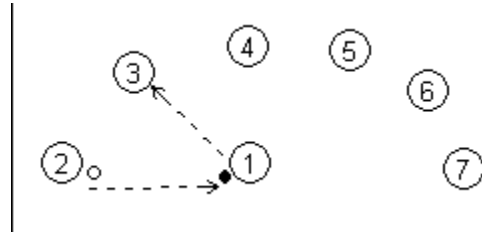




Solway Basketball Club – Coaching Drills

PASSING

Drill: Pepper Passing



Description:

Players form a semi-circle around one of the players. Note that the player in the middle is a step inside the circle - this ensures he has to use his peripheral vision to see the players on the ends of the semi-circle.

The player in the middle and the player on one end each have a ball.

Player 1 passes to player 3 and then receives the pass from player 2.

Player 1 passes to player 4 and then receives the pass from player 3.

The play continues like this, and then returns in the opposite direction around the circle.

Players then rotate so each has a turn as the middle passer.

Variations:

1. Specify the types of passes to be made.
2. Make a rule that the middle passer must make a different type of pass than they just received.
3. Time each player for a certain number of rotations.

Watch For:

1. Good, hard passes.
2. Quickness (but don't hurry).
3. Show "ten fingers" to receive the ball.