

Level 1-Passing

Passing is by far the quickest way to move the ball and should be encouraged at all times. When executed properly, passing is the most effective way to get an open shot or lay-up, or to relieve pressure in the back and mid-court.

Chest Pass

The simplest and most common pass is the chest pass. Both hands are used for maximum power and speed to minimise the chance of interception.

Establish a triple threat position, then explode out of the triple threat by stepping forward with the same foot as your dominant hand, holding the ball close to the chest with both hands on the sides of the ball, held between the finger pads, thumbs meeting at the back of the ball. Elbows should be behind the ball and parallel to the floor.

Quickly snap the basketball out of your hands with a flick of the wrists and follow through fully extending the arms. On release, the fingers should be facing towards the target and the thumbs close together, pointing down. If executed correctly the ball should rotate backwards towards the passer.

Drills

2 Line Chest-Passing

The player with the ball passes to the adjacent player in the other line and runs to the right and the end of the other line etc etc

Coaching points

- Don't bunch up and get too close
- Hit the target
- Have the receiver in the correct receiving stance with hands ready, presenting a target
- Don't throw too hard for the receiver

Down The Line

Line every player except one in a line side by side. The remaining player begins with the ball and passes to the player on the right end of the line. Then the passer shuffles left, receives the pass back, and passes to the next player in line. At the end of the line, the passer dribbles behind the line and passes to the player at the right end who becomes the new passer. The original passer takes the spot at the left end of the line.

Bounce Pass

This is often used when the player in possession has a defender blocking the pass and is standing between them and their target.

It is used to bounce the ball under the defenders arm but it is riskier and slower than the chest pass but can be highly effective when executed properly.

The technique is much the same as for a chest pass except the ball is held at waist height and the back is not as straight up ie bent down slightly towards the target. As the pass is made step towards the target and attempt to bounce the ball approximately two-thirds of the way to the target.

The pass should be firm and quick with a strong and full follow through.

Drills

Have your players in 2 lines facing each other 8-10 feet apart. Simply pass the ball to the player facing them then return.

Coaching points

- Maintain the correct distance between the lines. Don't bunch up
- Aim for a spot roughly 2/3 of the way to the target
- Push through the ball and follow through with arms fully extended
- Step into the pass
- Have the receiver in the correct receiving stance with hands ready, presenting a target

2 Line Bounce-Passing

The player with the ball passes to the adjacent player in the other line and runs to the right and the end of the other line etc etc. Have the players receiving and passing stationary until they have passed and need to move on

Coaching points

- Don't bunch up and get too close
- Hit the target
- Have the receiver in the correct receiving stance with hands ready, presenting a target
- Don't throw too hard for the receiver

Overhead Pass

This is most often used when players have a defender closely guarding them, or as a long distance pass to start a fast break. The reason an overhead pass is used in these situations is because it enables players to pass the ball over the top of defenders. Hold the ball above the head but not behind with both hands on the sides of the ball, held between the finger pads, thumbs meeting at the back of the ball. As you step into the pass, use the wrists to flick/throw the ball. It is not a soccer type throw-in!

Make sure both hands are used equally. On completion, thumbs should point down, close together and palms down.

Drills

2 Line Overhead Pass

The player with the ball passes to the adjacent player in the other line and runs to the right and the end of the other line etc etc

Coaching points

- Have the lines further apart than with the chest and bounce-passing drills
- Don't bunch up and get too close
- Hit the target
- Have the receiver in the correct receiving stance with hands ready, presenting a target
- Don't throw too hard for the receiver
- Use the wrists to throw. It's not a soccer throw-in
- Don't take the ball behind the head