

Flash Shooting

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Purpose

To improve passing, communication, and shooting.

Organization

One player on the block, one on the opposite wing, and the rest of the players in line at the top of the key with two balls.

Procedure

1. The first pass is made from the top of the key to the block player, who is flashing into the lane.
2. The player catches the pass, squares up, scores, and rebounds to outlet on the wing.
3. She returns the pass back to the top of the key. Everyone follows her pass.
4. Rotate so all players shoot off a post flash.

Coaching Points

- Call for the ball, show a target, and be balanced.
- Be ready to shoot; hustle after shots and rebounds.
- Make strong, crisp outlet passes.

Variation

Move passers to wings and have post players flash up from the blocks to the free throw line for shots.

