

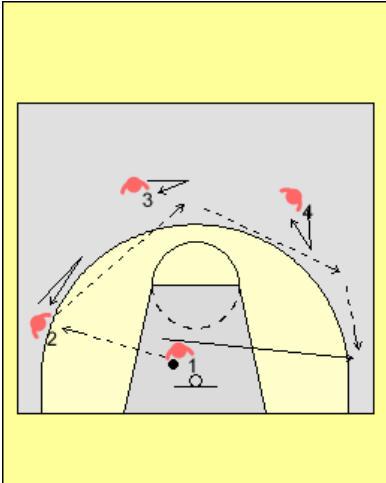
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Reversal shooting

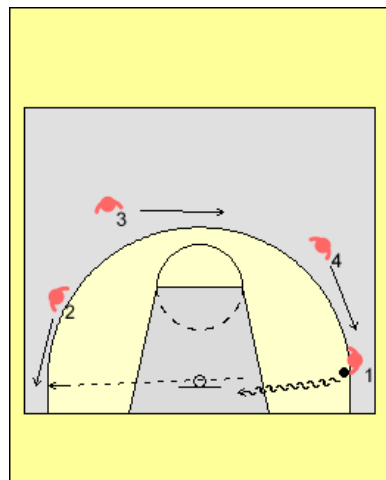
This is a drill we have shared before but I thought I would send it again as it allows coaches to work on spacing, passing and movement off penetration. It is one of the key drills we are using with the NEDA boys.

The drill can involve three, four or five players. I am showing it here with four players all involved. It can also have the outlet passer just start the drill and then not be involved in the rotation.



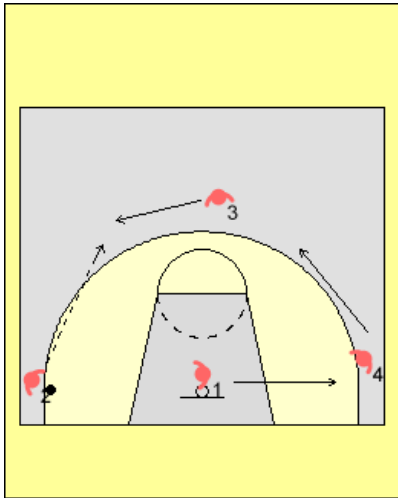
Player #1 tosses the ball off the board and rebounds the outlet. We are working on the football shoulder pass. The players must snap the ball hard. We pass to softly. # 2 must misdirect to end up at the appropriate space top receive the catch. We do not want them standing and waiting. The misdirection can take place in many directions. The ball is then passed to #3 who has misdirected, to #4 and final to #1 who filled the opposite corner after rebounding.

These passes must be crisp and we do not want to crowd the three-point line. Players need to be stepping into the pass reception.



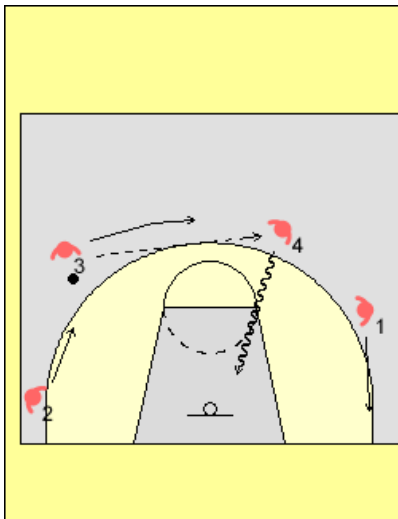
#1 penetrates baseline (this can be any direction. It is important that it is not always the same. You want the players to learn the concept of reading the direction of penetration not just following what the person before them did in the drill). The other players move on the penetration.

After making the drift pass #1 fills to the open space. We want the players to learn the concept of penetration, rotation, pass pass. It is the second pass that forces the long closeouts.



The other players must move to create the pass pass. If they stand still the ball will be frozen by the original reviver and this gives time for the defence to recovery.

We now allow for a second penetration. You can use guide defence to determine when the players can look to score. The important point is that you mix it up so that they learn concepts and not drills.



I also recommend adding the rebounding and defensive safety responsibilities as soon as possible after the shot is taken.