

# Drill

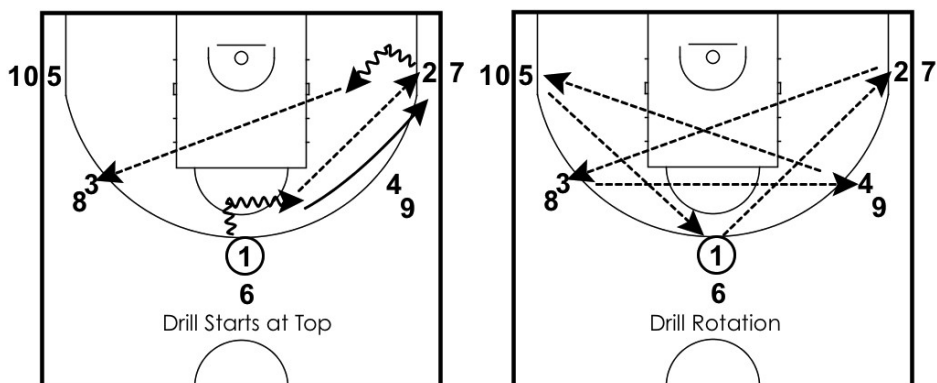
**Drill:** **Five Star Passing (CP Ballhandling Drill Phase B)**

**Goal:** Learning Goal: Dribble & Pass in Traffic.  
 Point of Emphasis: Drop hips, stay balanced & keep a low dribble.

**Equipment/#** - 10  
**players** players  
**needed:** - 5  
 balls

**Sketch:**

**Diagram:**



**Description:** Lines form at the top of the key, the wings & the corners. There should be two players in each line. The ball starts at the top of the key. The dribbler takes one dribble left, crosses over & takes a dribble with the right hand before passing the ball with one hand (skip one player to the right). Follow the pass & join the end of that line. The next player catches the ball, executes the same ball move & passes ahead. The pattern should form a star.

Safety Note: Communicate, call for the ball & keep your head up.

Progression: Execute various ball moves. Pass the ball with the left hand. Add additional balls (up to five) to increase the challenge.

Time: 5 minutes. Work:Pause Ratio: 1:1

**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

**Categorie(s):**

- Ball Handling    Defense    Dribbling    Dynamic 1 on 1  
 Footwork    Fundamental Movements    Passing  
 Picks    Principals/Actions    Rebounding    Screens  
 Shooting    Static 1 on 1
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**Phase(s):**    A    B    C    D

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