

# Drill

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**Drill:** **Laker Passing Drill (Transition Phase A)**

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**Goal:** Run the floor & pass the ball ahead.

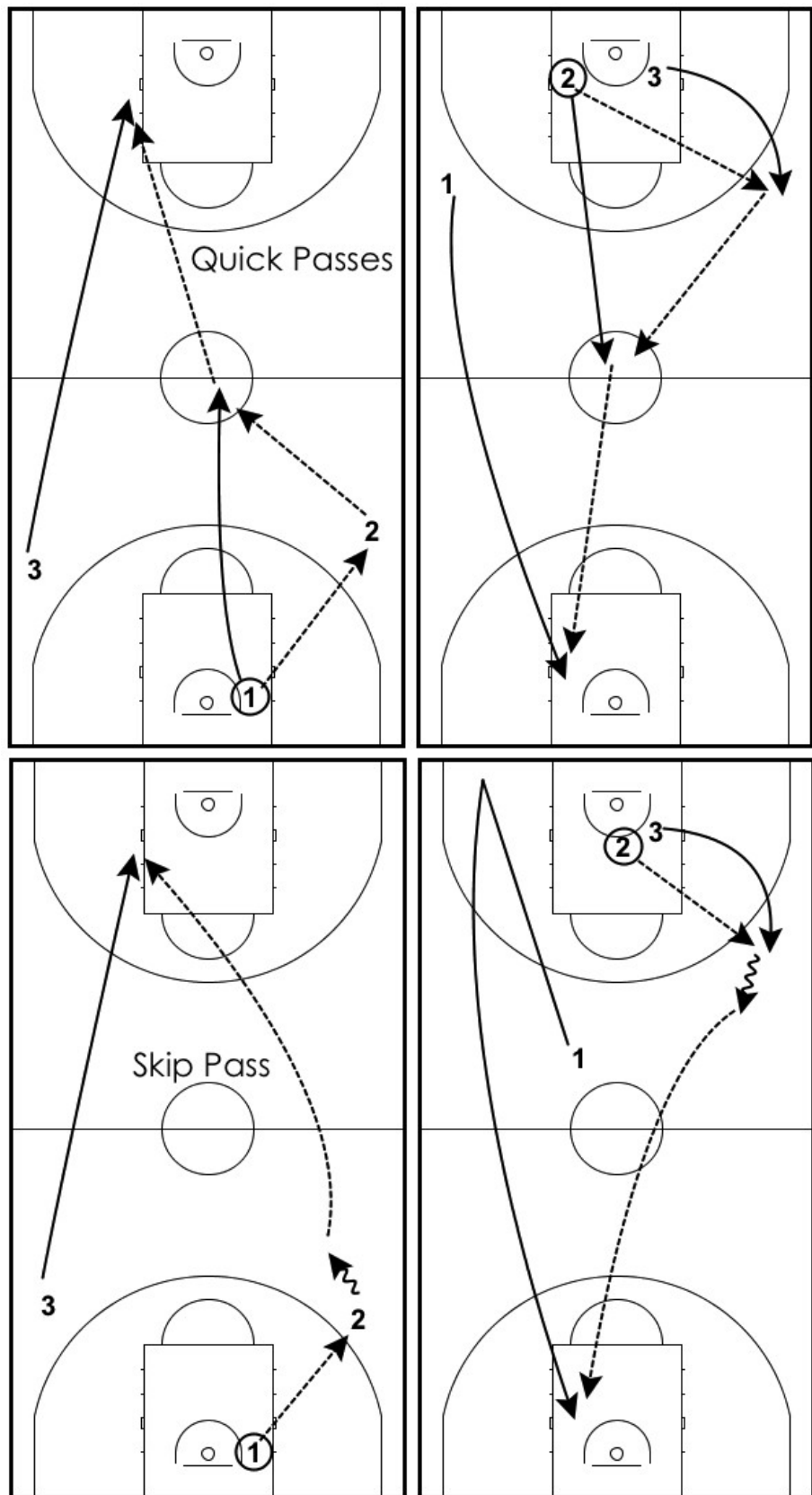
**Equipment/# players needed:** - groups of three players - one basketball per group

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**Sketch:**

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**Diagram:**



**Description:** Lines form at one baseline, under the basket & in each corner. The players in the middle line have basketballs. The first player throws

the ball off the basket & outlets to their teammate. The third player sprints the opposite sideline. The player who received the outlet pass passes it back to the rebounder who feeds the third player.

At the other end, everyone moves over one lane. The third player who made the lay-up comes out the opposite side, the original rebounder moves to the weak-side & the player who received the outlet pass rebounds the ball. The ball is passed to the same sideline as before & the pattern repeats (so if the ball was passed to the rebounder's right the first time, it is passed to the rebounder's left this time).

After two trips (there & back), the next three players come on. Everyone must run throughout the drill at full speed.

Progression: Instead of a series of quick passes, demand that the player who received the outlet pass throw a skip pass to the weak side. Call turnovers or deduct points for errors such as failing to sprint, poor communication or bad passes.

Time: 5 minutes. Work:Pause Ratio: 1:2

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

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

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**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