WHEEL DRILL Speed passing

G/T





Where they go: Player or "Wheel" in lane in front of basket, with ball. Remaining players spread behind 3-point line.

• Wheel passes to Player 1, who passes back. Then to 2, 3, etc and back down to Player 1. Rotate new player in to be Wheel.

Key Point: Use all varieties of passes.

Make it a game: Add 2nd ball, held by Player 1. Wheel passes to Player 2 and then Player 1 passes to Wheel. Wheel then passes to Player 3, and Player 2 passes back to Wheel.