

"Pass/Pass" Passing Drill

Drill Objectives:

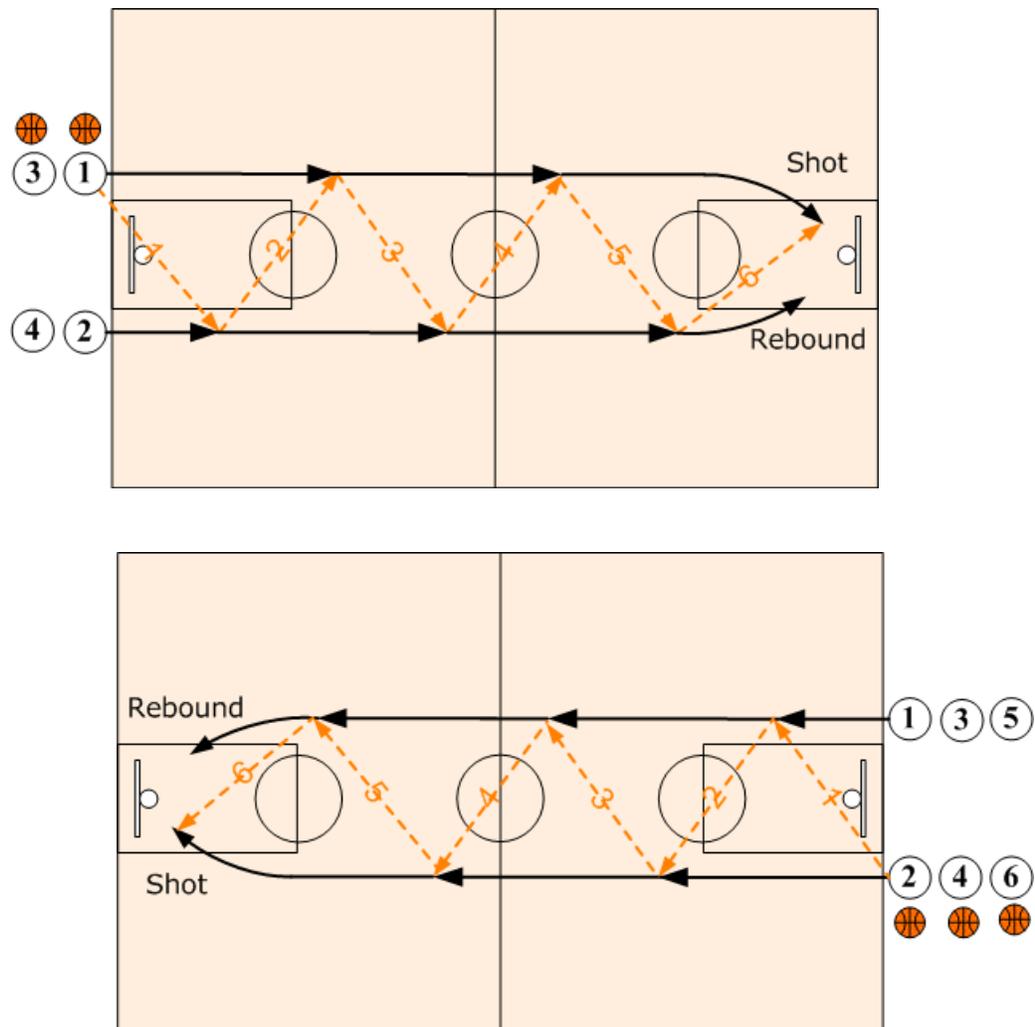
- To teach and refine players ability to lead receivers.
- To develop passing and shooting ambidexterity.
- To warm-up using a passing drill.

The "Pass/Pass" passing drill is comprised of a decreasing series of full court two handed chest passing. Starting out with 6 or 7 passes, each time a cycle of down and back is completed the number of passes is reduced by one. In reducing the number of passes, it not only increases player's speed, but in addition, increases the need to anticipate and lead receivers.

For this drill, players are paired up two to a ball at the end of the court and spaced out 12' to 15' (width of lane lines). The drill finishes with a layup shot on the last pass and the passer rebounding the ball. For proper spacing, each pair of players waits until the pair ahead of them reaches midcourt line before starting.

Pushup Rules: If a layup is missed, both the shooter and passer automatically step off the court and do 10 pushups (A successful shot starts with a good pass). This rule is in effect to emphasize the importance of making layups in practice (finishing). Missed layups during a game, start in practice. Rebounder must also rebound the ball before it hits the floor. If the ball hits the floor, the rebounder has 10 pushups.

1. Phase One: 6 Passes



Each pair goes down and back before reducing the number of passes. This will insure that both players shoot and rebound on each phase of the drill. The first group waits until the last group finishes before returning down the court.

Coaching Tips

Since this drill stresses leading receivers to the basket, it is a great drill from the beginning novice to the professional level.

Be very attentive and insist on proper passing techniques. Make corrections when as needed.

The Pass/Pass is an excellent drill to use for practice warm-up.

Optional Variations: Once the drill has been taught, on the upper levels of the game, you can substitute the type of pass used such as bounce passes, two handed overhead or behind the back passes.