



## Solway Basketball Club – Coaching Drills

### PASSING

#### Name: 3 Man Weave

##### Description:

Players form three lines at baseline.

Player in middle line has ball.

Ball is passed in a weave pattern up the court. Players cut behind the person they have passed to (see diagram).

Player who receives ball near edge of offensive key makes a hard drive to basket.

The other two players form a rebounding triangle and any missed shots are put back after the rebound.

After the made basket, the ball is grabbed, the player steps out of bounds and the drill is repeated back down the court.

##### Variations:

1. Players can wait at end of court (rather than coming back) for rest of players in line to come down court and then all take in turns to come back in opposite direction.  
This way, the next three players can start when the previous three cross halfway.

2. Specify the types of passes to be made.

3. Make it a 5 Man Weave.

##### Watch For:

1. Sprint down the court.
2. Run the lanes - go wide.
3. Communicate - call for the ball.
4. Pass in front of the moving player.
5. No traveling.
6. Ball does not hit the floor.

