

Corner Loose Ball, Hit Opposite Cutter

Drill Specifications

Drill Theme: Loose Balls and Shooting
Floor Position: Offense

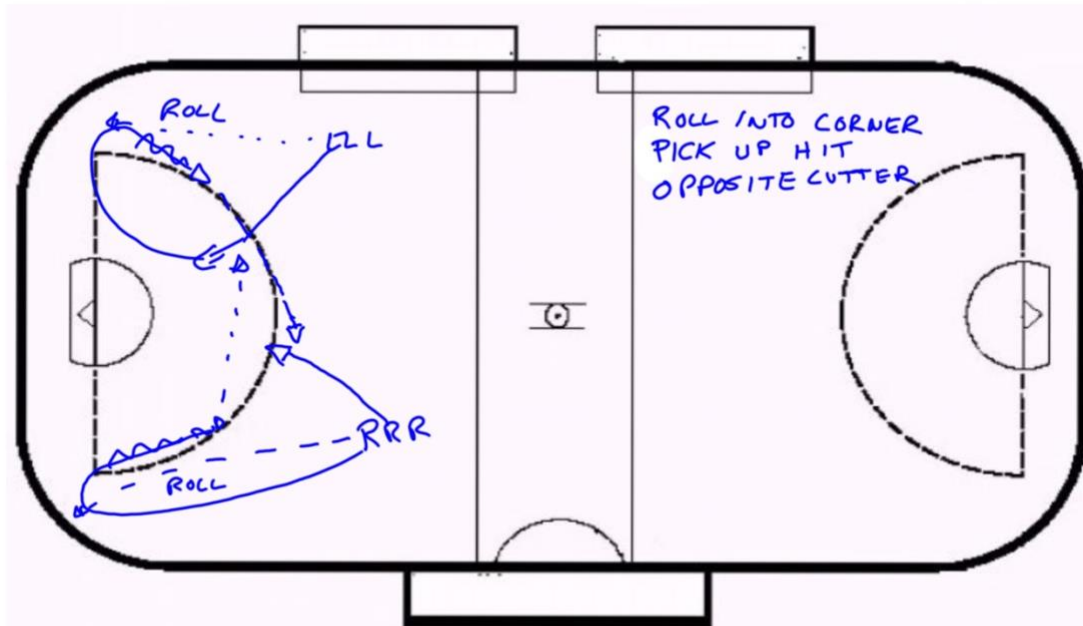
Drill Style: Skills
Time Needed: 10

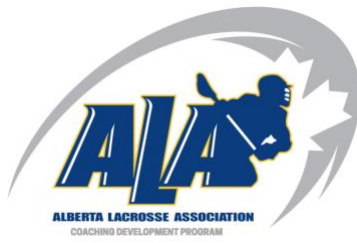
Objective

This drill is excellent for teaching players how to pick up loose balls, pass across the floor, catching and shooting.

Drill Description

Set up two lines just under the restraining lines, splitting up left-handed players and right-handed players. The balls are in both lines. R2 will roll a ball into the corner for R1, as R1 picks up the ball, L1 will cut into the middle of the floor looking for the pass and shot. After shooting, L2 will roll a ball for L1 into the corner, as R2 cuts into the middle. Lines will continue to alternate.





Skills Practiced

- Passing
- Catching
- Loose Balls

Variation

N/A

