

BASIC PASSING AND RECEIVING SKILLS

DESCRIPTION: PASSING AND RECEIVING A BASKETBALL ALLOWS A TEAM TO EFFECTIVELY MOVE THE BALL QUICKLY AROUND THE COURT. A TEAM THAT HAS PLAYERS WITH STRONG PASSING AND RECEIVING SKILLS WILL SPREAD THE DEFENSE AND BE HARD TO GUARD. THIS STRENGTH SHOULD HELP CREATE OPEN SHOTS, WHICH WILL HOPEFULLY LEAD TO MORE SCORING OPPORTUNITIES.

PASSING TEACHING POINTS:

- TWO HANDS ON THE BASKETBALL, WITH FINGERS ON THE SIDES OF THE BALL
- BALL IN MIDDLE OF BODY
- STEP TOWARD TARGET
- PUSH THUMBS THROUGH BALL AND SNAP WRISTS, CREATING BACKSPIN ON THE BASKETBALL
- EXTEND ARMS COMPLETELY AS YOU FOLLOW THROUGH TOWARD TARGET

RECEIVING TEACHING POINTS:

- BOTH HANDS UP IN READY POSITION – SHOW A TARGET
- STEP TOWARD THE BALL WHEN PASSED – MEET THE PASS
- “BALL IN AIR/FEET IN AIR” CONCEPT – LEADS TO JUMP STOP, TRIPLE THREAT POSITION, AND ABILITY TO PIVOT WITH EITHER FOOT
- LOOK THE BALL INTO THE HANDS

TWO HAND CHEST PASS:

- BASKETBALL IS HELD WITH TWO HANDS AT CHEST LEVEL
- PASSER TARGETS THE RECEIVER’S CHEST AREA

TWO HAND BOUNCE PASS:

- BASKETBALL IS HELD WITH TWO HANDS AT CHEST LEVEL
- PASSER AIMS FOR A SPOT ON THE FLOOR ABOUT TWO-THIRDS (A LITTLE MORE THAN HALFWAY) OF THE WAY TO THE RECEIVER
- PASSER TARGETS THE RECEIVER’S CHEST AREA

OVERHEAD PASS:

- BASKETBALL IS HELD WITH TWO HANDS ABOVE HEAD
- PASSER TARGETS THE RECEIVER’S CHEST AREA

PASSING AND RECEIVING DRILLS

1. DISTANCE PASSING DRILL

DESCRIPTION: BE SURE TO INCORPORATE ALL THREE BASIC PASSES INTO THIS DRILL.

- PAIR UP PLAYERS AND HAVE THEM FACE EACH OTHER SIX TO EIGHT FEET APART
- INSTRUCT PLAYERS TO PASS THE BASKETBALL BACK AND FORTH USING A CHEST PASS
- AFTER SEVERAL REPETITIONS, HAVE EACH PLAYER TAKE ONE TO TWO STEPS BACKWARDS AND CONTINUE PASSING
- CONTINUE MOVING PLAYERS BACK UNTIL THEY ARE PASSING FROM A CHALLENGING DISTANCE

2. TWO LINE PASSING DRILL

DESCRIPTION: THIS DRILL'S PURPOSE IS TO HELP PLAYERS PASS TO A MOVING TARGET. IT ALSO WORKS ON RECEIVING THE BASKETBALL WHILE ON THE MOVE. TWO PAIRS OF PLAYERS CAN PERFORM THIS DRILL AT ONE TIME.

- PAIR UP PLAYERS AND HAVE THEM FACE EACH OTHER SIX TO EIGHT FEET APART
- ESTABLISH A STARTING AND TURNAROUND POINT
- ONE PLAYER IN EACH PAIR NEEDS A BASKETBALL
- USING DEFENSIVE SLIDES, PLAYERS MOVE UP AND THEN BACK DOWN THE COURT
- WHILE SLIDING, INSTRUCT PLAYERS TO PASS THE BASKETBALL BACK AND FORTH USING A CHEST PASS
- PLAYERS PASS THE BALL IMMEDIATELY UPON RECEIVING THE BALL

VARIATIONS

BOTH PLAYERS RUNNING UP AND DOWN THE COURT, RATHER THAN SLIDING. YOU MAY ALSO REQUIRE THE RECEIVER TO PERFORM A JUMP STOP UPON CATCHING THE BASKETBALL AND IMMEDIATELY PASSING IT TO HIS OR HER MOVING PARTNER.

3. FIRING LINE DRILL

DESCRIPTION: BE SURE TO INCLUDE ALL THREE BASIC PASSES. IF YOUR TEAM HAS TWO COACHES AND 8 TO 10 PLAYERS, DIVIDE YOUR PLAYERS INTO TWO GROUPS.

- PLAYERS FORM ONE LINE, STANDING TWO TO THREE FEET APART
- APPOINT ONE PLAYER AS THE DRILL LEADER, WHO STANDS PARALLEL TO THE LINE OF PLAYERS
- WITH ONE BALL, THE DRILL LEADER BEGINS THE DRILL BY THROWING A CHEST PASS TO THE FIRST PLAYER IN LINE
- AFTER THE PLAYER MAKES A RETURN PASS TO THE DRILL LEADER, THE DRILL LEADER PASSES TO THE NEXT PLAYER IN LINE
- THIS PASSING AND RECEIVING PATTERN CONTINUES UP AND DOWN THE LINE
- AS PLAYERS BECOME PROFICIENT AT THIS DRILL, THE DRILL LEADER SHOULD INCREASE THE SPEED AT WHICH HE OR SHE IS PASSING THE BASKETBALL UP AND DOWN THE LINE
- TO ENCOURAGE TEAMMATES TO BE ALERT AT ALL TIMES, DRILL LEADER SHOULD BEGIN TO RANDOMLY PASS THE BALL TO EVERYONE IN THE LINE

VARIATIONS

FOR KINDERGARTEN AND FIRST-GRADE TEAMS, A COACH SHOULD SERVE AS THE DRILL LEADER. FOR THIRD-GRADERS AND ABOVE, YOU COULD ADD A SECOND BASKETBALL WHEN YOUR PLAYERS HAVE MASTERED THIS DRILL TO FURTHER CHALLENGE THEM IN PRACTICE.

4. MONKEY IN THE MIDDLE DRILL

DESCRIPTION: THIS DRILL'S PURPOSE IS TO PROMOTE THE USE OF BALL FAKES AND PIVOTS WHEN PASSING TO A TEAMMATE. IT ALSO ENCOURAGES ACTIVE HANDS AND QUICK FEET FROM THE DEFENDER (PLAYER IN THE MIDDLE). TWO GROUPS OF THREE PLAYERS CAN PERFORM THIS DRILL AT ONE TIME.

- OFFENSIVE PAIR IN EACH GROUP STAND SIX TO EIGHT FEET APART
- OFFENSIVE PLAYERS ARE NOT ALLOWED TO DRIBBLE AND MUST STAY AT THEIR DESIGNATED SPOTS
- DEFENDER (PLAYER IN THE MIDDLE) CAN GET NO CLOSER THAN TWO FEET TO THE OFFENSIVE PLAYER
- OFFENSIVE PLAYERS PASS THE BASKETBALL TO ONE ANOTHER, USING BALL FAKES AND PIVOTS (NO LOB PASSES ARE ALLOWED)
- IF THE DEFENDER TOUCHES THE PASS, THE PLAYER WHO THREW THE PASS BECOMES THE DEFENDER
- IF AN OFFENSIVE PLAYER THROWS AN ERRANT PASS, HE OR SHE BECOMES THE DEFENDER