

## Four Corner Give and Go

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

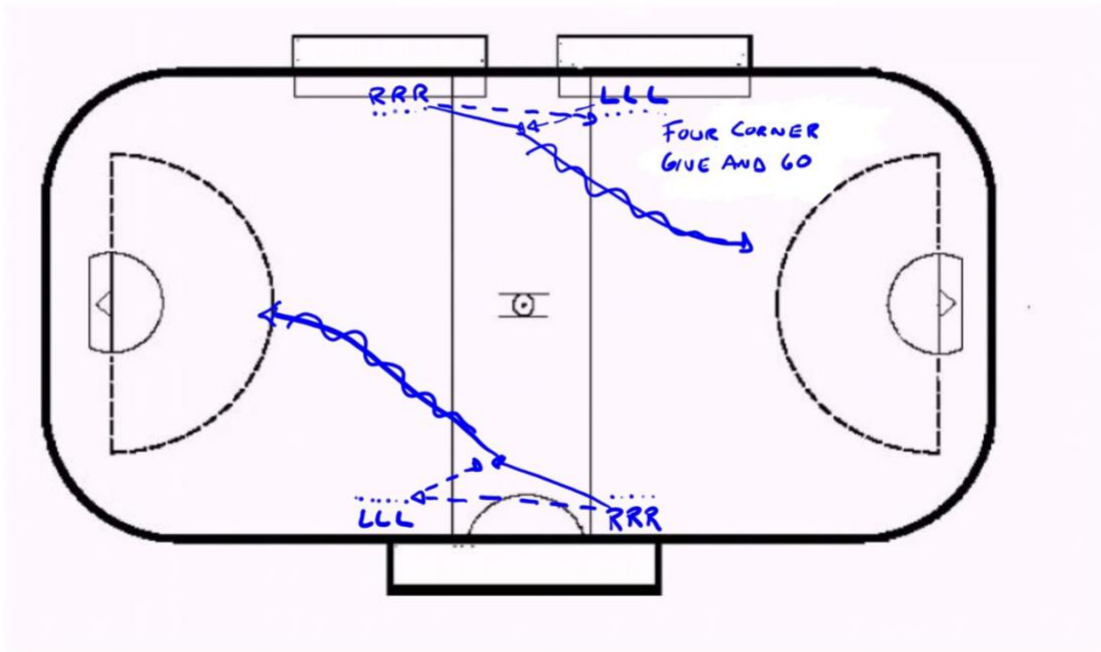
Drill Style: Skills  
Time Needed: 10

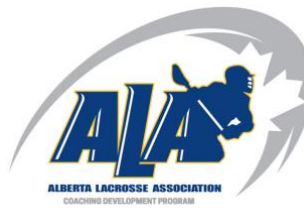
### Objective

This drill is excellent for teaching players coordination while quickly passing and catching, as well as looking up the floor for a shot.

### Drill Description

Set up four lines under the restraining lines, splitting up left-handed players and right-handed players (as shown). Balls will be in all four lines. The drill will run simultaneously from both sides as R1 passes to L1, cuts towards the net and quickly receives the ball back from L1 for a Breakaway Shot. After L1 passes, L1 will pass to R2, and quickly receive the ball back breaking towards the other end of the floor.





**Skills Practiced**

- Shooting
- Passing

**Variation**

N/A

