

## Quick 2 on 0

### Drill Specifications

Drill Theme: Passing, Shooting, Defense  
Floor Position: Offense

Drill Style: Skills  
Time Needed: 10

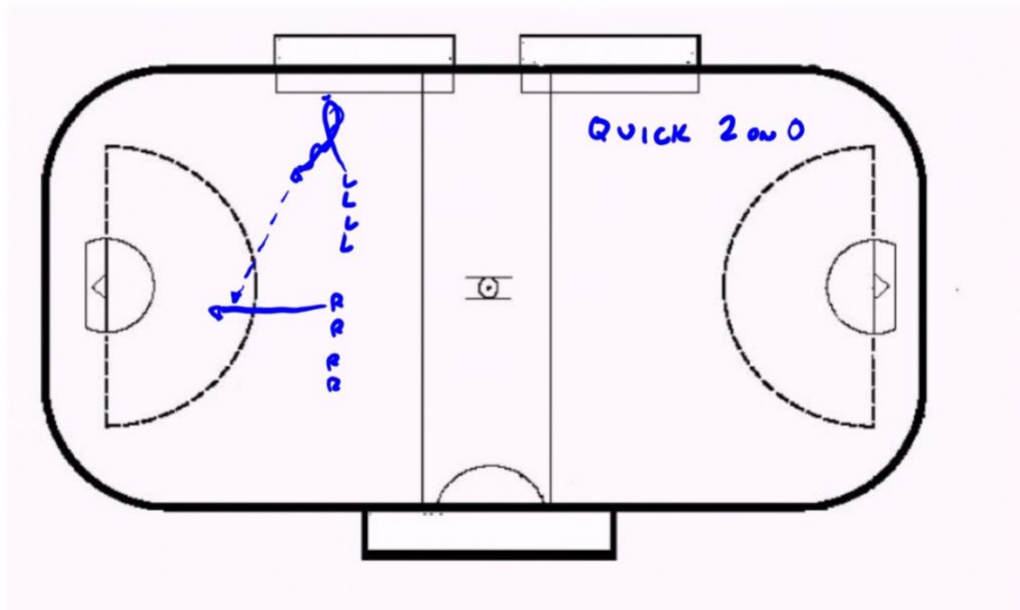
### Objective

This drill is excellent for teaching players how to make quick and decisive passes in offensive transition situations.

### Drill Description

Set up two lines just under the restraining line, split up between left-handed and right-handed players on their respective sides, facing the same direction. The balls will start in one line. L1 will start the drill, by sprinting with a ball towards the bench, planting, turning and looking to R2 who will cut directly towards the net, looking for the pass and shot.

After five (5) minutes or after all the balls have been depleted, switch sides, having the opposite line make the pass.





**Skills Practiced**

- Shooting
- Passing
- Offensive Transition

**Variation**

N/A

