

## Triangle Drill

### Drill Specifications

Drill Theme: Passing, Shooting  
Floor Position: Full Floor

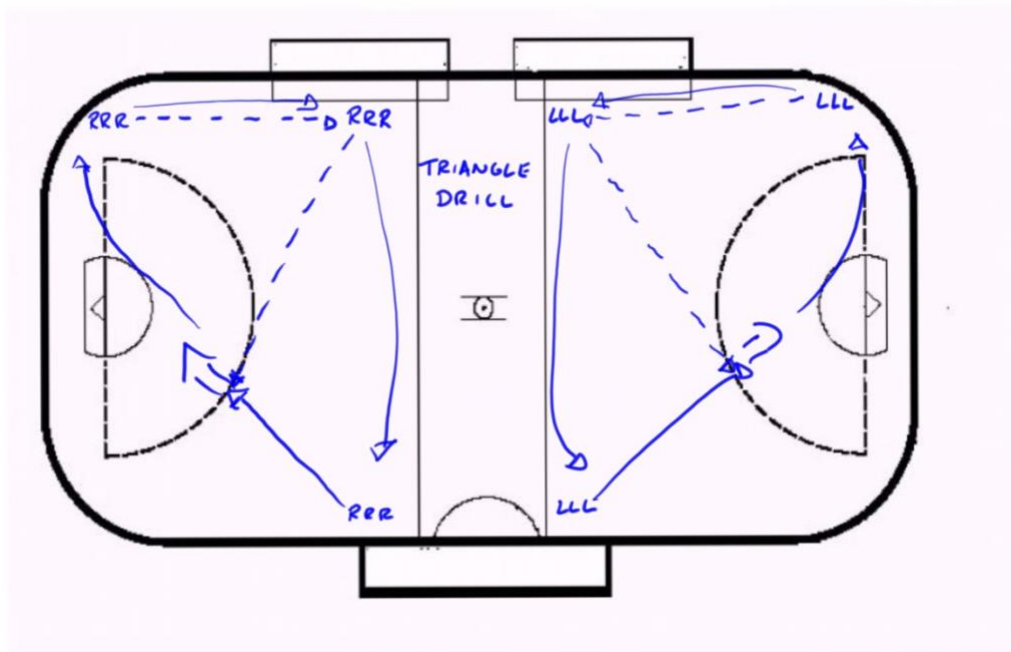
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for developing passing and shooting skills

### Drill Description

Form six lines as is shown below, separating left-handed and right-handed players on opposite ends of the floor. The balls will start in the corners on both ends. R1 will pass up to R2, as soon as R2 receives the pass, R3 will cut to the middle of floor and receive the ball from R2 for a shot. Both ends will go simultaneously. Players will follow their pass and occupy the line that they passed to.





**Skills Practiced**

- Passing
- Shooting

**Variation**

N/A

