



Pass Down, Pick Down

Appropriate Age Group: 12-18

Skill(s) Practiced: Picking and Defending Picks

Drill Duration: 5-10 minutes

Resources: Balls, cones

Description: ● player at top of field will pass down to a wing ● player, then immediately cuts in and out to set a pick for him to dodge top-side and shoot.

Progression(s): Teach passing ● to slip the pick and look for a feed. Reverse the direction of pass and pick. Feed across the crease to the cutter coming off the pick.

Drill Diagram(s):

