

Passing

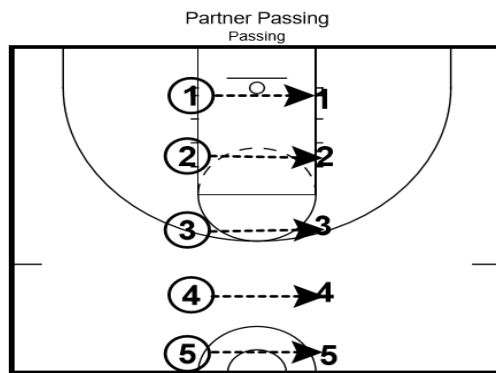
Teaching Points

- Passer
 - Knees bent
 - Steps with either foot
 - Extends arms with thumbs down creating backspin
 - Calls receivers name
- Receiver
 - Show hand target
 - Meet the pass with a jump shot

Partner Passing

All Grades (0:05 – 1:18)

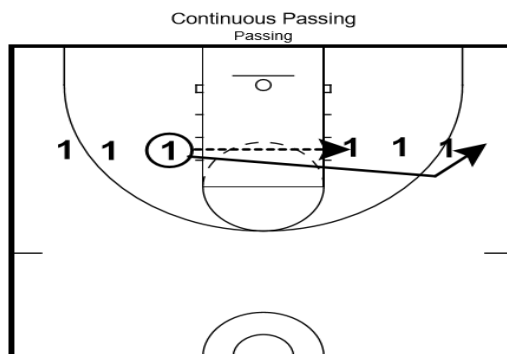
Have players get a ball, a partner and line-up lane line extended on the half-court.



Types of passes:
1.) 2 Hand Chest Pass
2.) 2 Hand Bounce Pass
3.) Overhead Pass (Have players take a step or 2 back)

Continuous Passing

All Grades (1:19 – 2:34)



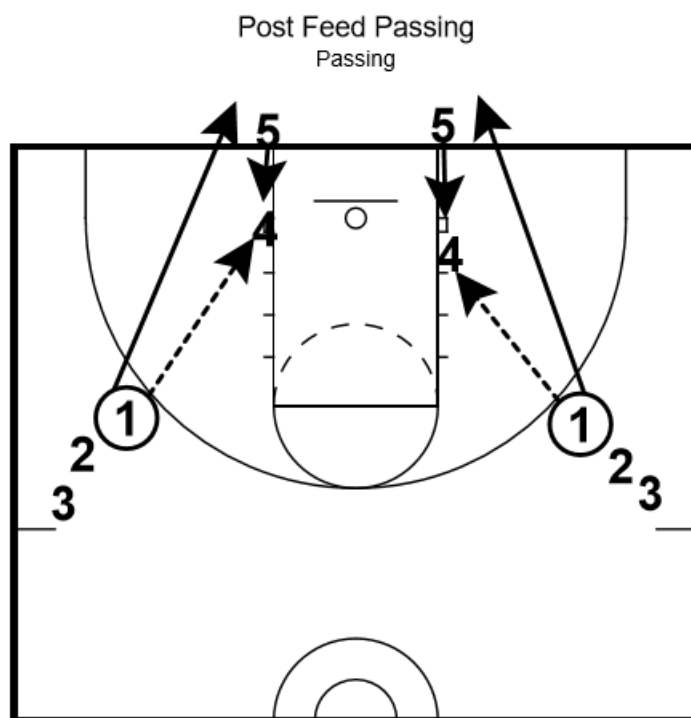
Player makes pass and goes to the end of the opposite line
Types of passes:
1.) 2 Hand Chest Pass
2.) 2 Hand Bounce Pass
3.) Overhead Pass (Have players take a step or 2 back)

Post Feed Passing

All Grades (2:35 – 3:25)

Post Feed Teaching Points

- Post Passer
 - Either be a 2-handed side bounce pass or 2-handed overhead pass
 - Act as if being guarded to simulate that they are being guarded and a direct chest/bounce pass will not work
 - Take dribble to improve passing angle
 - 'Fake a Pass to Make a Pass'
- Post Receiver
 - Post above the block
 - Both arms above shoulders
 - Older grades... 'Work The U'
 - Moving feet creating a 'U' to keep defender on your back
 - Chin ball on catch



- 1 makes post pass to 4
- 4 throws ball to 2 who becomes the next passer
- 4 goes to the end of the passing line
- 1 goes to the end of the post line
- 5 steps up as next post receiver

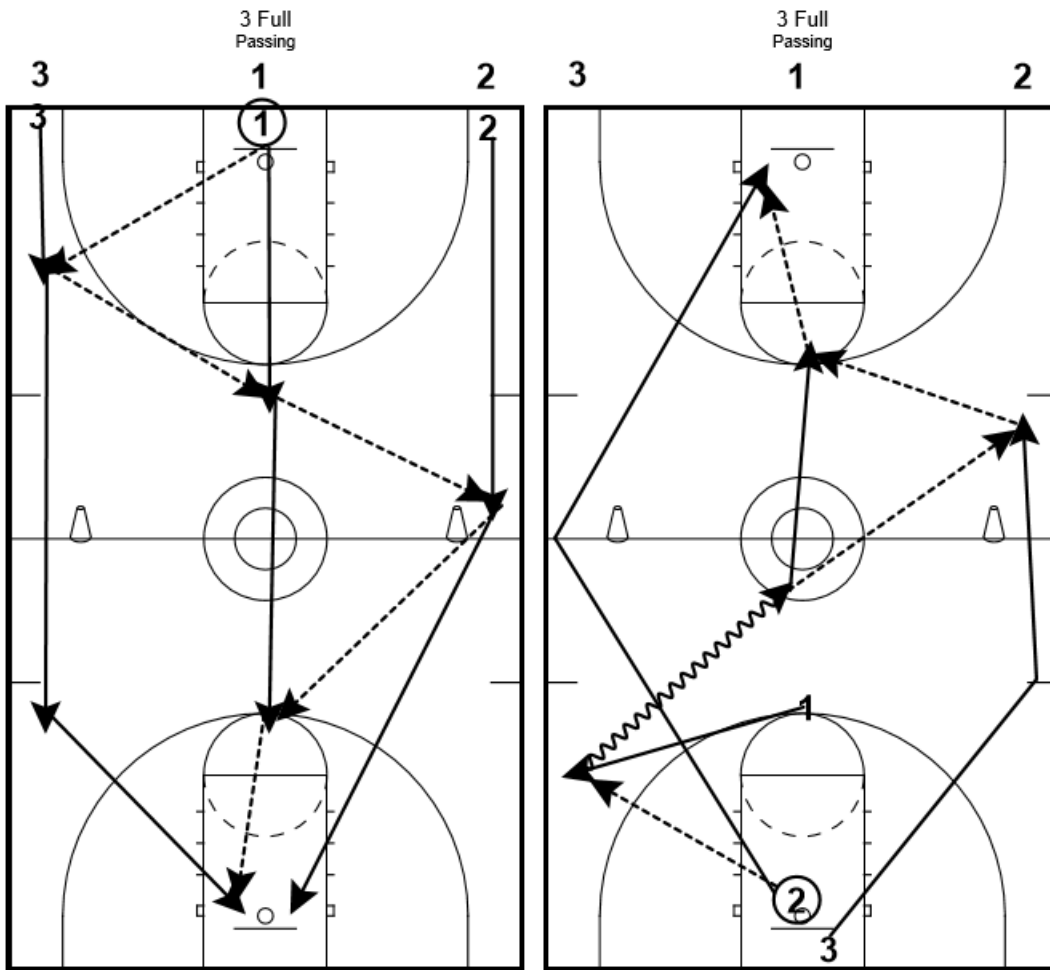
2 Full

All Grades (3:26 – 4:42)

This is a full-court passing drill. Players need a ball and a partner. Lines are lane width apart. Players run straight ahead making 2-handed chest passes back and forth. In the Upper Grades a lay-up can be added at the end. Player should make a jump stop at the elbow and 2-handed bounce pass should be made leading to the lay-up.

3 Full

Grades 6th – 8th (4:43 – 5:51)



5 PASSES DOWN-Wings stay wide
 1 to 3
 3 to 1
 1 to 2
 2 to 1
 1 jump stops and makes bounce pass to 3 for lay-up
 2 gets rebound

4 PASSES BACK-Wings stay wide
 1 calls for outlet
 2 to 1
 1 takes 1-2 dribbles to middle
 1 to 3
 3 to 1
 1 jump stops and makes bounce pass to 2 for lay-up

