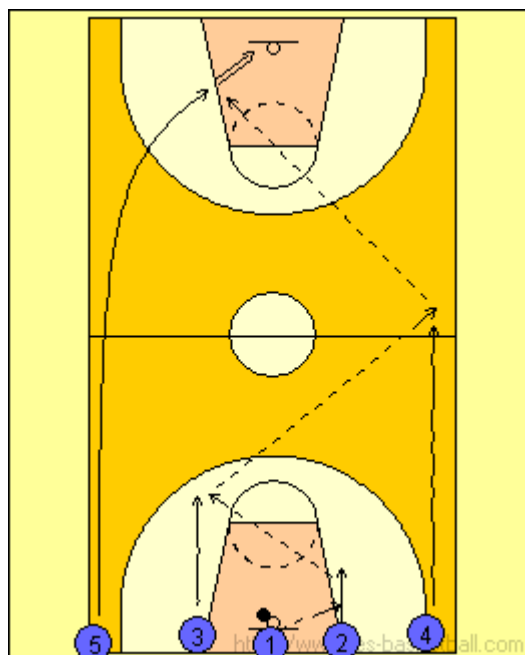


Playname: 4 Passes Score and Back

1



Needed

5 players and 1 ball.

Drill

Players stay in their lane.

Sequence

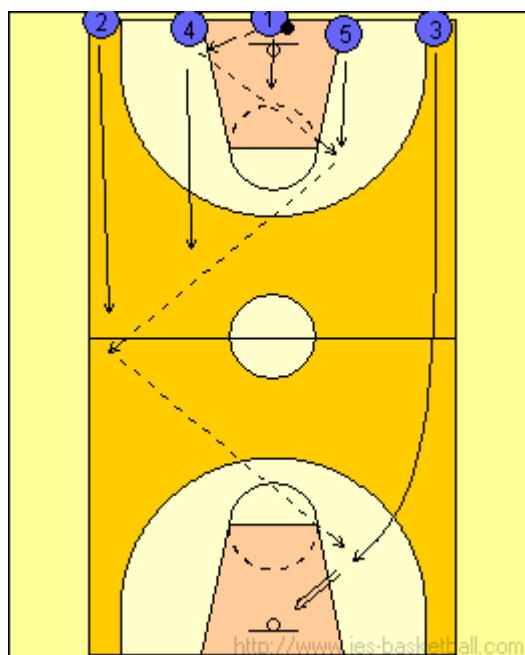
1 passes to 2.

2 passes to 3.

3 passes to 4.

4 passes to 5.

2



After 5 has scored 1 rebounds the ball.

Reset with players 2 and 3 out side and 4 and 5 inside, and start again.

Also a good conditioning drill.