

Quick 2 on 1

Drill Specifications

Drill Theme: Passing, Shooting, Odd Man
Floor Position: Offense

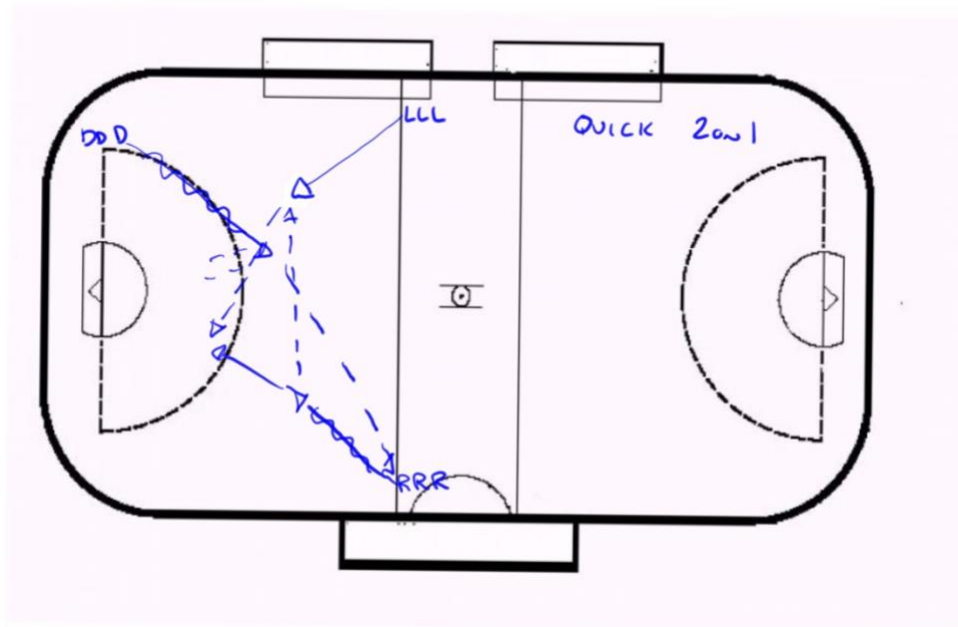
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for teaching players simple and quick odd man situations.

Drill Description

Form three lines as shown, with one line of defenders in the corner with the balls. The defender will sprint to the middle of floor while passing to the opposite line. After R1 receives the pass, both he and L1 will go on the attack, looking for a quick shot.





Skills Practiced

- Passing
- Shooting
- Odd Man

Variation

N/A

