

Pick and Roll Drill

Drill Specs

Drill Theme: Cutting-Feeds-Picks
Field Position: Offense

Drill Style: Skills
Time Needed: 15 Min

Field Location: Attack Zone
Skill Level: Basic

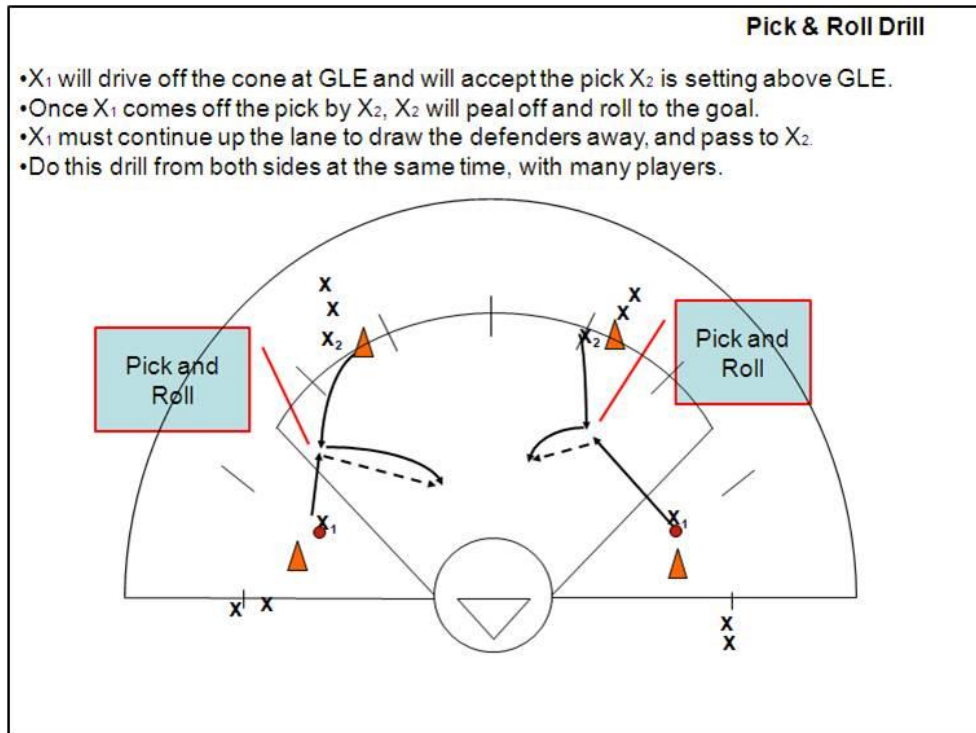
Objective

This drill is excellent for teaching players basic tactics and skills in the offensive zone when a pick is set. The objective is to work on setting a pick and rolling off to the goal, creating offense.

Drill Description

Set up 4 cones around the 12 and 8 meters, two cones up top and two on goal line extended out about 10 yards. The balls are down low at the lower cones with X1. X1 looks to drive up the lane and accept a pick from X2. X2 must time the pick and stay still till X1 passes and releases off the pick. X2 then rolls off towards the goal and looks for the feed from X1. X1 must be sure to keep moving to create space to feed X2 in the middle.

Both lines are going at the same time, and all feeds end with a shot into the goal. Have players rotate to each side of the drill as you like.



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Pick and Roll Drill, Continued

Skills Practiced

- Picking
 - Dodging
 - Off Ball Offense
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Variation

Vary the locations where the pick and roll happens. You may also add defense to the drill, but on a limited basis so they allow the offense to work timing and skills.
