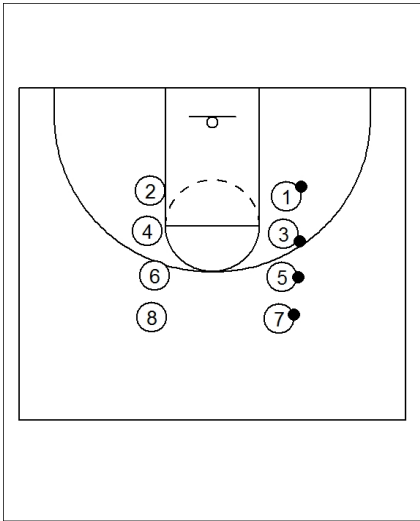




Partner form passing



PASSING & CATCHING: PARTNER FORM PASSING

Skills Covered

*Passing

- Two-Handed Chest Pass
- Two-Handed Bounce Pass
- Two-Handed Over-the-Head Pass
- One-Handed Step Around Pass (do both to the right and left side)

*Catching

*Passing Form

*Passing to the target area

Alignment

- *Players need to be in a group of two. Each group of two needs a basketball.
- *Players line up facing their partner. Players should be at least ten feet from

their partner. Coaches should keep the players at a distance where they can keep good form with their passes, while still throwing crisp passes.

Running The Drill

*All of the basketballs should start on the same side.

*On coach's command the players with the ball will perform the pass being worked on. IT IS IMPORTANT that the passers throw the ball to the receiver's target area. The target area is just above the waist up to the chest area. Catching the ball in this area will give the receiver a chance to immediately into a basketball position.

*Players continue to execute the pass until the coach moves on to another type of pass.

Drill Variations

*Add a ball fake or a shot fake prior to making each pass.

*See how many successful passes each pair can make in an amount of time. Example: Tell them to count and see how many passes they can make in 30 seconds.