

Special training of back court players

- Serie shots from CB position against a passive block
 - o basic shots
 - o jump shots

- Technical step combinations and shots

- 1. Shots against defender
 - a. Jump shot
 - b. 1 against 1
 - c. Basic shot

- 2. After the shot the player will be defender on the opposite side (Continue)
 - a. blocking
 - b. 2 against 2
 - c. 3 against 2 (with LP)

- 3. Two passes to different playmates and shot against the blocking defender

- 4. LB/RB crosses Lw/RW after his shooting, LB/RB shoots against block

- 5. One shot without defender, afterward he tries to block the next one

- 6. Break against defender without ball and tries to shoot goal against the next one

- 7. 4 shots in series
 - a. Shot from LW
 - b. Shot from RB against block
 - c. 2 against 2 in the same side
 - d. Shot from LB with „running” attacker block

- 8.
 1. Shot from CB position after changing without ball
 2. Cross with the opposite side shooter, who shoots from CB position
 3. After the cross parallel pass on the opposite side

- 9. „Double” long cross from left to right side and back