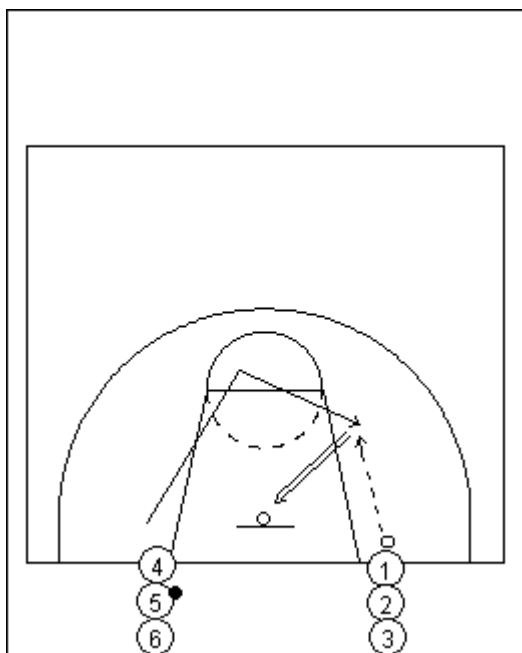


Playname: Two Ball Pass & Shoot

1



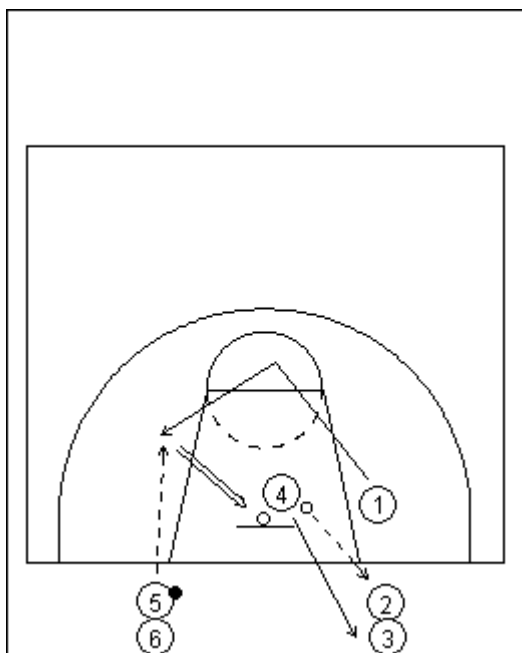
Players line up in two lines behind baseline outside lane lines.

First player in line one and second player in line two have balls.

First player in line two (4) runs past free throw line and cuts to opposite side calling for pass from the first player in other line (1).

Player 1 passes to 4, who takes jump shot.

2



After passing to 4, 1 runs past free throw line and cuts to opposite side looking for pass from 5. Meanwhile 4 has rebounded own shot and moved to the end of the other line.

1 shoots, rebounds and passes to 6.
5 has begun cut looking for pass from 2.

The drill continues in this manner with players passing, cutting, shooting, rebounding, passing and changing lines.

Variations

Drive in for lay-up.

Three pointers only.

Time how many made shots in certain time.