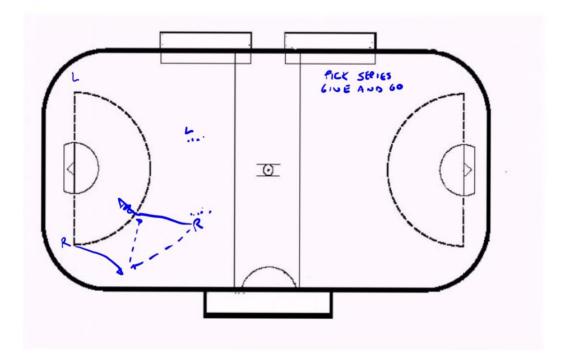


Pick Series: Give and Go

Drill Specifications	Drill Theme: Two-Man Game Floor Position: Offense	Drill Style: Skills Time Needed: 10
Objective	This drill is excellent for teaching players the fundamentals of the two-man game on offense.	
Drill Description	Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. Immediately after making the pass to R1, R2 will cut aggressively towards the net looking for the ball back from R1 for a shot.	





Skills Practiced



- Passing
- Shooting
- Two-Man Game

Variation

Pick Series: Pass to Roll, Shot, Swing Pass to Roll.

