



Up Pass, Swing Pass Shooting

Drill Specifications

Drill Theme: Passing, Shooting, Odd Man
Floor Position: Offense

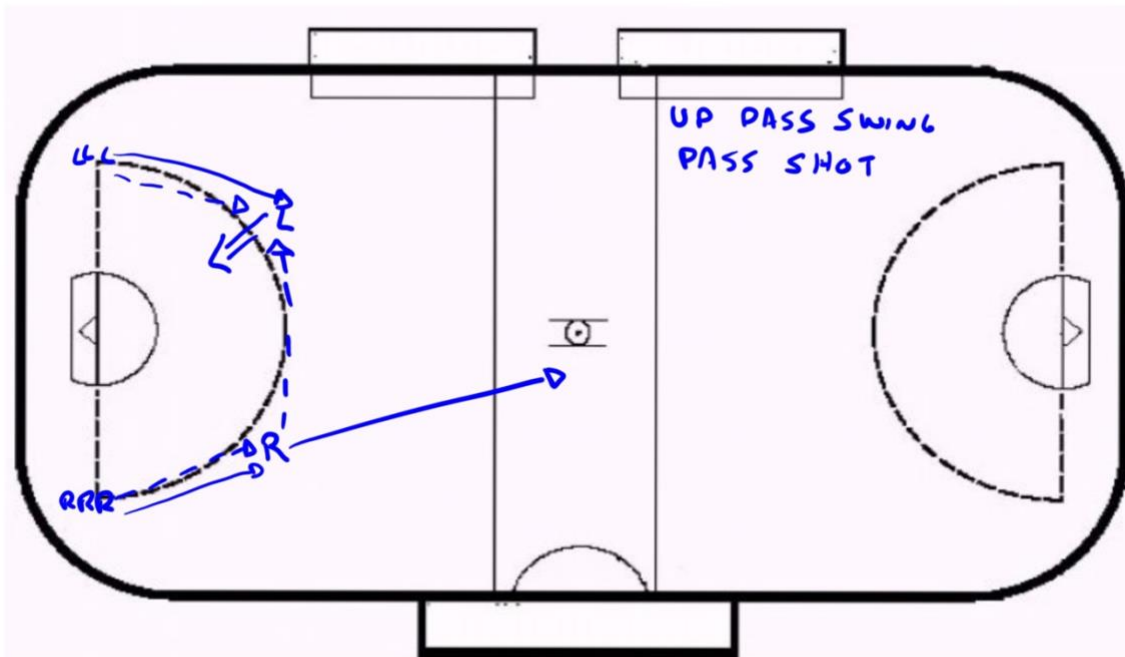
Drill Style: Skills
Time Needed: 10

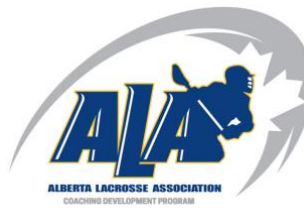
Objective

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

Drill Description

Set up two lines as shown below. With balls in both lines. R1 and L2 will simultaneously run up pass the 24-foot line as L1 arrives L2 will pass the ball from the corner up to L1, L1 will then swing the ball across to R1 for a shot.





Skills Practiced

- Shooting
- Passing
- Recovering

Variation

N/A

