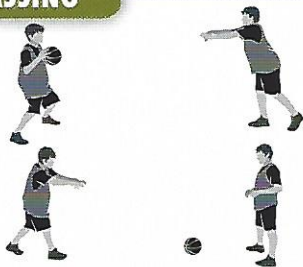


STATIONARY PASSING DRILL 1

Chest pass, bounce pass

G/T

PASSING



Where they go: Players line up with partner 12-15 feet away. Pass ball back and forth between partners.

Chest Pass: Pass to chest area, just below chin of partner.

Bounce Pass: Ball should be bounced on floor, 2/3 distance to partner. Follow-through same as chest pass. Ball should come to receiver's waist.

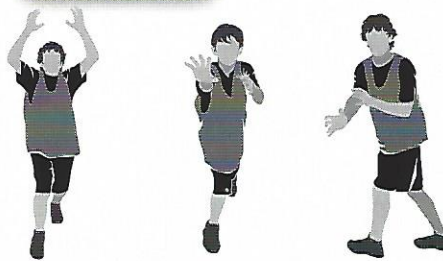
Key Points: Hands on side of ball, thumbs behind, using fingertips. Knees bent, step towards target. After pass, palms should be facing out, thumbs down, fingers pointing towards target. Ball should have backspin.

STATIONARY PASSING DRILL 2

Overhead pass, push pass, wrap-around pass

G/T

PASSING



Where they go: Players line up with partner 12-15 feet away. Pass ball back and forth between partners.

Overhead Pass: Ball above head. Step to target. Follow-through with palms facing out, thumbs down, fingers pointing to target.

Push Pass: One hand behind ball. One-handed pass to partner. Step to target. Both chest and bounce passes. Use both hands.

Wrap-around pass: Step over pivot foot and make push pass to partner

Make it a game: Which pair gets most in 30 seconds?

THREE AGAINST ONE

Good passing decisions, ball fakes

G

PASSING



Where they go: Three players form triangle 10-12 feet apart. Defender in middle.

• Outside players pass to each other while defender tries to deflect or steal ball.

Key Point: Use ball fakes, proper passing technique.

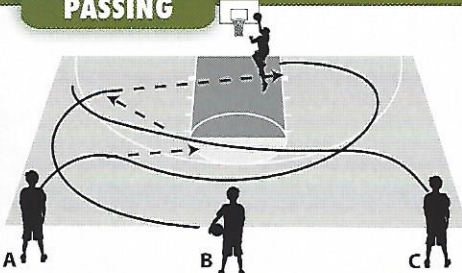
Make it a game: Defender who deflects or steals pass trades places with passer.

THREE PLAYER WEAVE

Passing and finishing

G/T

PASSING



Where they go: Three lines, (A, B, C). First player in Line B starts with ball.

• Players advance ball as B passes to A and runs behind him. A passes to C and runs behind him. C passes to B and runs behind him. B again to A and so forth, continuing down-court. No dribbling or traveling.

Object is to have final pass in sequence result in easy lay-up. (May dribble once before shooting).

Key Point: Learn when to take lay-up or when to make one more pass.

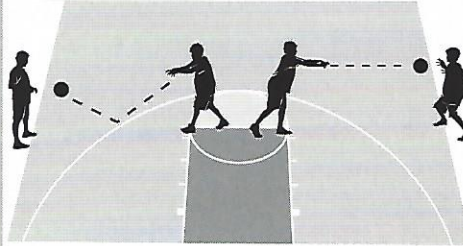
Make it a game: Move from line A to B to C. Earn 1 point for each assist and 1 point for each lay-up. Tally points after 10 minutes.

TWO BALL PASSING DRILL

Delivering and receiving passes

G/T

PASSING



Where they go: Players line up with partner 12-15 feet away.

• Pass ball back and forth between partners. One player throws bounce pass, other player throws chest pass.

• Switch passes after 30 seconds.

Key Point: Can do stationary or moving, with players sliding to mid-court and back.

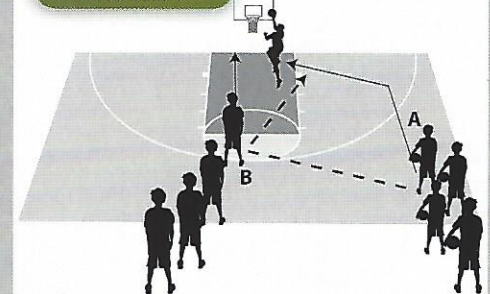
Make it a game: Two-team race down and back.

TWO PASS LAY-IN

Passing to cutting player

G/T

PASSING



Where they go: Two lines of players, Line A on right side behind 3-point line, B directly at top of circle. Each player in Line A with ball.

• Player A passes to B, then sprints to basket and receives pass from B and shoots lay-up.

• Player B will follow pass and rebound ball. Player A goes to end of Line B. B dribbles to end of Line A.

Key Point: Work right hand, then left hand.

Make it a game: How many consecutive lay-ups can team make?