



MEN'S TOP AND BOTTOM GIVE AND GO DRILL

DRILL SPECS:

Drill Theme: Cutting-Feeding-Picks

Field Location: Attack Zone

Time Needed: 10 Min

Drill Style: Skills

Field Position: Offense

Skill Level: Intermediate

OBJECTIVE:

This drill is excellent for teaching players the basics of the give and go play.

DRILL DESCRIPTION:

Have players set up two lines. One at X and one at the top of the attack zone.

Have balls at both lines, and have a coach or full time feeder stand on the wing area.

The player at the cone up top will feed the wing coach and then cut to the hole and get the feed back. That player will catch and shoot, then go to the back for the line at X.

Next the player at the X line will feed the coach on the wing and then cut up the field and receive the pass back from the coach.

That player will have to turn and shoot on a jump shot, and then go to the back of the line at the top.

SKILLS PRACTICED:

- Dodging
- Footwork
- Shooting

VARIATIONS:

Vary the locations where the cones are set up. Also, add soft defense at certain areas of the field to force the players to cut behind or feed ahead of the defense.

DRILL DIAGRAM:

