

## WF: PROGRESSION SHOOTING

### DRILL SPECIFICATIONS

**DRILL THEME:** Shooting, 2v2

**FIELD LOCATION:** Half-Field

**DRILL STYLE:** Skills

**SKILL LEVEL:** Intermediate-Advanced

### OBJECTIVE

To focus on pairs team-play and simulate 2v2 options.

### DRILL DESCRIPTION

Set up two lines as shown below. There are four variations:

1. Flip to Shot (Frames 1-3)
  - a. The line without the ball will run over the top, as the player with the ball will run underneath and flip it to the player who will run down the alley and shoot.
2. Flip, Feed, and Shot (Frames 4-6)
  - a. The line without the ball will run over the top, as the player with the ball will run underneath and flip it to the player who will run down the alley and feed to the player who mirrors the ball carrier.
3. Flip, Pass, Feed, and Shot (Frames 7-9)
  - a. The line without the ball will run over the top, as the player with the ball will run underneath and flip it to the player who will pass it to the second player in line for a feed back to the original ball carrier.
4. Flip, Pass, Pick, Feed, Shot (Frames 10-12)
  - a. The line without the ball will run over the top, as the player with the ball will run underneath and flip it to the player who will pass it to the second player in line and await the pick from the passer. She will then use the over-the-top pick and feed the initial ball-carrier.

### SKILLS PRACTICED

- Pairs Team-Play
- Shooting

### VARIATIONS/PROGRESSIONS

2v2s.

## DRILL DIAGRAM

