**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 WeaveOrFC 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 |