

Carry and Shoot

Drill Specifications

Drill Theme: Shooting and Recovering
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

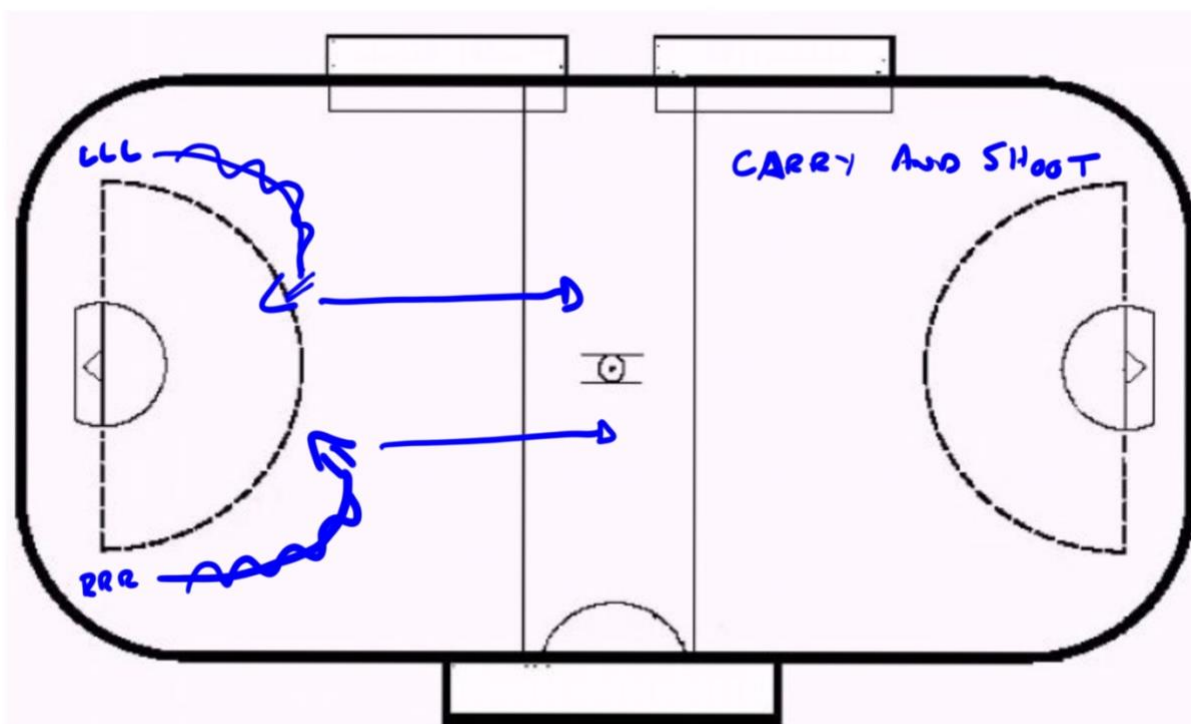
Objective

This drill is excellent for teaching players how to carry the ball up the floor, shoot, and recover to the defensive end. The objective is to work on carrying the ball, shooting, and recovering to the defensive end.

Drill Description

Set up two lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are down low in both lines. L1 will carry the ball up past the 24-foot area, turn their hips, plant their lead foot towards the net, and shoot. After shooting, players will immediately turn and sprint past the restraining line.

Players will alternate repetitions with one player from one side going, followed by a player in the opposite line.





Skills Practiced

- Carrying the Ball
- Shooting
- Defensive Recovery

Variation

N/A

