MEN’S INSIDE PASS AND PICK AWAY DRILL

DRILL SPECS:
Drill Theme: Cutting-Feeding-Picks
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Skills
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:
This drill is excellent for teaching players to pass and pick away to create space and offense in the inside areas of the attack zone.

DRILL DESCRIPTION:
Have your players get in three lines, one at the point, and two low and out wide of the attack zone. The formation should resemble the 1-4-1 Outside offense set up. The line at the top will have the ball, and will feed to one of the wing players. After the feed the player that had the ball should drive in and set a pick inside for the player away from where he just passed. That player will time the pick and drive off it, for a feed from the player on the other wing. The next group of players should go the opposite way of the group in front of them.

SKILLS PRACTICED:
• Feeding
• Ball Movement
• Picks
• Shooting

VARIATIONS:
Vary the locations where the cones are set up. Also add defenders at the cones for added pressure.
DRILL DIAGRAM:

Inside Pass and Pick Away Drill