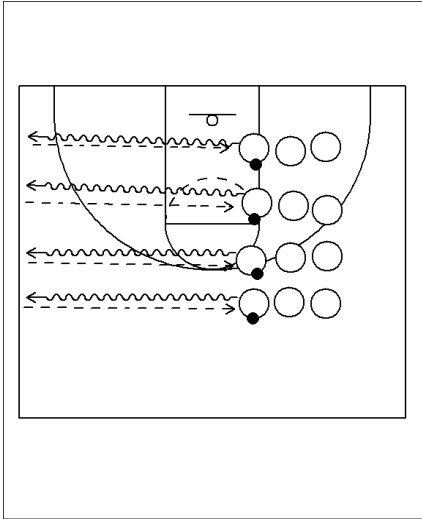




Dribble, pivot, & pass



PASSING & CATCHING: DRIBBLE, PIVOT, & PASS

Skills Covered

- *Passing
 - Two-handed chest pass
 - Two-handed bounce pass
 - Two-handed over the head pass
 - one handed pass (right and left)
- *Catching
- *ballhandling
- *Jump Stops
- *Pivots

Alignment

- *Three or more players per group.
- *Each group needs one basketball

*Line the groups up on the lane-line extended and facing the sideline. The player in front will have the basketball.

Running the Drill

The player in front of each line (with the ball) will speed dribble to the sideline. They will then perform a jumpstop and pivot so they are now facing the next person in their own line. Then the player will execute a pass to the next person in line. After making the pass the player will run to the end of their own line. The player who received the pass will now repeat the same.

Drill Variations

- *Vary the types of passes that are thrown.
- *Vary the types of pivots that are executed when players get to the sideline.
 - Forward Left Pivot
 - Forward Right Pivot
 - Reverse Left Pivot
 - Reverse Right Pivot
- *Have players execute a ball fake or a shot fake prior to making their pass.