



DRILL OF THE WEEK

“FOUR MAN PICK’N POP DRILL”

DRILL PURPOSE

This drill is designed to teach your players the correct footwork on the pick and pop, the foul line jumper as well as working the perimeter players on turning the corner and feeding the ball off the onball screen.



INSTRUCTIONS

1. Player 1 starts with two basketballs
2. Player 4 cuts to the free throw line and receives a pass from Player 1
3. Player 4 turns and shoots

4. Player 3 rebounds and fires a pass to Player 2
5. Player 4 then sets an onball screen on Player 1
6. Player 1 turns the corner and hits Player 4 on the pop
7. Player 3 rebounds



8. Player 4 then cuts to the foul line for the catch and shoot
9. Player 3 passes to Player 2
10. Movements repeat for time or made basket target is reached

POINTS OF EMPHASIS

Continually tell your players to...

1. Cut at game pace
2. Catch the ball in triple threat
3. After setting the onball, open to the ball chest to opposite sideline
4. Slide on the Pop with hands up ready to catch

VARIATIONS:

1. Vary the shots to rolls to the basket or shots off the dribble
2. Shoot for two minutes straight and record made baskets