

Quick 2 on 1 Pressure

Drill Specifications

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

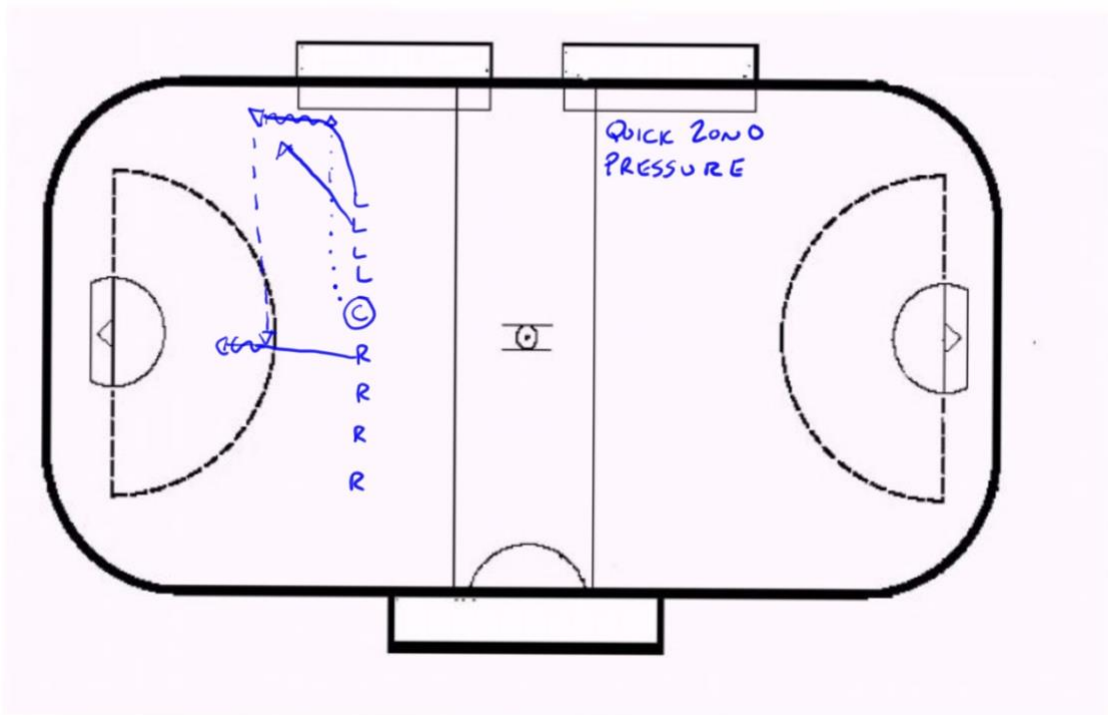
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for developing good defensive skills and passing under pressure.

Drill Description

Set up two lines in between the 24-foot line and the restraining line. Have a coach pass the ball to L1, as he runs to the side boards, as L2 approaches to pressure L1 as he attempts to make a pass to a cutting R1.





Skills Practiced

- Passing
- Shooting
- Defense

Variation

N/A

