

## 2 on 1 Pick and Roll

### Drill Specifications

Drill Theme: Pick and Rolls  
Floor Position: Offense

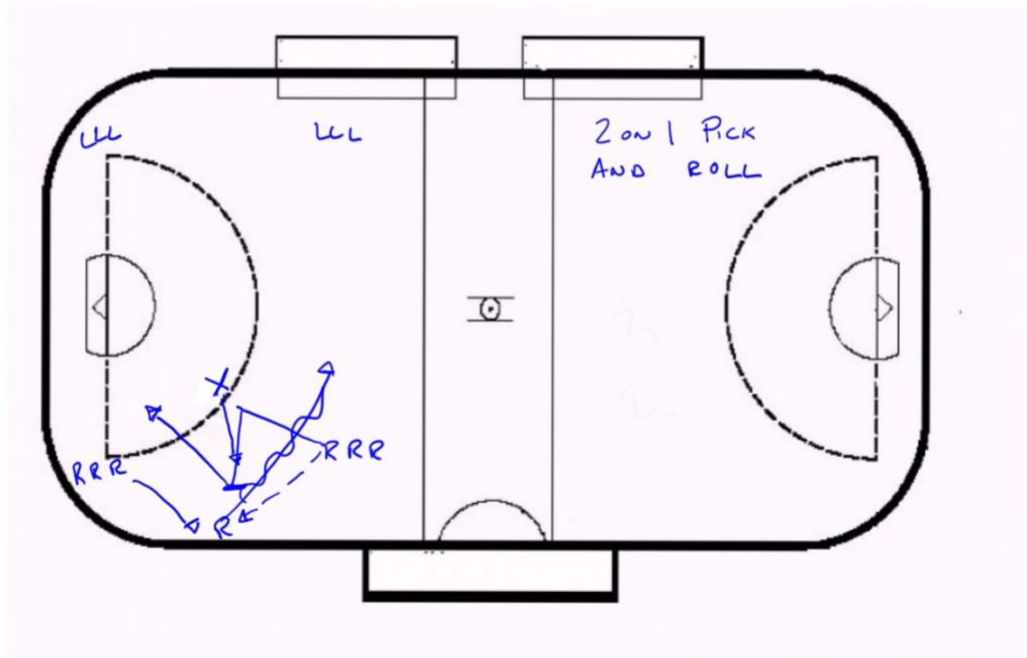
Drill Style: Skills  
Time Needed: 10

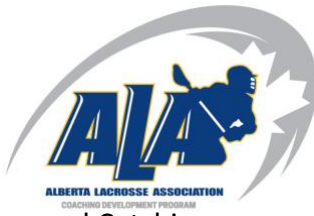
### Objective

This drill is excellent for reinforcing decision making in the pick and roll game

### Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. With one defender in the middle. The defender chooses who to defend in the pick and roll, so there is either a shot or a pass to the roll player.





**Skills Practiced**

- Passing and Catching
- Shooting
- Pick and Rolls

**Variation**

N/A

