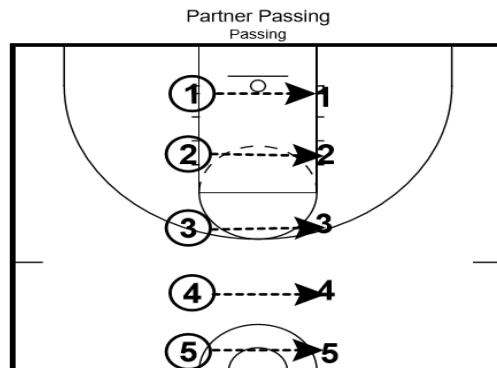# Passing

Teaching Points

- Passer
  - Knees bent
  - Steps with either foot
  - Extends arms with thumbs down creating backspin
  - Calls receivers name
- Receiver
  - Show hand target
  - Meet the pass with a jump shot
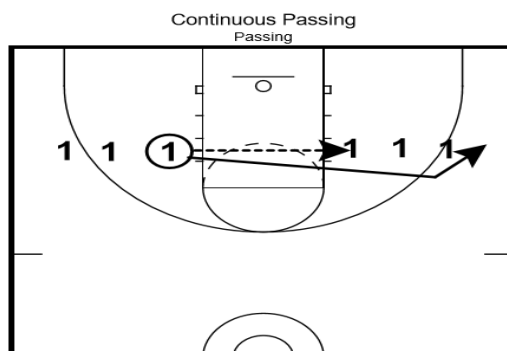
Partner Passing
All Grades

Have players get a ball, a partner and line-up lane line extended on the half-court.

Partner Passing
Passing

Types of passes:
1.) 2 Hand Chest Pass
2.) 2 Hand Bounce Pass
3.) Overhead Pass (Have players take a step or 2 back)

Continuous Passing
All Grades

Continuous Passing
Passing

Player makes pass and goes to the end of the opposite line
Types of passes:
1.) 2 Hand Chest Pass
2.) 2 Hand Bounce Pass
3.) Overhead Pass (Have players take a step or 2 back)

Post Feed Passing
All Grades

Post Feed Teaching Points

- Post Passer
  - Either be a 2-handed side bounce pass or 2-handed overhead pass
  - Act as if being guarded to simulate that they are being guarded and a direct chest/bounce pass will not work
  - Take dribble to improve passing angle
  - 'Fake a Pass to Make a Pass'
- Post Receiver
  - Post above the block
  - Both arms above shoulders
  - Older grades…'Work The U'
   - Moving feet creating a 'U' to keep defender on your back
  - Chin ball on catch

Post Feed Passing
Passing
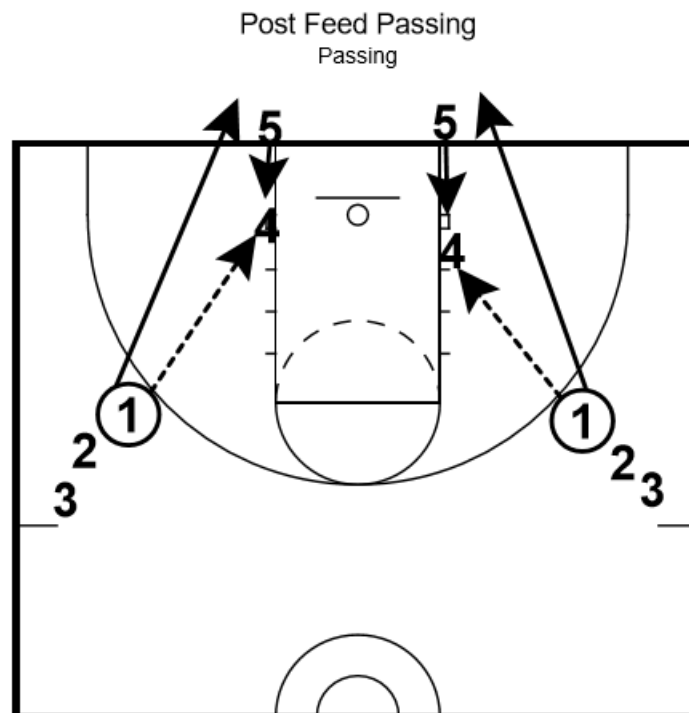
1 makes post pass to 4
4 throws ball to 2 who becomes the next passer
4 goes to the end of the passing line
1 goes to the end of the post line
5 steps up as next post receiver

2 Full
All Grades

This is a full-court passing drill. Players need a ball and a partner. Lines are lane width apart. Players run straight ahead making 2-handed chest passes back and forth. In the Upper Grades a lay-up can be added at the end. Player should make a jump stop at the elbow and 2-handed bounce pass should be made leading to the lay-up.

3 Full
7th and 8th

3 Full
Passing

3 Full
Passing
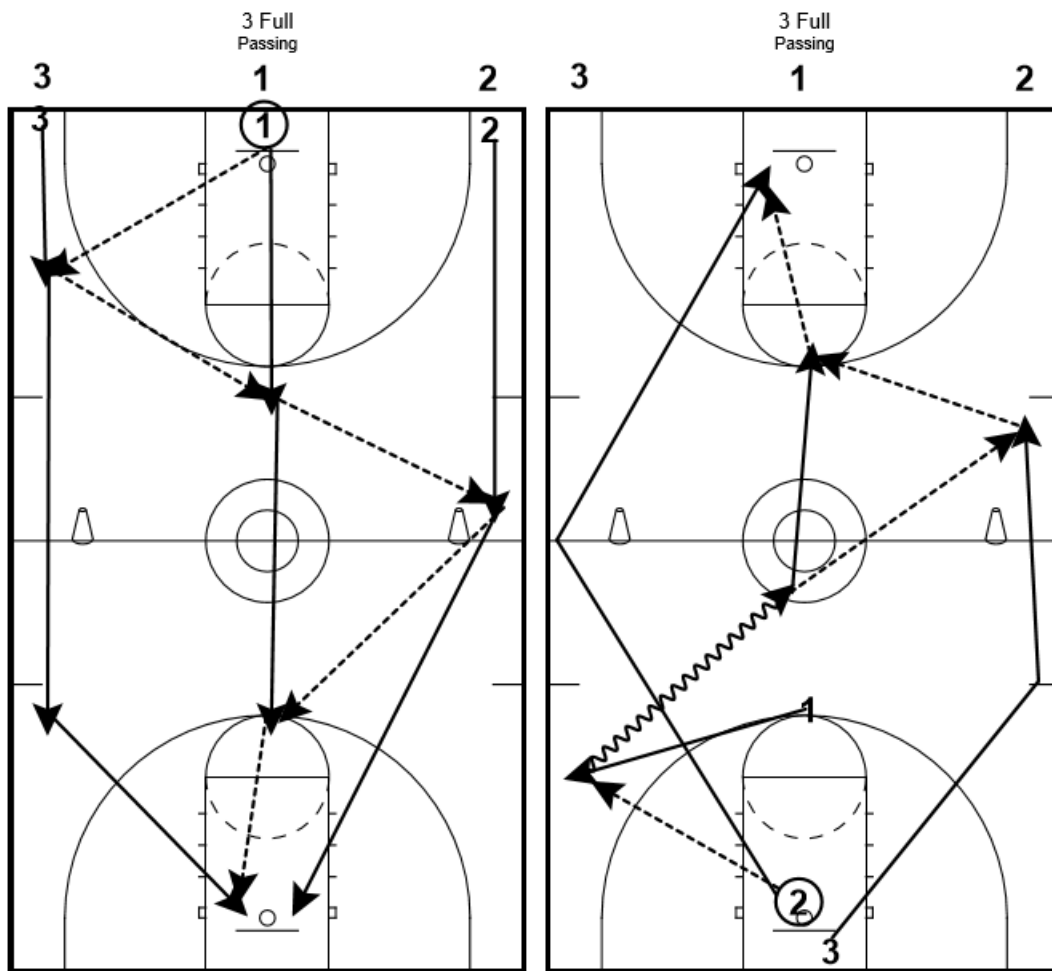
5 PASSES DOWN-Wings stay wide
1 to 3
3 to 1
1 to 2
2 to 1
1 jump stops and makes bounce pass to 3 for lay-up
2 gets rebound

4 PASSES BACK-Wings stay wide
1 calls for outlet
2 to 1
1 takes 1-2 dribbles to middle
1 to 3
3 to 1
1 jump stops and makes bounce pass to 2 for lay-up