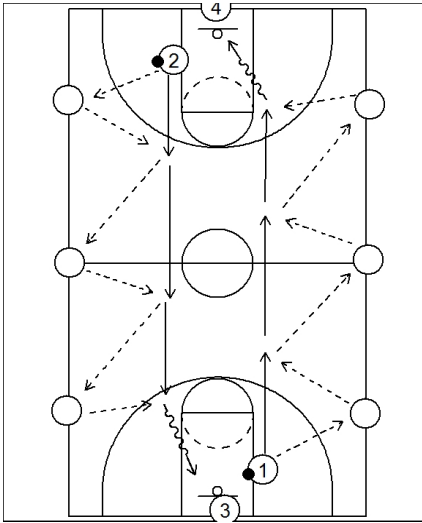




Wagon wheel passing



PASSING & CATCHING: WAGON WHEEL PASSING

Skills Covered

*Passing

- Two-handed chest pass
- Two-handed bounce pass
- Two-hand over the head pass

*Catching

*Layups

*Communication

Alignment

*6 passers are aligned at each free throw line extended and on the sideline, at the halfcourt line and on the sideline, and free throw line extended and on the sideline.

*One player starts on the right side of each lane at both ends of the floor (see

diagram).

*Players waiting for their rep will line up along the baseline and under the basket. Both 3 and 4 will be next to go. There will be players lining up behind them as well.

Running the Drill

*At the same time, 1 and 2 will start down their respective sides of the floor.

*1 passes to the player at the free throw line extended. 1 starts running down the floor. Pass is returned to 1.

*1 passes to the player at halfcourt. Pass is returned as 1 continues down the floor.

*1 passes to the next player at the free throw line extended. 1 continues down the floor. Player returns pass to 1, and 1 goes in and shoots a layup.

*4 is the next player in line. They will grab 1's rebound and continue the drill down the other side of the court.

*After a few reps, the coach will have to switch the passers along the sideline so all players get reps.

*Switch by going to the left side. Give equal reps on both the left and right side.

*Players must say the name of the player they are passing to.

Drill Variations

*Vary the type of passes thrown.

*Assign a different type of pass to be thrown to each of the three stationary passers.

*When coach yells "Switch", the entire team yells "Switch" and the players with the ball will reverse the direction they are going and continue the drill.