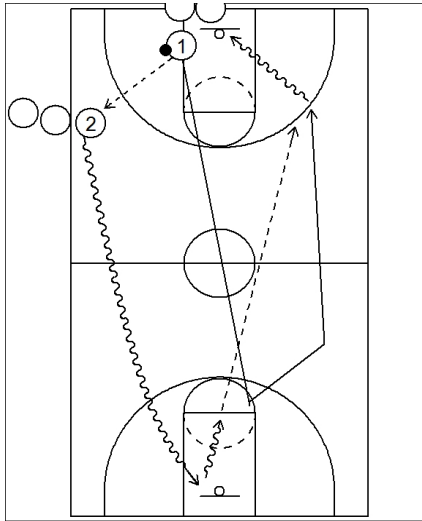




**Celtic passing**



**PASSING & CATCHING: CELTIC PASSING**

Skills Covered

- \*Outlet passing
- \*Long passes
- \*Catching
- \*Communication
- \*Speed dribble
- \*Layups

Alignment

- \*1 starts with a basketball and stands on the left block.
- \*2 starts in the outlet area, just above the free throw line extended.
- \*Players awaiting their turn will line up out of bounds behind 1 and 2 (see diagram).

Running the Drill

- \*2 calls for the ball, "Outlet!"
- \*1 throws an outlet pass to 2.
- \*2 speed dribbles the full length of the court and shoots a layup.
- \*After making the outlet pass 1 will sprint to the elbow of the opposite free throw line, turn and start sprinting back while looking for a long pass from 2.
- \*After shooting a layup, 2 will get their own rebound, make one or two dribbles and make the long pass ahead to 1.
- \*1 catches the pass and shoots a layup.
- \*The next group starts when the player throwing the outlet pass in the group ahead of them gets to the opposite free throw line.
- \*Make sure to do this drill on the left side of the court as well.

Drill Variations

- \*On the shot by the person who threw the outlet pass (1 in this diagram) instead of a layup they can come to a jumpstop by the basket, give a shot fake, and then shoot a power layup.
- \*To put pressure on the players the coach can add the rule that the team will run a down and back sprint for every missed layup.