

End Line 2 on 1

Drill Specifications

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

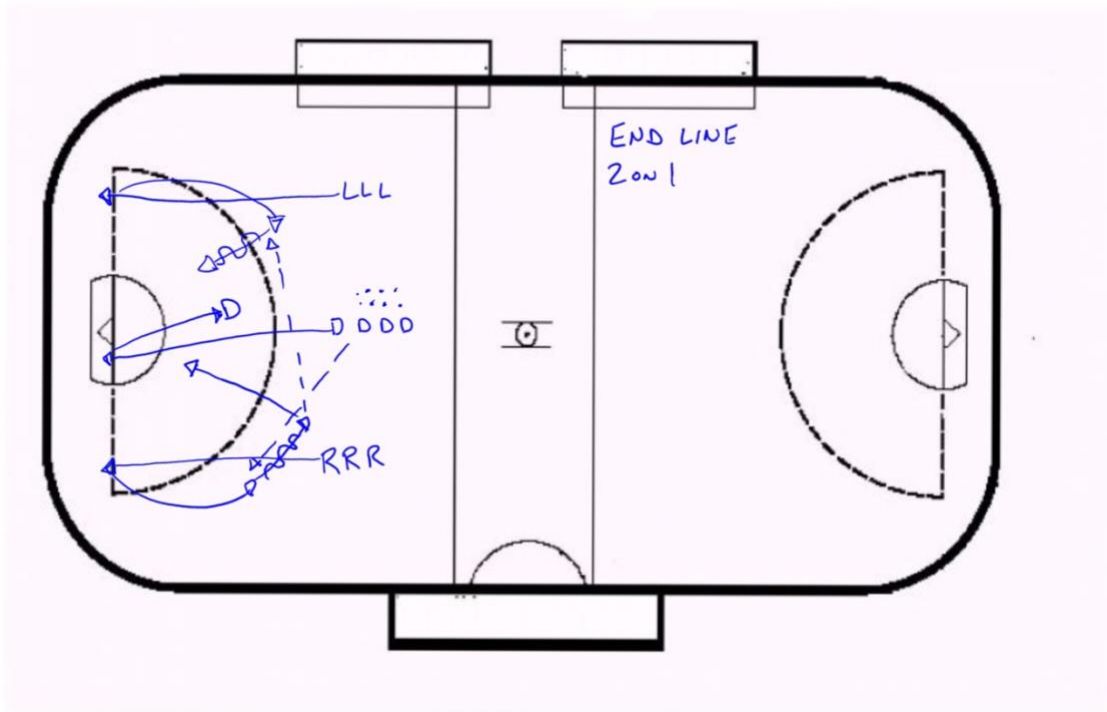
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for developing quick odd man skills.

Drill Description

Form three lines as shown below. Start by having all three players touch goal line. The middle-man is on defense. The two outside players are on offense. The offense runs out to the open floor after touching the end line, receives ball from middle line and proceeds to attack 2 on 1.





Skills Practiced

- Passing
- Shooting
- Odd Man

Variation

N/A

