

Full Floor Give and Go

Drill Specifications

Drill Theme: Passing, Shooting, Transition
Floor Position: Full Floor

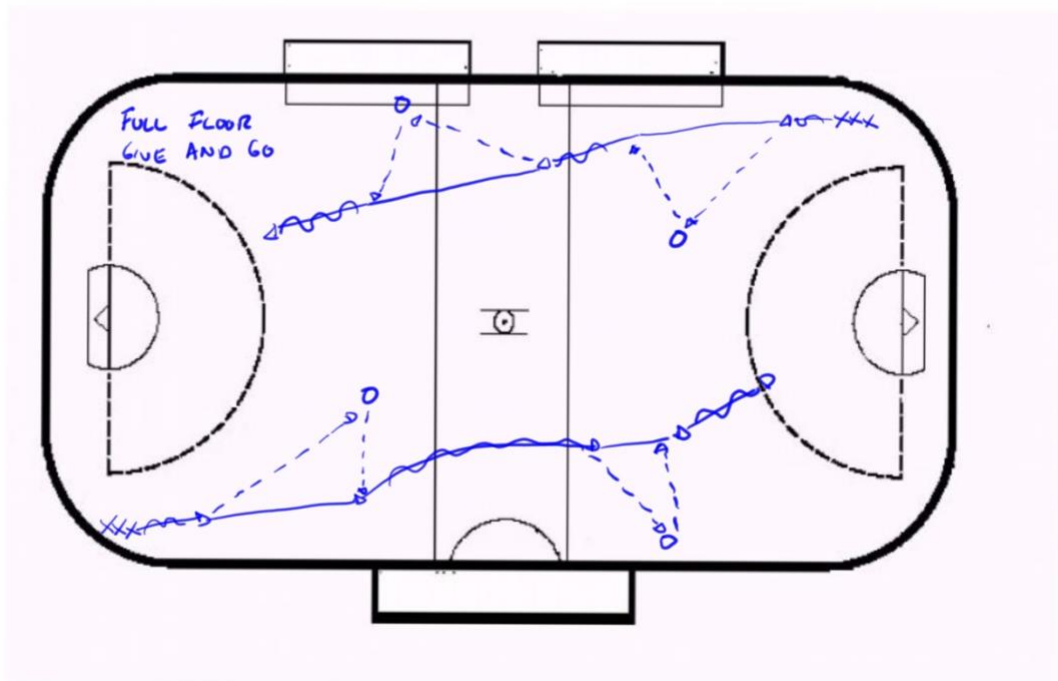
Drill Style: Skills
Time Needed: 10

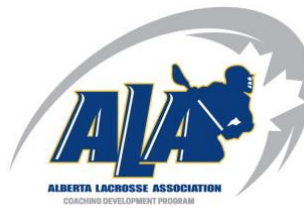
Objective

This drill is excellent for developing simple transition skills.

Drill Description

Form two lines in opposite corners. With two four coaches (or players) positioned as shown. Simultaneously, both lines will start by passing to the first coach, receiving the ball back, and making a pass to the second coach, while running down the floor. After receiving the pass back from the second coach, the player will cut to middle of the floor to shoot.





Skills Practiced

- Passing
- Shooting
- Transition

Variation

N/A

