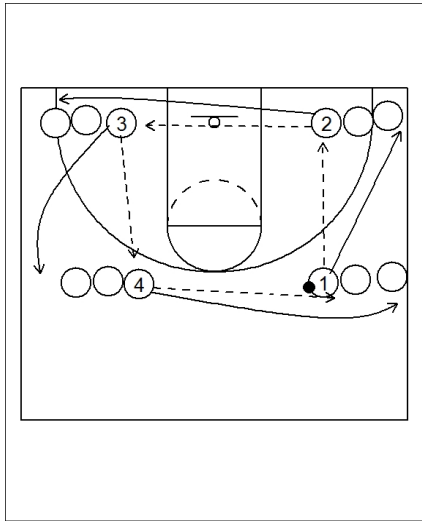




4-corner passing



PASSING & CATCHING: 4-CORNER PASSING

Skills Covered

*Passing

- Two-handed chest pass
- Two-handed bounce pass
- Two-handed over the head pass
- One-handed pass (strong hand)

*Catching

*Communication

Alignment

*Players line up in four separate lines. This drill works best when there are at least three players in each line. The first person in one of the lines will start with the basketball.

Running the Drill

*The player starting with the basketball (1) will make a pass to the first person in the 2 line. 1 will then sprint to the end of the line they just passed to.

*2 will then pass to the first person in front of the 3 line. 2 will then sprint to the end of the 3 line.

*3 will then pass to the person in front of the 4 line. 3 will then sprint to the end of the 4 line.

*4 will then pass to the person who is now in front of the 1 line. 4 will sprint to the end of the 1 line.

*When making a pass the passer **MUST** call out the first name of the person they are passing to.

*Coaches must gauge the distance between the lines. We want to make sure the players can make a pass with good technique. If they are too far apart they will not be able to use proper technique.

Drill Variations

*When the team gets comfortable using one basketball, then add one more. Make sure the balls start opposite each other. In the diagram on this page if 1 has a ball, then the other ball would start with 3.

*Add a third ball.

*Add a fourth ball.