

Side Shuffle, Trailer Shot

Drill Specifications

Drill Theme: Transition and Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

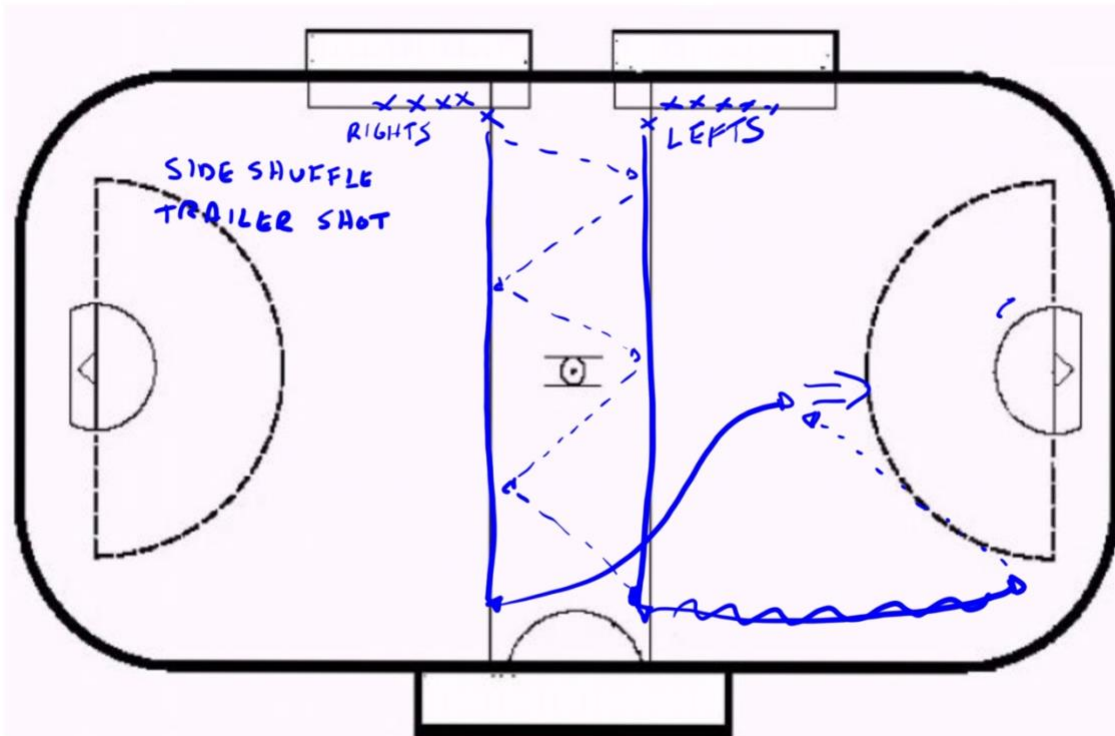
Objective

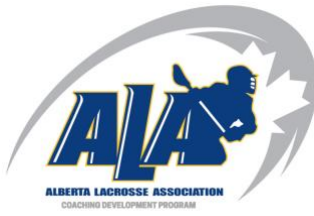
This drill is excellent for reinforcing lateral movement while passing. Moreover, it is excellent for teaching players to drive the floor, turn, and look for trailers.

Drill Description

Set up two lines in the changing area near the benches. L1 and R1 will start by shuffling parallel to each other, while passing back and forth. Once players come near the boards, L1, with the ball, will turn and drive towards the net, turn towards the corner and look to R2 streaking down the middle of the floor.

After L1 and R1 reach the centre, L2 and R2 will begin.





Skills Practiced

- Passing
- Catching
- Shooting
- Lateral Movement
- Transition

Variation

N/A

