



Pick Series: Shot

Drill Specifications

Drill Theme: Two-Man Game
Floor Position: Offense

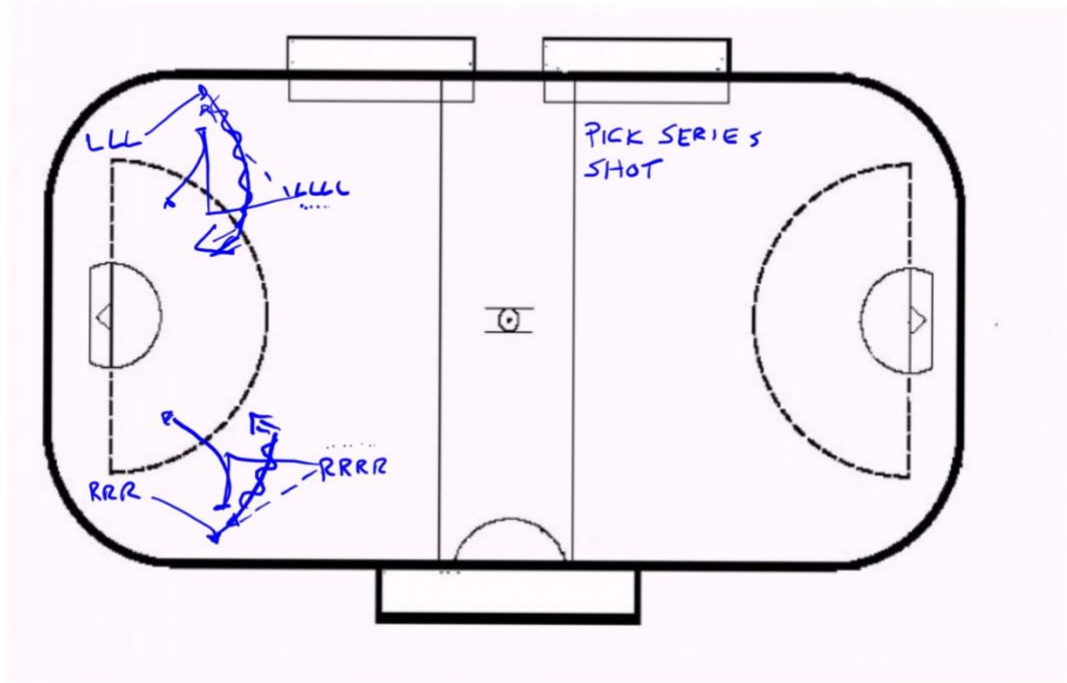
Drill Style: Skills
Time Needed: 10

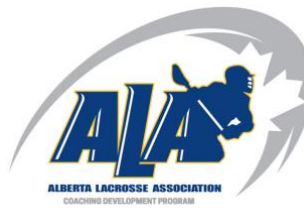
Objective

This drill is excellent for teaching players the fundamentals of the two-man game on offense.

Drill Description

Set four lines, as is shown below, with balls in the top two lines. The drill will commence with R1 running up to the side boards and receiving a pass from R2. Immediately after making the pass to R1, R2 will cut aggressively towards the net looking for the ball but once reaching the middle will come straight out towards R1 to set a pick on the top side. R1 will run off the pick looking to shoot a few steps after running off the pick.





Skills Practiced

- Passing
- Shooting
- Two-Man Game

Variation

Pick Series: Pass to Roll, Give and Go, Swing Pass to Roll

