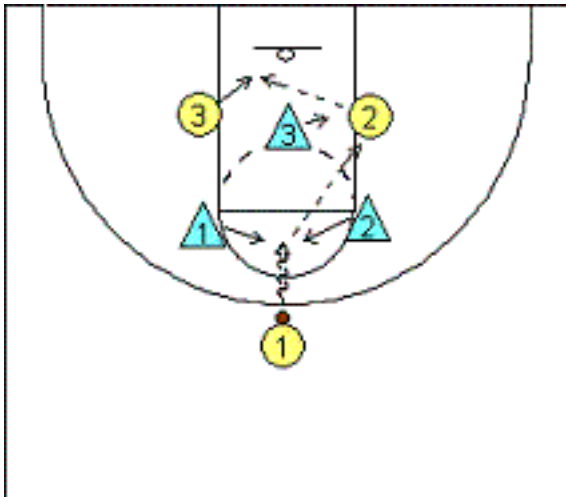


Passing Drill #6 - Drive and Dish Passing Drill

Use three guards and three post players. You can divide your 12-man squad into two groups and use both ends of the court.

O1 is at the point. Place two defenders just above the elbows (like against a 2-3 zone). Put a defensive post in the middle of the lane, and two offensive post players half way up the lane on each side. Your point guard (O1), will dribble penetrate and split the two defenders and pass to either post player. The X3 defender will try to deny this pass. The receiving post player can either shoot, make a power move to the hoop, or dish off to the opposite post, who finishes the lay-up.



Passing Drill #7 - 2-Man Passing, Find the Receiver

Often I see kids make a bad pass because they actually threw the ball before first locating their receiver (especially against a full-court press). Players must learn to look before they pass! With this drill, the passer must first find the receiver before making the pass.

Use both baskets. Have a line under each basket. The first player in line (player #1) speed dribbles out to the three-point line, makes a jump stop and a reverse pivot. Meanwhile, the next player in line (player #2) sprints out to either corner and yells "ball, ball, ball" (mix it up so the passer has to look to find the receiver). The passer makes the crisp chest pass to #2, cuts to the hoop, receives the pass back from #2, and finishes the lay-up. #2 rebounds, and now becomes player #1 and dribbles out and repeats the drill.

