

Inside and Outside Shooting

Drill Specifications

Drill Theme: Shooting off Pick and Rolls
Floor Position: Offense

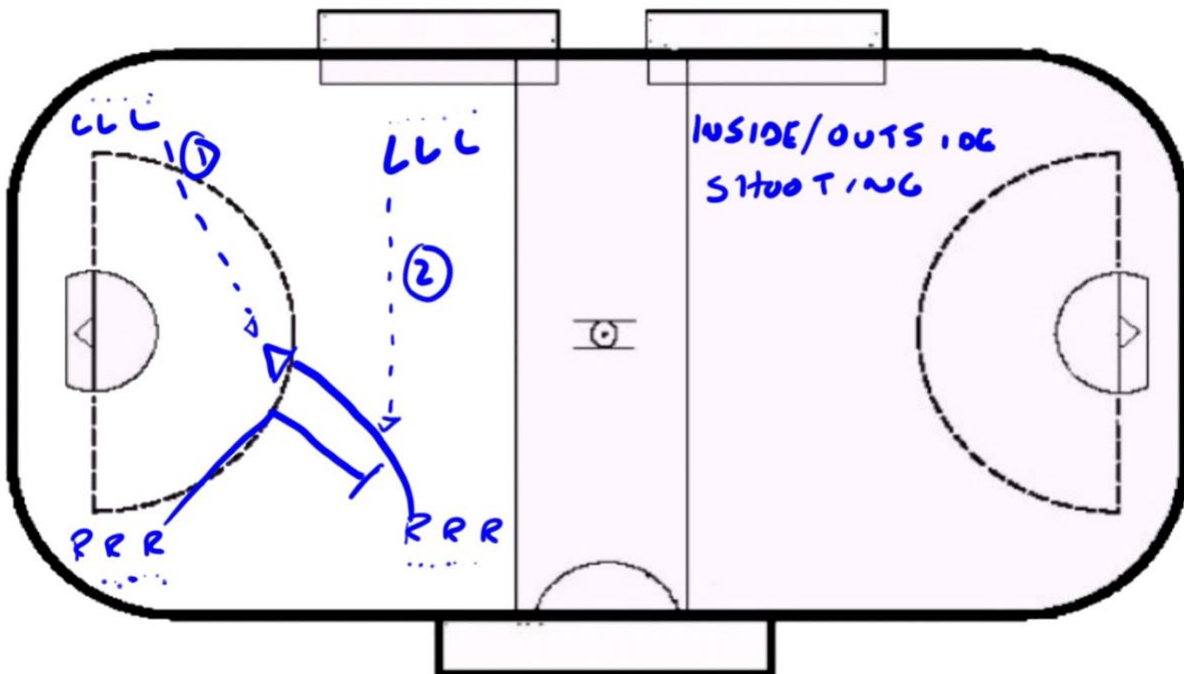
Drill Style: Skills
Time Needed: 10

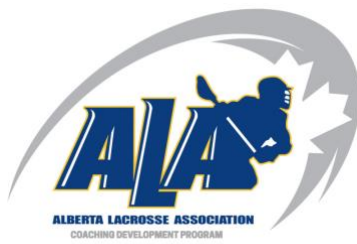
Objective

This drill is excellent for teaching players how to pass across the floor, catching and shooting off of pick and rolls.

Drill Description

Set up four lines in the corners of the offensive end, splitting up left-handed players and right-handed players. The balls are in all four lines. R1, without a ball, will cut into the middle and break towards R2 to set a pick. R2 will run off the pick and look for the ball from L1, while running to the far post. R2 will roll, opening up towards L2, as L2 passes it across the floor to R2 for a shot. After both R1 and R2 have shot, L1 and L2 will complete the same pattern.





Skills Practiced

- Passing
- Catching
- Pick and Rolls

Variation

Have the player, who is coming off the pick, go underneath instead of over top of the pick.

