

2 on 0 Build Up

Drill Specifications

Drill Theme: Passing, Shooting, Transition
Floor Position: Full Floor

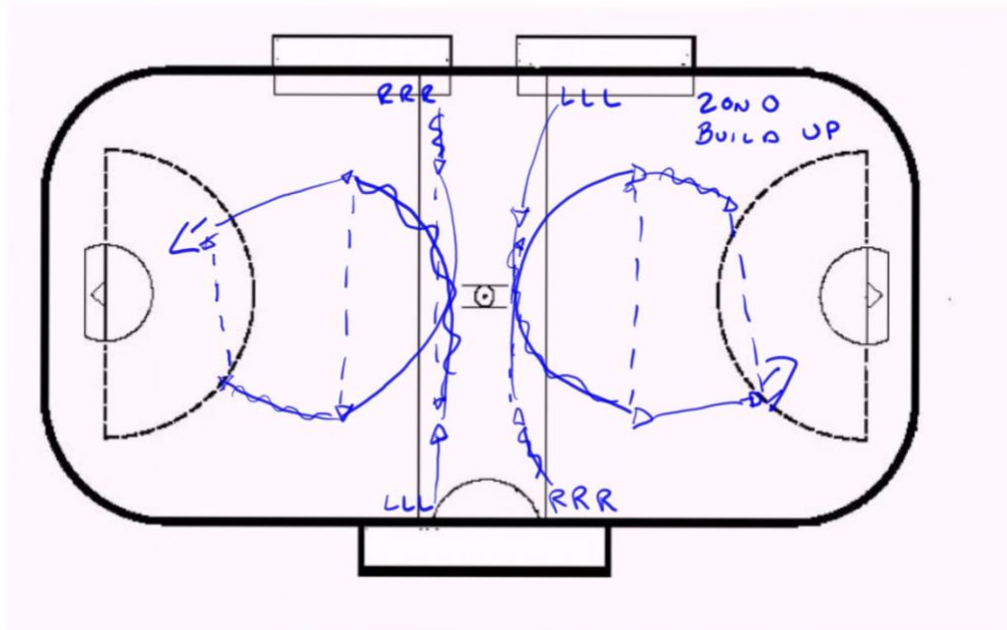
Drill Style: Skills
Time Needed: 10

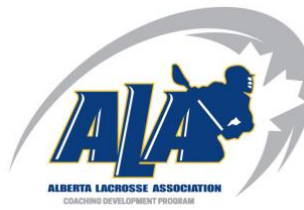
Objective

This drill is excellent for developing simple transition skills.

Drill Description

Form four lines as shown below. Start the drill by having L1 and R1 throwing the ball across the floor to R2 and L2 and then running towards the middle of the floor. After catching the ball, L2 and R2 will run towards the middle making a pass back to their partner as the players cross and push the ball down into the offensive end, making a few more passes before shooting.





Skills Practiced

- Passing
- Shooting
- Transition

Variation

N/A

