



Solway Basketball Club – Coaching Drills

PASSING

Name: Passing Relay

Description:

Split the group into two teams and spread out along sideline.

First team to pass up and back wins.

Variations:

Bounce passes

Alternating passes. E.g. Bounce then chest.

Push passes (one handed)

Behind back

Watch For:

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

