

Quick Advance 2 on 0

Drill Specifications

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

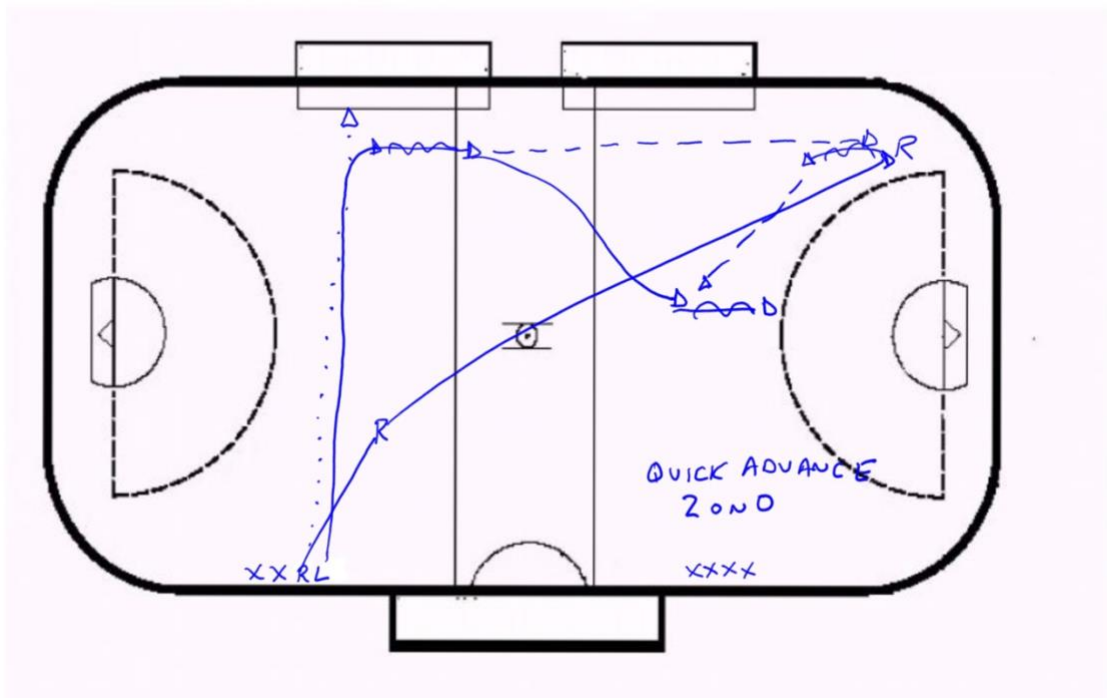
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for developing simple transition skills.

Drill Description

Form two lines away from the boards. Have players line up alternating hands beginning with lefts on the right line and rights on the left line. The drill starts with R1 rolling the ball across the floor for L1. R1 will proceed to cut through the middle and to the corner, looking for a pass from L1. After passing down to the corner, L1 will cut towards the middle looking for the pass from R1.





Skills Practiced

- Passing
- Shooting
- Transition

Variation

N/A

