




CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



Passing **MANUAL**





CLBL

Practice Drills Manual - Passing

Included in This Manual

- *Introduction to Passing*
- *Points of Emphasis for Passing Drills*
- *4 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

Important Information

- *No part of this document may be reproduced, stored using a retrieval system, or transmitted by any means without written permission from the author*
- *Includes electronic, mechanical, recording, photocopying, and all other means*
- *The presented information is intended for use as an educational resource, not as a substitute for proper medical advice*
- *Please consult a physician or health care professional before performing the exercises in this manual or any exercise regimen*
- *Discontinue any exercise that causes pain or severe discomfort and consult a physician immediately*
- *The authors of this manual do not make any warranty in regard to the content presented and accept no responsibility for its misuse*

More Information

- *For information about our training programs in northern Virginia and Maryland, please visit www.TrueAP.com*
- *For information about our other training resources, including performance training Manuals and DVDs, please visit www.TrueAP.com/store*
- *See Rob Rose's blog for weekly updates at www.TrueAP.com/blog*

Introduction

Passing and catching are considered the most neglected fundamentals in basketball. It's important that all players develop these skills to create a successful team. Passing is the quickest way to move the basketball and should be the primary weapon of your team's offensive attack.

The very first instinct of a beginner player after catching the ball is to begin dribbling. Players need to always think either shoot or pass before they begin dribbling. The coach has the ability to change this mentality by continuing to emphasize and practice passing.

Key Points/ Cues:

1. Begin the pass with the arms bent
2. Fully extend the arms quickly and powerfully
3. Point the fingers in the direction of the target upon releasing the ball.
4. Thumbs should face down in the follow through.
5. Step into the pass to gain more power.

Chest Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
**Can be modified based on time and skill level of athletes*

Description:

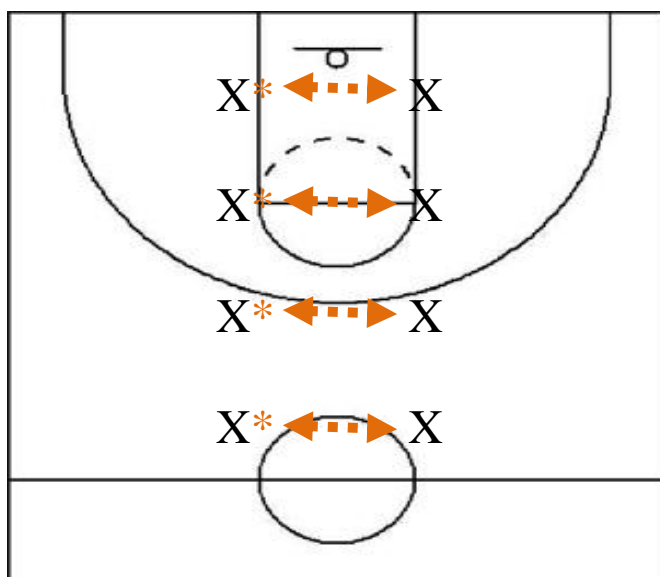
- 1). Begin the chest pass by gripping the ball with 2 hands – 1 on either side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target.

Drill Set-Up:

- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability
- Coach decides how fast the drill goes (blows whistle)

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See what pair can catch the most passes in 1 minute!
Work on quick catch and release.*
4. Standing on 1 Foot
5. Add Side-to-Side Shuffle

Bounce Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
**Can be modified based on time and skill level of athletes*

Description:

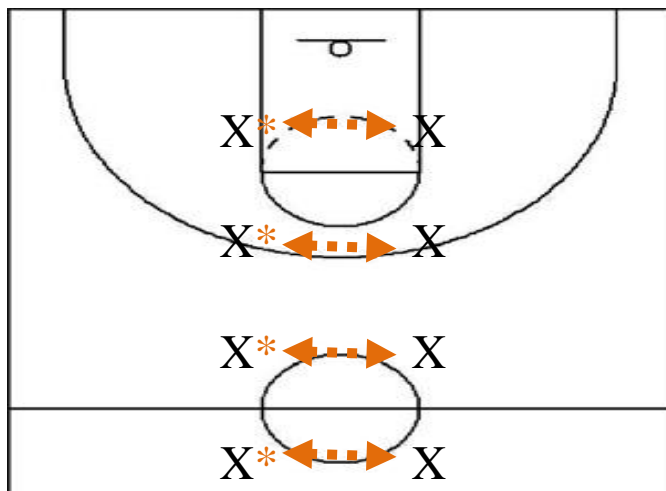
- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Ball needs to be at chest height with arms bent and thumbs facing toward the body.
- 3). Quickly extend the arms and release the ball.
- 4). Upon releasing the ball, point fingers toward the target and thumbs facing down toward the floor.
- 5). When throwing a bounce pass, the ball should hit the ground halfway between passer and partner.

Drill Set-Up:

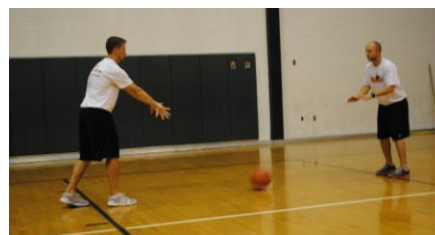
- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability.
- Coach decides how fast the drill goes (blows whistle).

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Lightning Speed Competition*
**See what pair can catch the most passes in 1 minute!
Work on quick catch and release.*
4. Side Bounce Pass
5. Fake Pass High to Bounce Pass
6. Pass Around Defender

Overhead Pass

Recommended Sets and Reps:

- Perform 3 sets of 10 passes
- *Can be modified based on time and skill level of athletes*

Description:

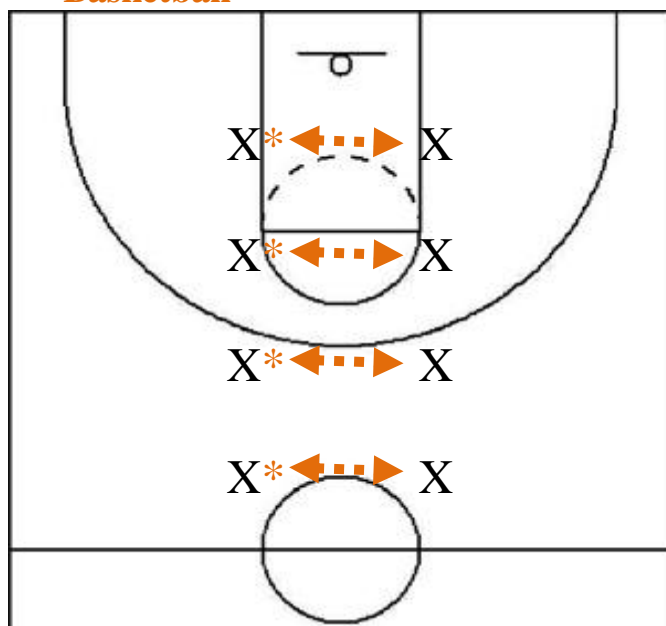
- 1). Begin bounce pass by gripping the ball with 2 hands – 1 on each side of the ball.
- 2). Bring ball toward the back of the head with thumbs facing down.
- 3). Quickly extend arms forward and release the ball.
- 4). Upon releasing the ball, point the fingers forward and thumbs toward the ground.

Drill Set-Up:

- Place 5 spots on the floor on both sides of the free throw lane.
- Partner players to face each other on opposite sides of the free throw lane.
- Have athletes back up based on age/ability.
- Coach decides how fast the drill goes (blows whistle).

X = Athlete

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Slow Pace
2. Fast Pace
3. Standing on 1 Foot
4. Fake Bounce Pass to Overhead
5. Long Bomb Competition
 - a) Passer starts next to basket as if they just secured a rebound.
 - b) Partner runs toward opposite basket for a layup
 - c) Passer must perform overhead pass and lead the partner for an easy layup

Passing on the Move

Recommended Sets and Reps:

- Repeat drill for 5 minutes, rotating passer every 5 passes
**Can be modified based on time and skill level of athletes*

Description:

- 1). Passers stand in one spot towards the top of the key. 2 Lines start outside of the 3 point line on each side.
- 2). 1st player in each line runs towards the hoop.
- 3). Passers then pass (coaches choice {chest/bounce pass}) to the player on their side running towards the hoop.
- 4). Player running towards to the hoop catches the ball and shoots a layup.
- 5). Player quickly rebounds and gets the ball back to the passer on their side.

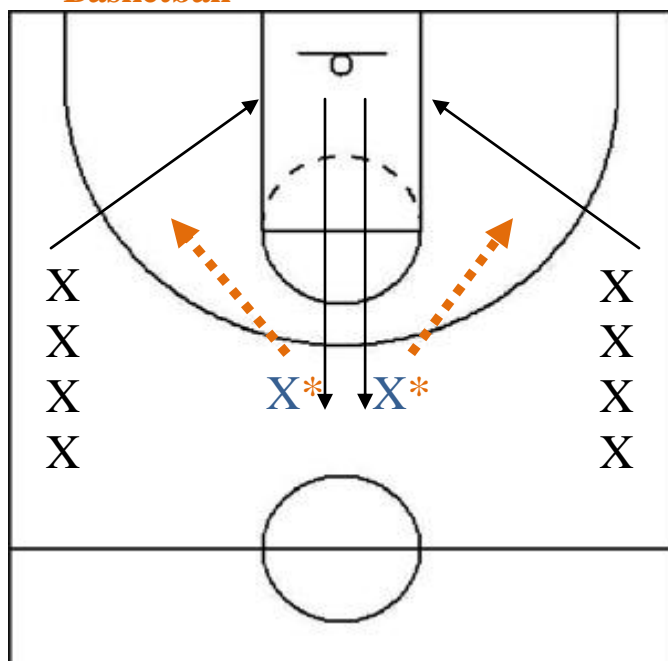
Drill Set-Up:

- Passers stand at the top of the key.
- Players receiving the ball begin drill at the 3-point line.

X = Passer

X = Athletes Receiving Pass

*** = Basketball**



DYNAMIC: PASSING



PROGRESSIONS:

1. Drill Moves Slowly
2. Drill Moves at Faster Pace
3. Fake and Go

- a) Passer begins by faking a pass to partner outside the 3-point line
- b) Partner jab steps toward the ball and then backdoor cuts towards rim for a pass

4. Add Defender

- a) Defender tried to disrupt pass by guarding passer
- b) Passer focuses on faking a pass and then leading the shooter for a layup