

Triangle Release Drill

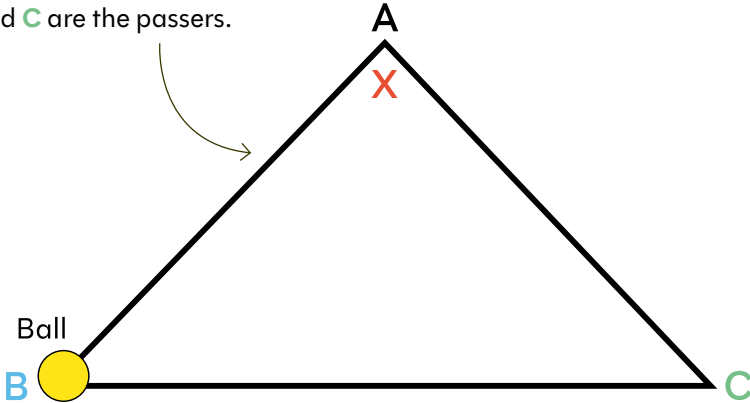
Use the Free to Back V Release or the Chop Stroke Release in this drill.

The Setup

You'll need four players to run this drill. An offensive and defensive pair form one point of the triangle, and two passers form the other points.

In the diagram,

- **A** is the offensive player,
- **X** is the defensive player, and
- **B** and **C** are the passers.



Running the Drill

1. The ball starts at **B**.
2. **A** releases, and **B** passes to **A**.
3. **A** catches the ball and immediately passes it back to **B**.
4. **B** makes a dry pass to **C**.
5. **A** releases, and **C** passes to **A**, who immediately passes it back to **C**.
6. **C** passes back to **B**, and the sequence continues.
7. After several repetitions, switch offense and defense between **A** and **X**, then rotate all players.

Reminders:

- For the V Release, drive on the same side as the ball, and for the Chop Stroke, initiate the drive on the opposite side of the ball.
- Passers should lead the releasing player out to the side so the defender cannot make a play on the ball.