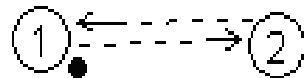
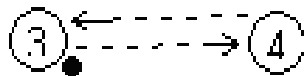
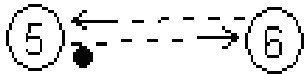
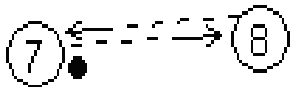




Solway Basketball Club – Coaching Drills

PASSING

Name: Partner Passing



Description:

Split group into partners with one ball between two. Place players opposite each other with appropriate spacing to strength.

Teach:

Chest Pass (two handed pass)
Bounce Pass (one and two handed)
Push Pass (one handed pass)
Overhead Pass (two handed)
Baseball Pass (two handed)

Variations:

Add two basketballs:

- one pass low one pass high
- pass with right or left hands

Have players catch with a jump stop.

Players move slowly forwards and backwards and pass at same time.

Players shuffle sideways

Watch For:

1. Dribble ball with fingertips - not palms.
2. Stay low and dribble waist height.