

Triangle Passing Drill

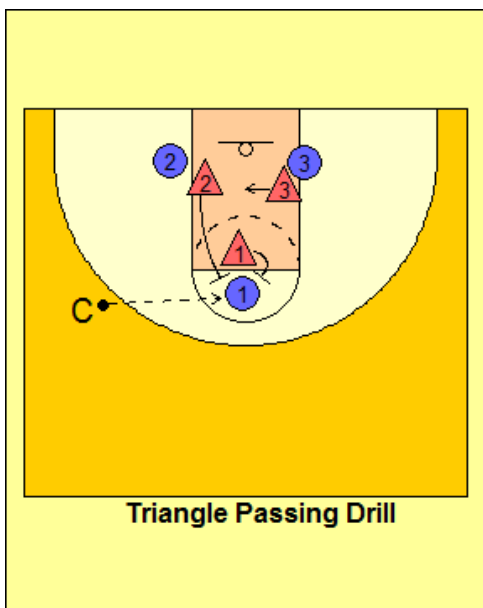


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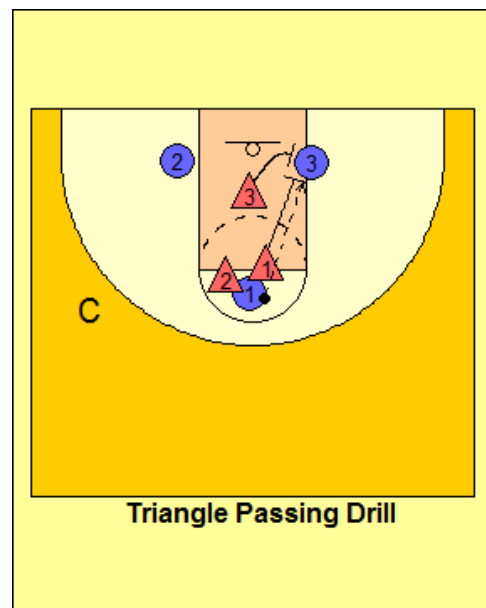
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This drill helps players improve their ability to pass through pressure. Pass fakes and pivoting skills must be used if the players are to be successful and through regular practice the players will begin to be comfortable when trapped in games.

Coaches should emphasize to the players that they must remain low when trapped, getting extended will usually lead to poor balance and turnovers. "Take the double team low" is a phrase the players should hear constantly in this drill.



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The coach will begin with the ball and an offensive player on each block and one at the foul line. Each offensive player is guarded. The defenders rules are simple - trap the ball. The other player must then become the interceptor and play between the two potential pass receivers.

Progression:

After four passes, on the next pass to one of the players on either block they will try to score against the defender.

