using the side that is natural to each player. (**picture 11-2**)
- C. After establishing the tucked leg, add the hands to the equation. Repeat the verbal command, *slide*. Players now tuck one leg and throw both hands into the air at the same time. The position they are in after the command is the same position to aim for when practicing. Players should be sliding on their buttocks, not their sides. (**picture 11-3**)
- D. After slide, proceed to the next command, *back*. Players lean back, keeping their hands up. As players progress back in their lean players should tuck their chin forward towards chest. This will keep them from hitting their head on the ground. The extended foot is 2 to 3 inches off the ground, staying low enough to touch the base. (**picture 11-4**)
- E. After players have gone through and understand the fundamentals A through D, the next step is to perform all the lessons at once. Set up players in the starting position again. On verbal command, *slide*, players tuck a leg and chin, raise hands and lean back simultaneously.
- F. Have all players stand up at an arm's-distance apart. With their non-tuck leg, have them take a step forward as they tuck their other leg – as if sliding standing up. At the same time they raise their hands, tuck their chin and lean back to simulate a slide. This will help them to get the feeling of tucking their leg while moving.



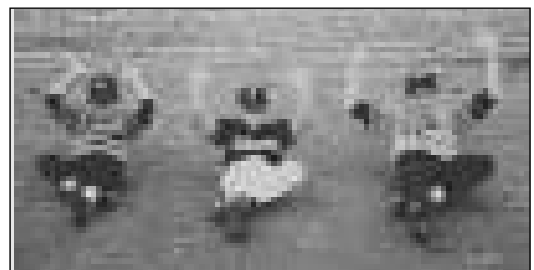
11-1: Starting position



11-2: Establishing tuck leg



11-3: Hands up



11-4: Lean back



SIMULATING GAME SLIDE

After completing the figure-four slide fundamentals and the players have a complete understanding of what to do, it's time to slide at game speed.

There are three ways to simulate the game slide: on a sliding pad, on wet grass or on big pieces of cardboard. If using cardboard, get two pieces measuring about 6 feet by 7 feet and place them on top of each other. With two pieces of cardboard the top piece will slide on the bottom if a bad slide is made. A base is not necessary to teach the figure-four slide, but if one is available, players can practice touching the base with their extended leg.

Have players remove their shoes and line them up 45 feet away from the sliding area. One at a time, each player must run hard without slowing down when they start their slide. They should not jump into the slide; it should be a controlled fall. Just like in the sit-down drills, players should tuck one leg and raise the other as they pull their upper body back and raise their arms. The extended leg's foot should not hit the ground. If the lead leg is hitting the ground, have the players lean back a little more once their buttocks hit the ground. Have novice players wear a helmet when first learning to slide. **(picture 11-5)**



11-5: Figure four slide

