

Pressure Shooting

Drill Specifications

Drill Theme: Passing, Shooting
Floor Position: Offense

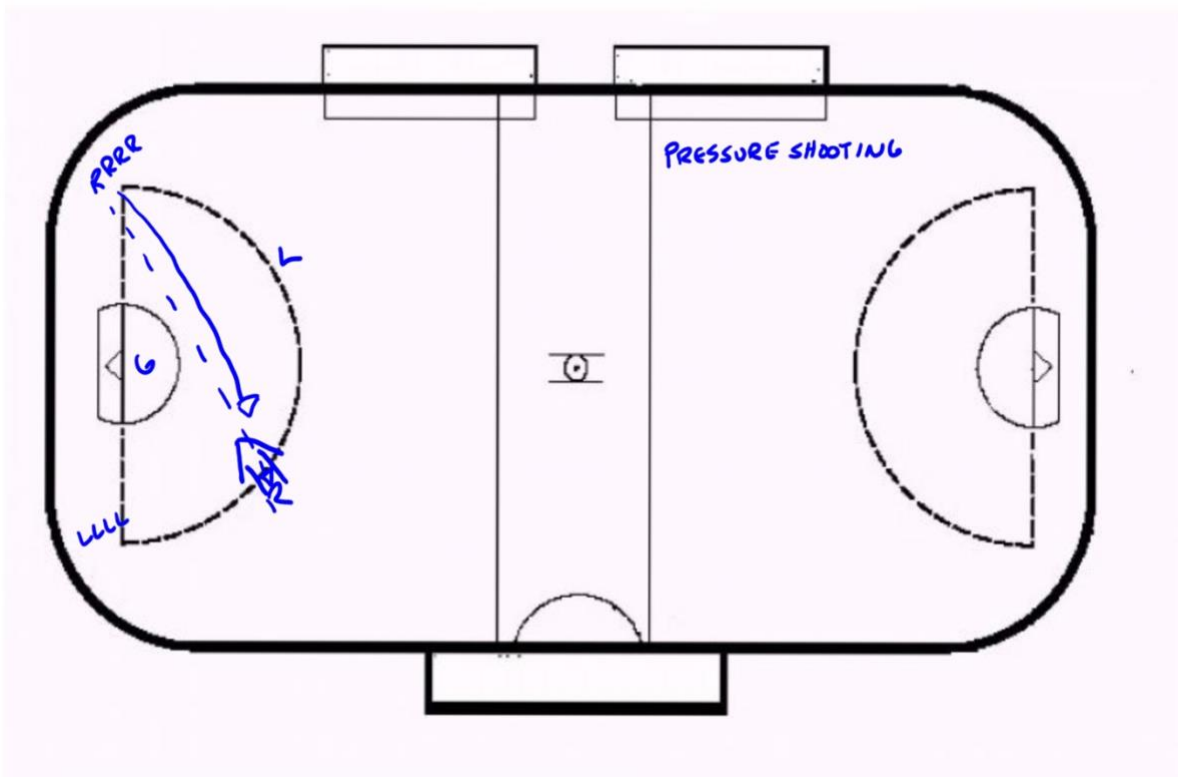
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for teaching players to shoot the ball quickly.

Drill Description

Form two lines in the corners as shown. Have one left and one right-handed player move up pass the 24-foot line. R1 (corner) passes to R2 and then chases with stick up, attempting to block the shot. R2, who is up high, catches and shoots a stationary shot, as R1 pressures.





Skills Practiced

- Passing
- Shooting

Variation

N/A

