

Passing

You must do passing drills and never assume your players are good passers. Poor passing will destroy an offence faster than anything. Excellent, crisp passing makes it all work. Most turnovers are related to bad passing or receiving. All players must become good at the chest pass, bounce pass and overhead pass.

Pairs Passing Drill

Set-up :

Have each player get a partner, and each pair has a ball, so they can "play catch" with each other. Have the partners separate about 12 - 15 feet (comfortable passing distance), and face each other.

Procedure :

Have the players practice each of the three basic passes (chest, bounce and overhead). Demonstrate the proper techniques with "stepping into" the pass with one foot forward. The ball is held with both hands on the ball, with the thumbs in back pointing upward and the fingers around the sides of the ball. When passing, snap the wrists, with the thumbs going through the ball and extending toward the receiver, and eventually the thumbs end up pointing downward on the follow-through. Make sure the players pass the ball crisply, and not "lob" their passes. Hit the receiver in the chest. The receiver should show a target with her hands extended toward the passer. Feet should be squared and shoulder-width apart. Have the passers alternate the lead foot.

Pairs Shuffle Drill (passing on the move)

Players must learn how to pass and receive on the move. Have all the pair partners line up on one end-line. Each pair has a ball. The players are about 12 - 15 feet apart. The first pair starts, shuffling the full length of the floor in a straight line and back again, making accurate chest passes back and forth the entire way, with no traveling or dribbling.

Pairs Passing, Find the Receiver

Often we see kids make a bad pass because they actually threw the ball before first locating their receiver (especially against press). Kids must learn to look before they pass! With this drill, the passer must first find the receiver before making the pass. Refer to diagram B above. Use both baskets. Have a line under each basket. The first player in line (player #1) speed dribbles out to the three-point line, makes a jump stop and a reverse pivot. Meanwhile, the next player in line (player #2) sprints out to either corner (mix it up so the passer has to look to find her). The passer makes the crisp chest pass to #2, cuts to the hoop, receives the pass back from #2, and finishes the lay-up. #2 rebounds, and now becomes player #1 and dribbles out and repeats the drill.