

Swing Pass and Shot

Drill Specifications

Drill Theme: Passing and Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

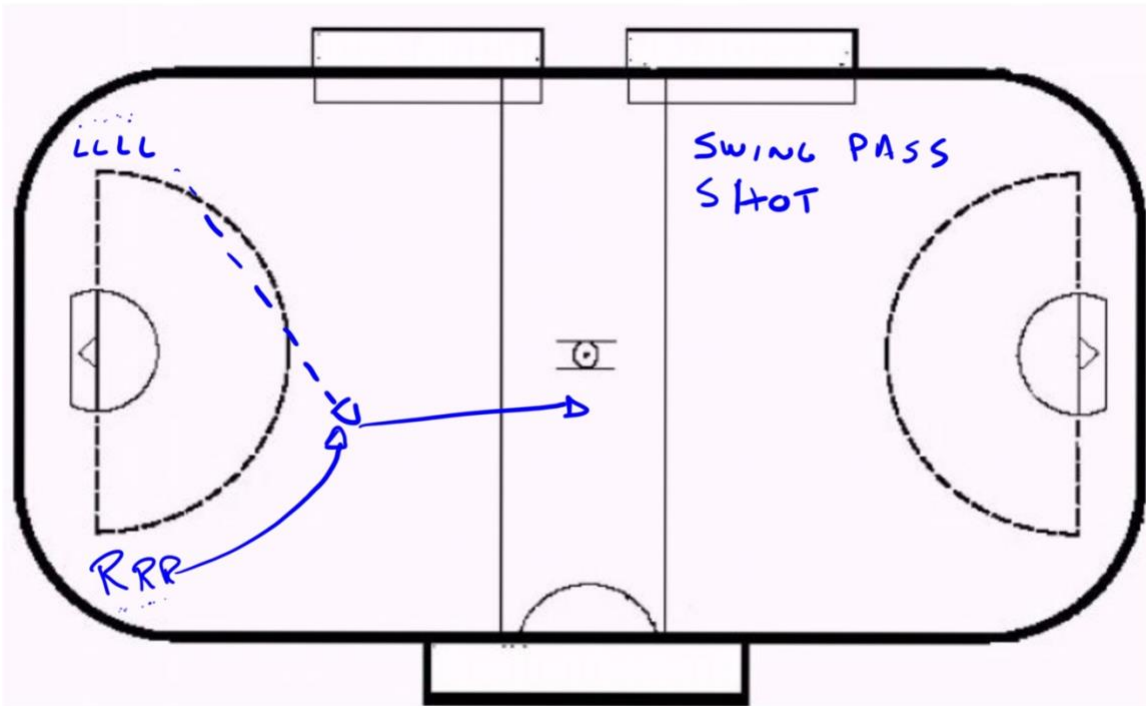
Objective

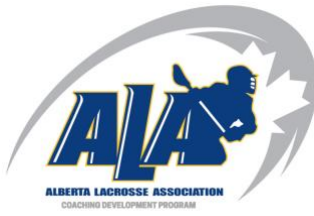
This drill is excellent for reinforcing passing across the floor, shooting, and recovering.

Drill Description

Set up two lines in the corners of the offensive end, splitting left-handed and right-handed players. R1 will cut up past the 24-foot circle and catch a pass from L1, who is in the corner. R1 will shoot and then immediately sprint past the restraining line. After passing, L1 will cut up past the 24-foot circle and receive a pass from R2.

Sides will alternate repetitions.





Skills Practiced

- Passing and Catching
- Shooting

Variation

N/A

