

Wide Touch Boards Shooting

Drill Specifications

Drill Theme: Pick and Rolls Shooting
Floor Position: Offense

Drill Style: Skills
Time Needed: 10

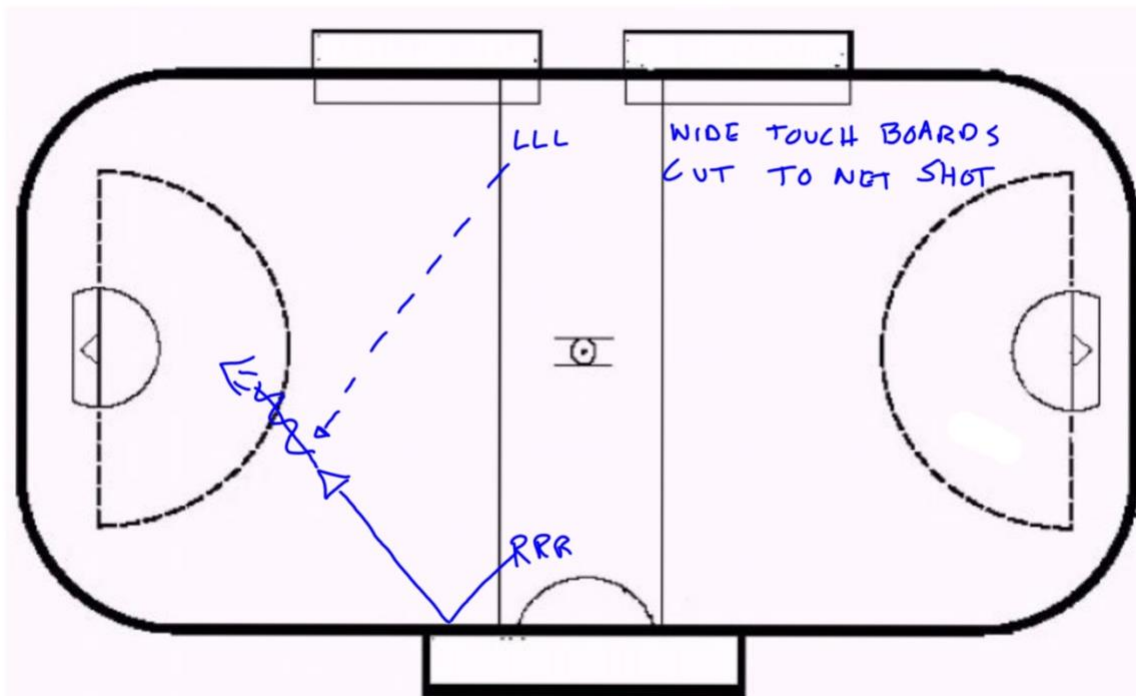
Objective

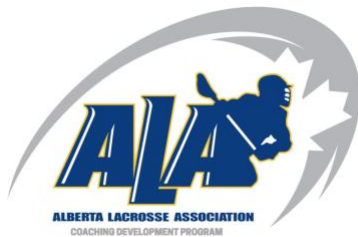
This drill is excellent for teaching players the fundamentals of an up pick and roll and shooting.

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 net 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.

Lines will continue to alternate.





Skills Practiced

- Passing
- Catching
- Shooting

Variation

N/A

