



## Wide Run, Pass to Shot

### Drill Specifications

Drill Theme: Passing and Shooting  
Floor Position: Central/Offense

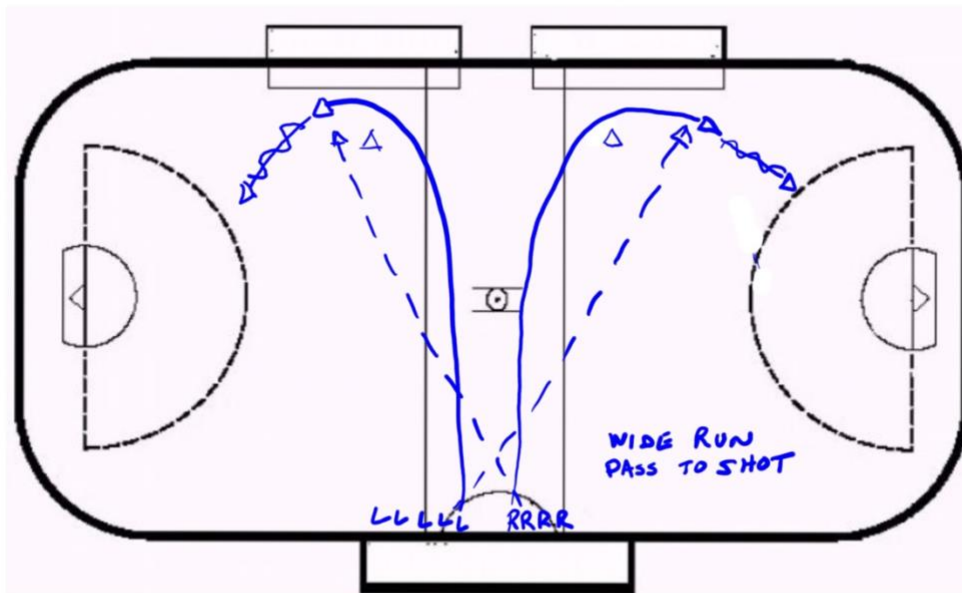
Drill Style: Skills  
Time Needed: 10

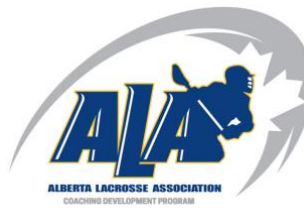
### Objective

This drill is excellent for teaching players to look and make long passes across the width of the floor and for shooters to take good angles towards the net.

### Drill Description

Set up two lines just inside the restraining line and two cones below the restraining line adjacent to the lines. R1 and L1 will simultaneously run around their respective cones and cut towards the net. R1 will look for the pass from L2, while L1 will look for the pass from R2.





**Skills Practiced**

- Passing
- Cutting
- Shooting

**Variation**

Wide Run with Pass to Trailer

