

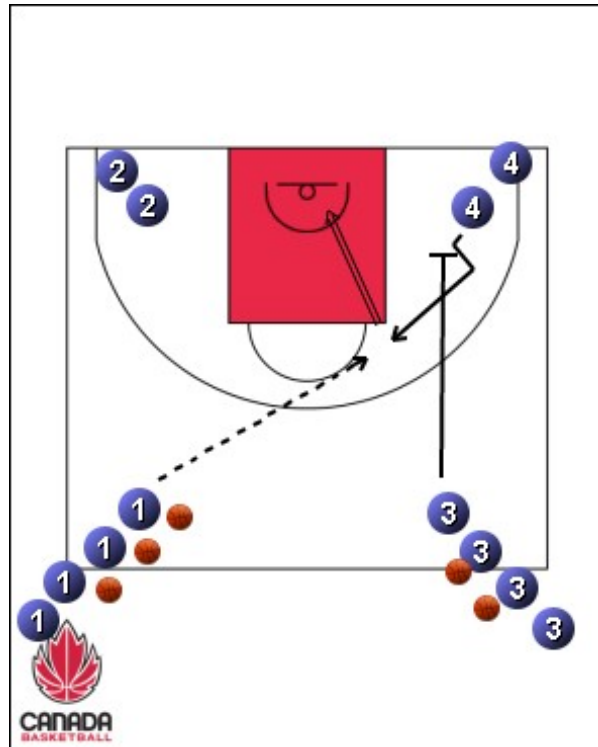
Drill

Drill: 4 Corners (2)

Goal: -Setting good screens -Squaring up to basket for shot -Following shot

Equipment/# players needed: 5 balls. Start with 4 lines as shown.

Sketch:



Description: Rotation:
1 goes behind 2 after setting screen.
2 rebounds own shot and speed dribbles off the court and goes behind 3.
3 goes behind 4 after setting screen.
4 rebounds own shot and speed dribbles off the court and goes behind 1.

Load(s): Physical Mental Technical Pressure
 Social/emotional

LTAD stage(s): Fundamentals Learn to Train Train to Train
 Train to Compete Train To Win

Categorie(s):

- Ball Handling Defense Dribbling
 Dynamic 1 on 1 Footwork
 Fundamental Movements Passing Picks
 Principals/Actions Rebounding Screens
 Shooting Static 1 on 1
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Phase(s): A B C D
