

Touch Boards Shooting

Drill Specifications

Drill Theme: Passing and Shooting

Drill Style: Skills

Floor Position: Offense

Time Needed: 10

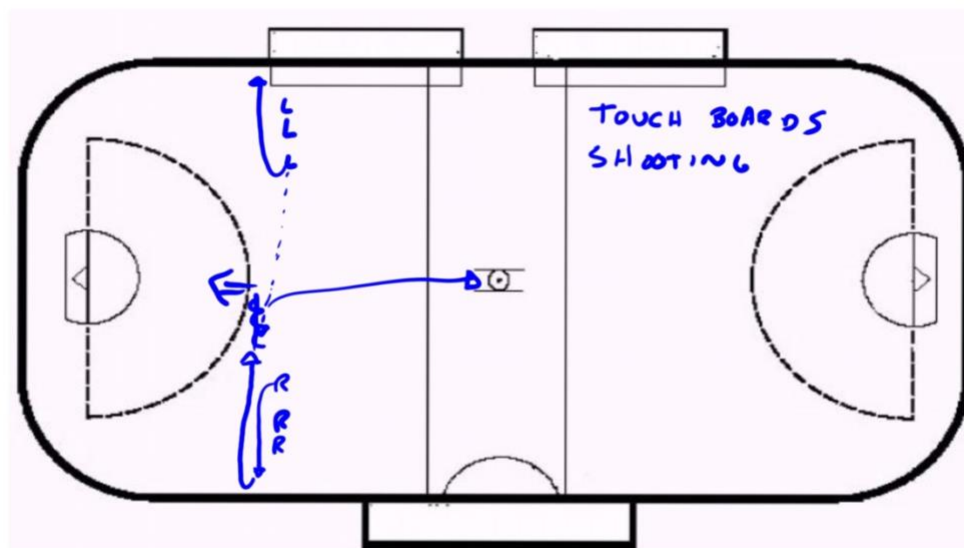
Objective

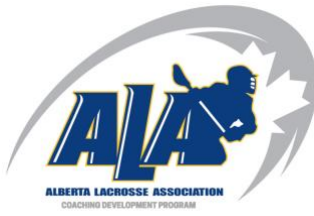
This drill is excellent for reinforcing passing across the floor, shooting, and recovering.

Drill Description

Set up two lines adjacent from each other in the offensive end. The balls will be in both lines. The drill will start with R1 touching the boards and running towards the middle of the floor while receiving a pass from L1. After shooting, R1 will turn and sprint past the restraining line. After passing L1 will touch the boards and cut across the floor receiving a pass from R2.

Sides will continue to alternate.





Skills Practiced

- Passing and Catching
- Shooting

Variation

N/A

