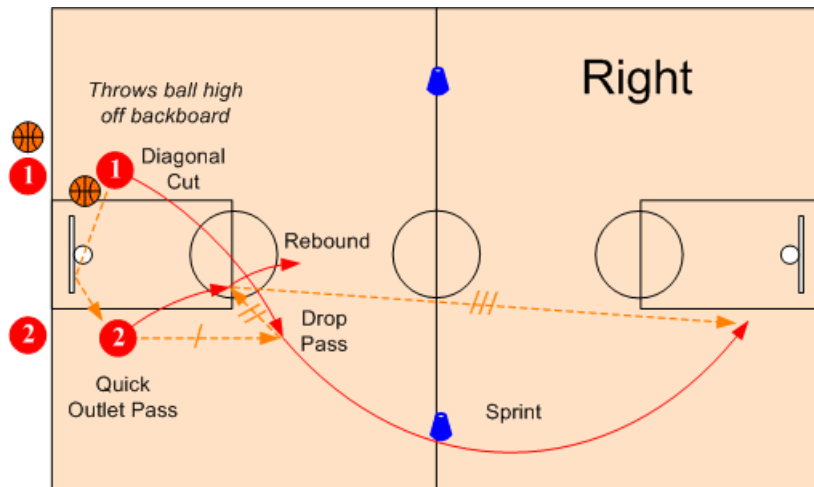
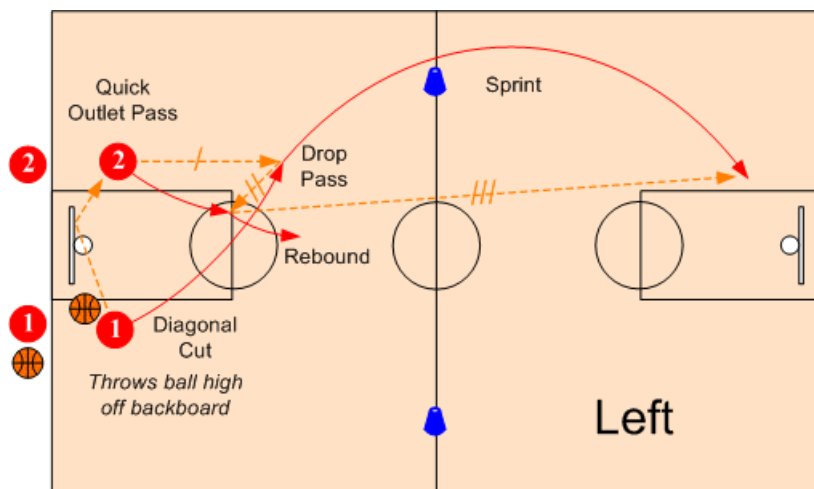


Players switch roles on the way back. Each group goes down and back on the right side, and flops and goes down and back on the left side.

3. Drop Pass

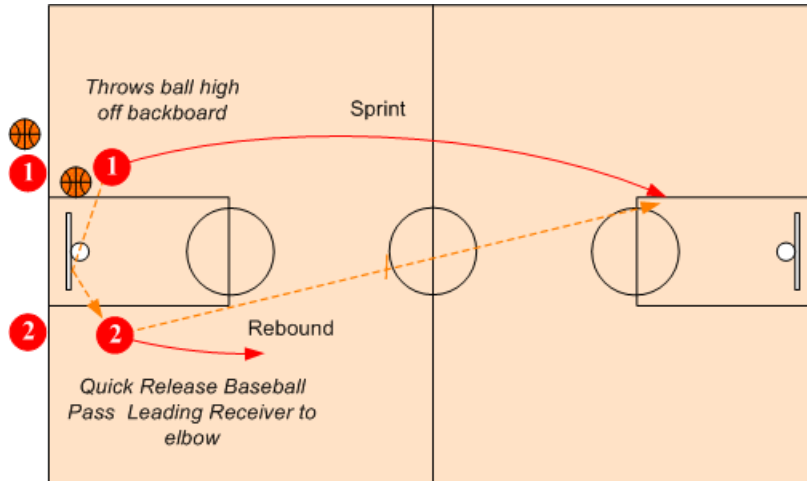


O1 throws the ball high of the backboard to O2 and then makes a diagonal cut to opposite wing. O2 rebounds the ball and makes a quick outlet pass to O1. O1, without dribbling, executes a drop pass by dropping the ball behind and continues running a wide wing lane. O2 picks up the drop pass and, without dribbling, leads O1 to the basket for layup. O2 follows the pass and rebounds. No dribbling is allowed on this quick hitting drill and the emphasis is on ballhandling.



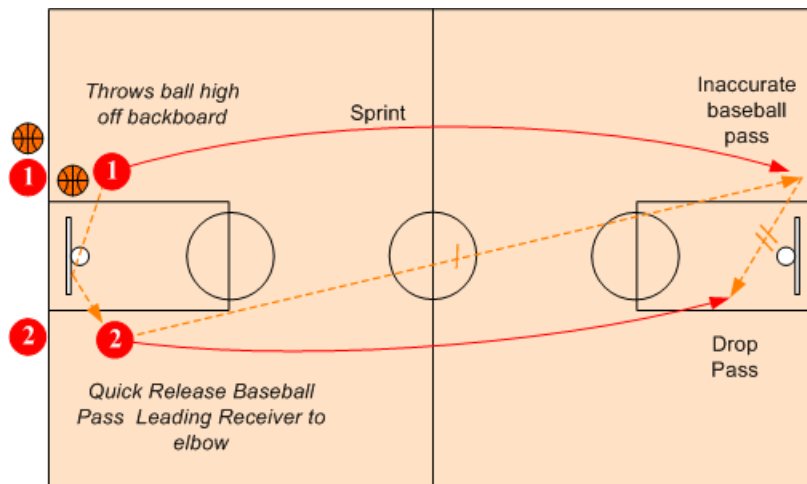
Players switch roles on the way back. Each group goes down and back on the right side, and flops and goes down and back on the left side.

4. Baseball Pass



Deep outlets and long passes are a key for early offense and must be practiced. O1 throws the ball high off the backboard to O2 and sprints to the opposite free throw line. O2 rebounds the ball and executes a quick release baseball or hook pass leading receiver O1 to the opposite “elbow” making O1 run to the ball. O2 follows the pass, sprinting to rebound the ball before it hits the floor. O2’s pass should be over the top of the defenders, not a high lob which will allow time for defenders to get back.

Errant or Bad Pass Drop



If O2’s baseball pass is off its mark and the shooter O1 cannot make an on balance layup shot, then O1 should save the ball by executing a drop pass back to O2 trailing for layup. Note: Add this option only after players become somewhat skilled in throwing long passes. The drop pass is not a crutch and should be used sparingly.

Automatic Push-ups (optional)

Players need to learn to finish. On all these two player drills, if the ball is missed handled or the shooter misses the lay-up, both players should be required to do an automatic 10 push-ups. A good pass leads to a good shot. Tolerating and allowing players to miss lay-ups during practice only reinforces bad habits and habits do not change during a game.

Players will not only benefit from these two player break drills, but will also enjoy running them.