



DRILL OF THE WEEK

“FOUR MAN PICK’N ROLL DRILL”

DRILL PURPOSE

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



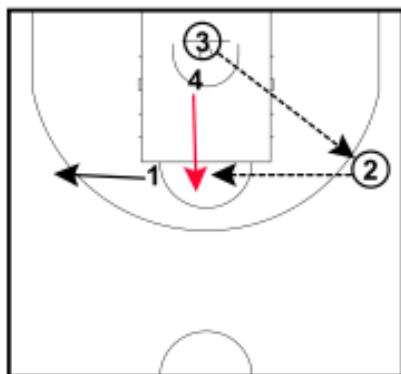
INSTRUCTIONS

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 roll
7. Player 3 rebounds



8. Player 4 then cuts to the foul line for the catch and shoot with the pass from Player 2
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

VARIATIONS:

1. Shoot for two minutes straight and record made baskets