WOMEN’S PICK AND ROLL DRILL

DRILL SPECS:

**Drill Theme:** Cutting Feeds Picks  
**Field Location:** Attack Zone  
**Time Needed:** 15 Min

**Drill Style:** Skills  
**Field Position:** Offense  
**Skill Level:** Basic

OBJECTIVE:

This drill is excellent for teaching player’s basic tactics and skills in the offensive zone when a pick is set. The objective is to work on setting 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.

SKILLS PRACTICED:

• Picking  
• Dodging  
• Off Ball Offense

VARIATIONS:

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

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DRILL DIAGRAM:

Pick & Roll Drill

- X₁ will drive off the cone at GLE and will accept the pick X₂ is setting above GLE.
- Once X₁ comes off the pick by X₂, X₂ will peel off and roll to the goal.
- X₁ must continue up the lane to draw the defenders away, and pass to X₂.
- Do this drill from both sides at the same time, with many players.

![Pick and Roll Diagram]