

## Up Pick and Roll with a Shot

### Drill Specifications

Drill Theme: Pick and Rolls Shooting  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

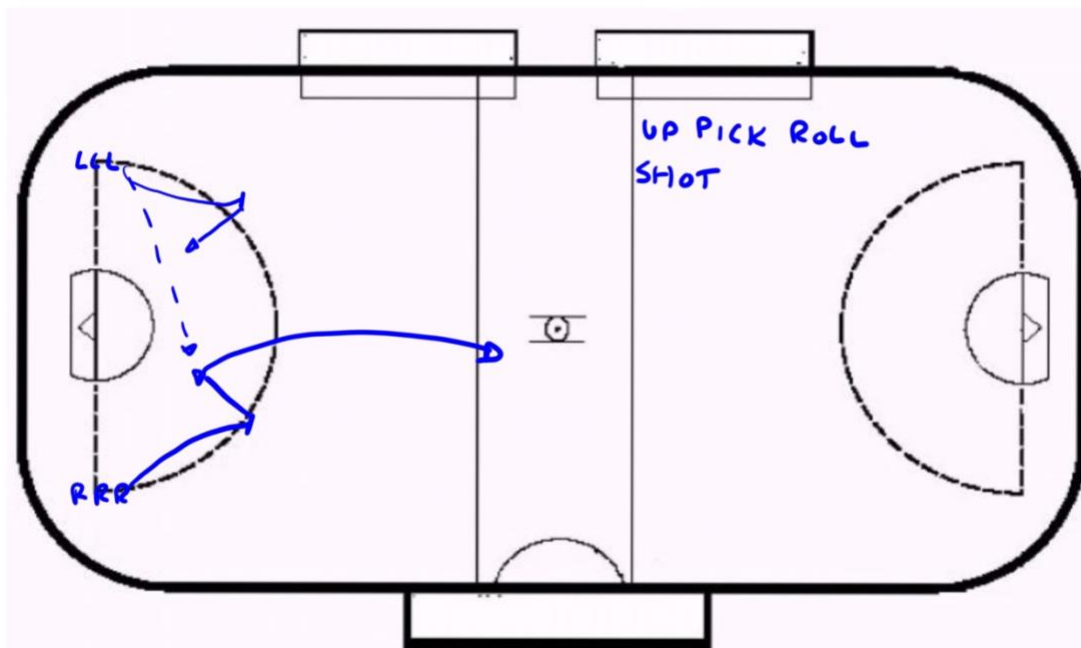
### Objective

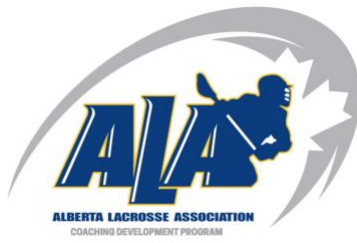
This drill is excellent for teaching players the fundamentals of an up pick and roll and shooting.

### Drill Description

Set up two lines in the corners, splitting up left-handed players and right-handed players. The balls are in both lines. R1 will shallow cut up to the edge of the 24-foot line, roll towards L1 and cutting into the middle looking for a pass and a shot. After passing L1 will repeat the process with the pass coming from R2.

Lines will continue to alternate.





**Skills Practiced**

- Passing
- Catching
- Shooting
- Pick and Rolls

**Variation**

N/A

