

Wide Run, Pass to Trailer

Drill Specifications

Drill Theme: Passing, Shooting, Transition
Floor Position: Central/Offense

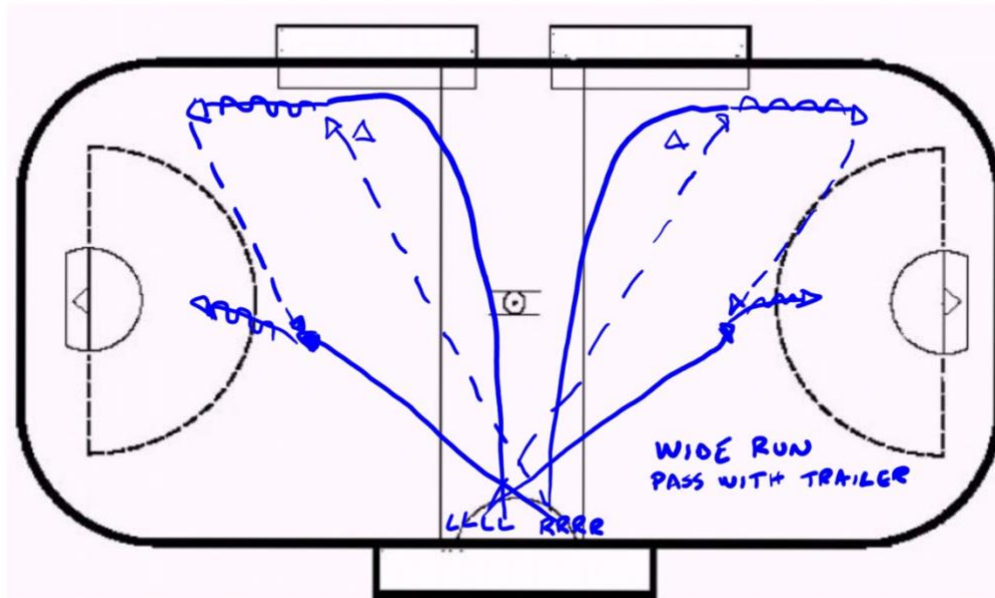
Drill Style: Skills
Time Needed: 10

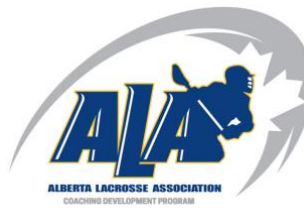
Objective

This drill is excellent for teaching players to look and make long passes across the width of the floor and for shooters to take good angles towards the net.

Drill Description

Set up two lines just inside the restraining line and two cones below the restraining line adjacent to the lines. R1 and L1 will simultaneously run around their respective cones and cut towards the net. After passing, R2 and L2 will cut towards the net, looking for the ball back from L1 and R1 for a shot.





Skills Practiced

- Passing
- Cutting
- Shooting
- Offensive Transition

Variation

N/A

