

## 2 on 0 Regroup Transition

### Drill Specifications

Drill Theme: Passing, Shooting, Transition

Drill Style: Skills

Floor Position: Offense

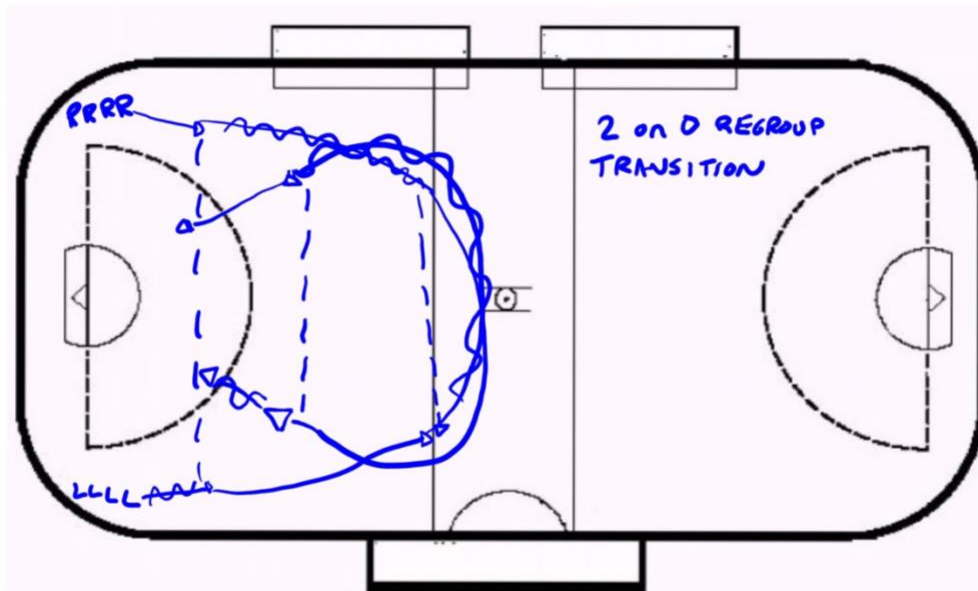
Time Needed: 10

### Objective

This drill is excellent for teaching players to make long passes across the width of the floor and for shooters to take good angles towards the net in offensive transition situations.

### Drill Description

Set up two lines in the corners, placing left-handed and right-handed players in their opposite corners. Have balls in both lines. The drill will start with L1 (or R1) making a pass across the floor to their partner in the other line. Players will run up the floor, while continuing to make passes. Players will cross sides after reaching the restraining line, placing them on their proper side, as they turn towards the net. Have the player with the ball drive towards the net looking to shoot or make one pass to their partner for a shot.





**Skills Practiced**

- Passing
- Cutting
- Shooting
- Offensive Transition

**Variation**

N/A

