

Pass Down, Opposite Cut Shot

Drill Specifications

Drill Theme: Shooting
Floor Position: Offense

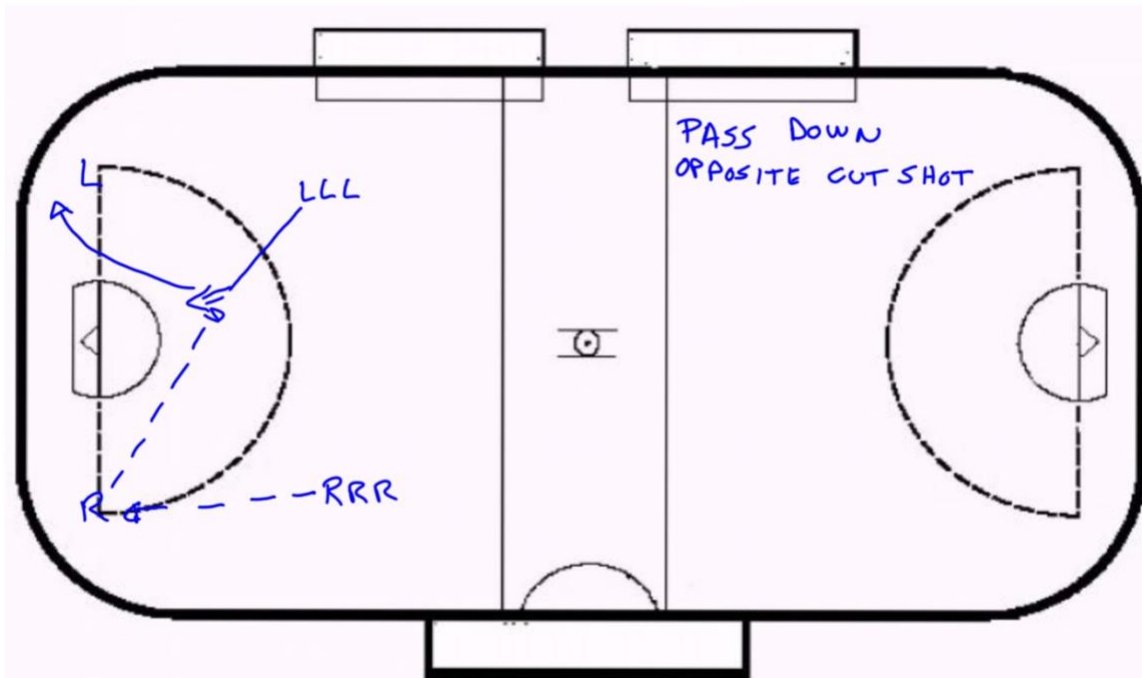
Drill Style: Skills
Time Needed: 10

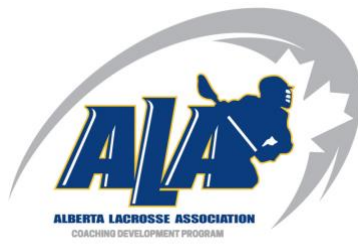
Objective

This drill is excellent for teaching players how to pass across the floor, catching, shooting, and recover to the defensive end. The objective is to make quick

Drill Description

Set up four lines in the corners of the arena, splitting up left-handed players and right-handed players. The balls are in the top two lines. R1 will pass down to R2, while L1 cuts to the middle of the floor, receiving a pass from R2. L1 will recover the opposite corner and receive a pass from L2, as R3 cuts to the middle of the floor.





Skills Practiced

- Passing
- Catching
- Shooting
- Cutting

Variation

N/A

