**South Muskoka Breakers Coaching Notes - Passing Drills**

These drills are intended to teach and train basic passing fundamentals.

Implement them early on in practice in order to work on technique. Focus on technique rather than speed.

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| **Drill** | **Details** | **Level** |
| Partner Passing | Partners with 1 basketball, stand 10-20’ apart  -Pass the ball back and forth  -Receiver must have hands up, showing 10 fingers  -Chest pass, bounce pass, 1-hand push pass  -Add another basketball, one player makes bounce pass, one player makes chest pass  -Make them move up the floor, passing back and forth, finish with layup | 1 |
| 2-Line Passing | As above, extra player goes behind one of the other players, ball starts in line with 2 players  -Player with ball passes to opposite line, receiver steps to ball and catches with 2-foot stop  -Passer then follows their pass and ‘closes out’, defending player they passed to  -Player with ball must pivot appropriately in order to pass ball back to opposite line | 2 |
| 3-man Weave  Or  FC 3-man | 3 lines on baseline, balls in the middle  -Pass across, follow your pass behind, weaving all the way down the floor  -Ball should not touch the floor, finish with lay-up at the far end  -Can do a 2 on 1 back, person who does lay-up is on defence  -Advanced – 5 man weave, 3 on 2 coming back | 2 |
| 3-Line Passing | 3 lines on baseline, balls in outside lines  -Person in middle is playing catch with outside lines  -Left side passes to middle, middle passes back, right side is dribbling at this point  -Right side passes to middle, middle passes back, left side is dribbling  -All the while moving up the court  -Give everyone a ball, middle and side pass at same time, one bounce, one chest | 2 |
| 4 Corner Passing | 4 lines, forming a square, 2 balls at front of lines opposite each other  -players pass ball to their right and go to line on their left  -pass should be made with outside hand, pivot with same foot and step with opposite foot  -receiver must show hands and step towards the pass, catch on 2-foot stop  -add 2 more balls once drill is mastered | 3 |
| 4 Corner Dribble & Pass | 4 lines, forming a square, balls at the front of each line  -4 players dribble ball into the middle, 2-foot stop, pivot to the right, pass to line on the right  -Mix up passes (chest pass, bounce pass, 1 hand push pass)  -Mix up pivot (forward pivot right/left, reverse pivot right/left) | 3 |