



Solway Basketball Club – Coaching Drills

PASSING

Name: Celtic Passing

Description:

Line players up as in diagram
After passing you follow your pass to the line
you pass to and become the next passer.

Designated types of passes are as follows:

Baseball (1 to 2)

Chest (2 to 3)

Overhead (3 to 4)

Bounce (4 to 5 for cut backdoor and lay-up)

Variations:

1. You will have to shorten the pass length for younger children.
2. Shorten and use a light medicine ball to develop strength.

Watch For:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

