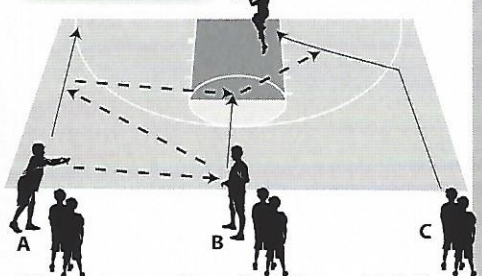


# FOUR PASS LAY-UP

Running the floor, filling the lane **G/T**

## PASSING



**Where they go:** Three lines. Players (A, B, C) start at far foul line. (Younger players may start closer to basket).

- A and B make three chest passes while running down floor.
- Player C sprints floor as if filling lane on fast break. On 4th pass, Player B makes bounce pass to C, who makes lay-up.

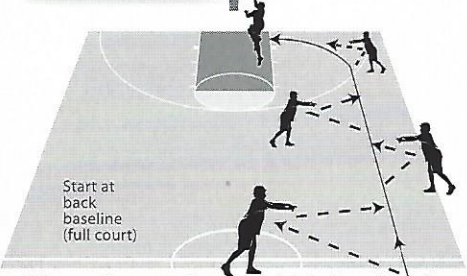
**Key Point:** Work both left and right sides.

**Make it a game:** Turnover or missed lay-up = 10 pushups for all 3 players.

# FULL COURT LAY-UP

Fast-paced passing **T**

## PASSING



**Where they go:** Player 1 with ball on baseline. Remaining players spread in zig-zag formation down-court.

- Player 1 makes chest pass to each player while running down-court. Receives final pass and shoots lay-up.

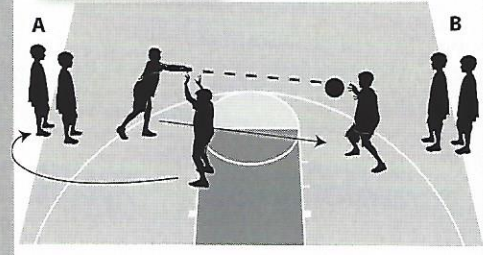
**Key Point:** Players rotate back one position each. First to receive inbound pass becomes Player 1. Shooter moves to final passer.

**Make it a game:** Player who misses lay-up is eliminated. Keep going until only one player has not missed. Last one in wins.

# MAN IN THE MIDDLE

Passing with defensive pressure **G/T**

## PASSING



**Where they go:** Two lines of players 12-15 feet apart, one defender in middle. First player from Line A passes to first player from Line B, with defender guarding passer.

- Defender tries to intercept or deflect. Passer follows pass and sprints to guard player who received it. Defender to end of line. Pass back to Line A and continue.

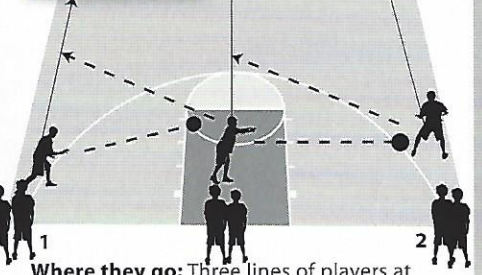
**Key Point:** Use ball fakes. Utilize pivot foot to step around defender.

**Make it a game:** If pass deflected or intercepted, all players except defender sprint to mid-court and back.

# MIDDLEMAN

Passing on the move **G/T**

## PASSING



**Where they go:** Three lines of players at baseline. Player 1 and "Middleman" have ball.

- Players run down-court as Middleman passes to Player 2, then receives pass from Player 1. Middleman passes right back to Player 1 then receives pass from Player 2. Must catch and pass without traveling.

**Key Point:** Younger players can use one ball with Middleman simply alternating passes to Players 1 and 2.

**Make it a game:** Player must throw a different type of pass than one just received (bounce, chest, overhead, etc.)

# PIVOT AND PASS

Passing after pivot, conditioning **G/T**

## PASSING



**Where they go:** Lines of players at baseline. At least 2 players per line.

- First player in line dribbles to foul line and does jump stop (jump and land on both feet at same time).
- Player does reverse pivot (spin away from ball), or forward pivot (spin toward ball). Pass back to next in line, then sprint to end of line.

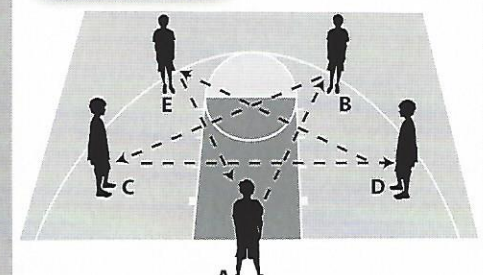
**Key Point:** Stay low and balanced when pivoting.

**Make it a game:** Player sits down when done. First team with everyone sitting wins.

# STAR PASSING

Following accurate passes **T**

## PASSING



**Where they go:** Five players, (A, B, C, D and E). A is under basket. Remaining players as diagrammed.

- A passes to B and then follows pass to replace B. B passes to C, C to D, D to E. E then passes to next player in "A" line and goes to end.

**Key Point:** Younger players can do drill without following passes.

**Make it a game:** E dribbles in to shoot lay-up. Next in line rebounds and continues. Record for fastest time for all players to rotate through.