



MEN'S PICK AND ROLL DRILL

DRILL SPECS:

Drill Theme: Shooting
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skill
Field Position: Offense
Skill Level: Basic

OBJECTIVE:

This drill is excellent for teaching player's basic tactics and skills in the offensive zone when a pick is set. The objective is to work on setting pick and rolling off to the goal, creating offense.

DRILL DESCRIPTION:

Set up 4 cones around the attack zone, two cones up top and two on goal line extended out about 10 yards. The balls are down low at the lower cones with X1. X1 looks to drive up the lane and accept a pick from X2. X2 must time the pick and stay still till X1 passes and releases off the pick. X2 then rolls off towards the goal and looks for the feed from X1. X1 must be sure to keep moving to create space to feed X2 in the middle.

Both lines are going at the same time, and all feeds end with a shot into the goal. Have players rotate to each side of the drill, as you like.

SKILLS PRACTICED:

- Picking
 - Dodging
 - Cutting
 - Shooting
-

VARIATIONS:

Vary the locations where the pick and roll happens. You may also add defense to the drill, but on a limited basis so they allow the offense to work timing and skills.

DRILL DIAGRAM:

