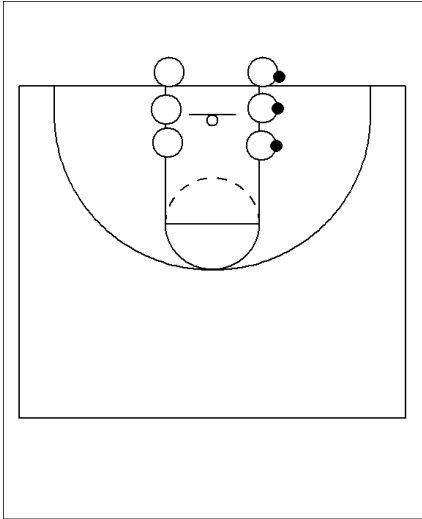




2-person full court passing



PASSING & CATCHING: 2-PERSON FULL COURT PASSING

Skills Covered

- *Passing to target area
 - Two-handed chest pass
 - Two-handed bounce pass
 - Two-handed over the head pass
 - Right handed passing
 - Left handed passing

*Catching

Alignment

*Players need to be groups of two. Each group of two needs a basketball. First group is under the basket area, and remaining groups line up behind them in to the out-of-bounds area.

Running the Drill

*On the coach's command the first group will start running parallel to each other. It is NOT a sprint. Players will pass the ball to each other as they move on down the court. It is important that the players lead their partner so they can continue to run at the same speed, and not have to stop and wait for the pass. Players continue to the other end of the court.

Drill Variations

- *Coach will direct players to vary their passes (see passes listed above).
- *Coach can have one line make a certain pass, and the other line make a different pass.
- *Coach cannot make the same pass twice in a row.