



ssociation

# 30 TEAM PASSING DRILLS

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# HOW TO READ THE DIAGRAMS

**1**

This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.

**1**

When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.

**1**

This symbols indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

# INTRODUCTION

Hey there,

Thanks for checking out the 30 Team Passing Drills contained in the '*Championship Coaching Course*'.



The quality of the pass leads directly to the quality of the shot ”

- Pete Carrill

As you already know, being a great passing team is crucial for a team at any level to have a successful and joyful season.

As Kevin Eastman puts it...



The pass is a very powerful team builder; whereas the dribble can destroy the spirit of teams and crack the foundation of team play ”

- Kevin Eastman

Being a team who can pass the basketball well and are willing to do so is fantastic for team chemistry and ensuring all players contribute on the court.

While you're going through this PDF you'll notice there are two main types of passing drills...

- 1. Passing Technique Drills** - These drills work on the form and technique of making different basketball passes.

**2. Decision-Making Passing Drills** - These drills work on the passing decisions players make regarding when and where to pass the basketball.

Many beginner coaches will run passing technique drill after passing technique drill and wonder why their team isn't improving during games.

In most cases, it's because the coach hasn't been helping their players improve the decision-making aspect that goes into passing.

This PDF contains both types of passing drills and the decision-making aspect will also be present in all of the small-sided games also contained in this course.

Good luck!

*— Coach Mac*

# 3-Man Fast Break

## How the Drill Works:

Groups of 3 players continuously run the fast break while switching roles and positions. 3 passes must be made on each trip down the floor without dribbling. Each group needs to complete 3 trips so every player finishes a layup before the next group comes in.

## Purpose:

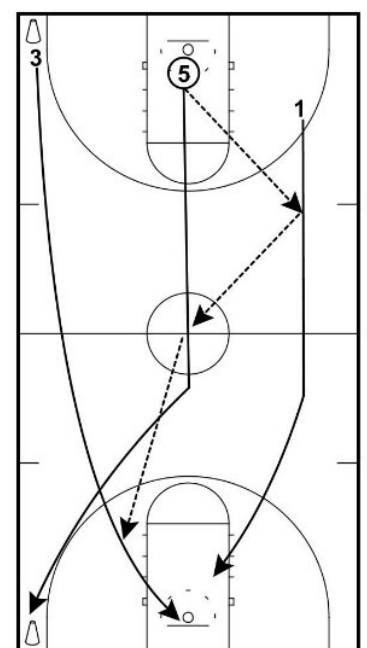
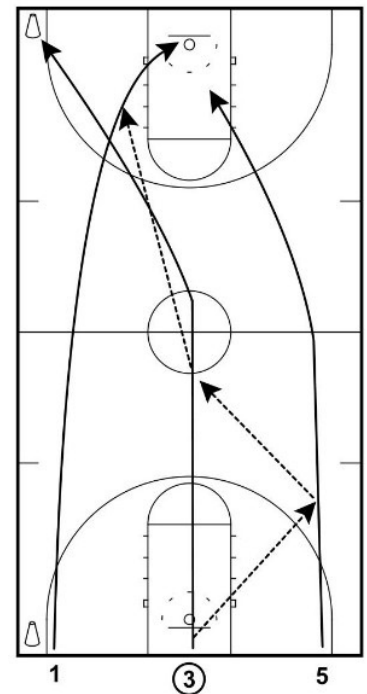
This is a transition drill that allows players to practice passing while running the fast break. Players will need to judge their teammate's speed and then accurately pass the basketball out in front of them. Also a fantastic drill for conditioning!

## Setup:

- 3 lines of players spaced out along the baseline.
- Player in the middle line has a basketball.

## Instructions:

1. The middle player with a basketball starts the fast break by passing to either teammate. For these instructions we'll say they pass to the player on the right.
2. The receiver on the right will catch the basketball and must immediately pass back to the player sprinting the middle of the court.
3. By this time, the third player (on the left) should have sprinted up court and will be near the opposite three-point line. The middle player passes in front of them so they can catch and finish with a layup without dribbling.
4. The player who gets the assist must follow the pass and sprint and touch the corner before transitioning the other way.







## 4 Line Passing

### How the Drill Works:

Four players progress up the court in straight lines by exchanging passes across the court with a teammate running two lines away from them.

### Purpose:

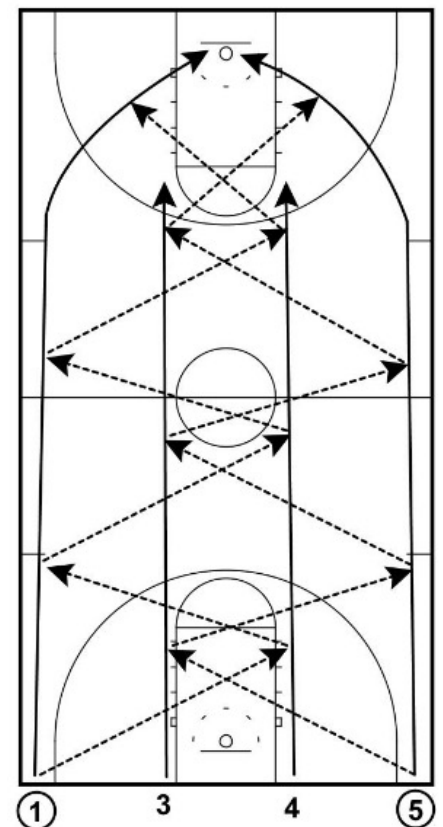
This is a great warm-up drill that will work on awareness, passing out in front to a teammate, and also being able to catch and pass without traveling.

### Setup:

- The team sets up in 4 lines on the baseline.
- The players on the sides at the front of the line have a basketball.

### Instructions:

1. The drill begins with all four players jogging up the court in straight lines.
2. The outside players with a basketball exchange passes across the court with the player in the far middle lane.
3. Upon reaching the opposite end of the court, the outside players cut to the basket for a layup.
4. The players then quickly exchange lines with their partner and continue back down court in the same manner with the other partner finishing the layup.



**Variations:**

**Change the passing distance** – Have outside players pass to each other and players in the middle lanes exchange short passes.

**Use a variety of passes** – Have players use one handed passes, bounce passes, or overhead passes.

**Different shot** - Instead of finishing with a layup, players can finish with a midrange shot or a three-point shot.

**Return or wait?** - Instead of immediately coming returning back down court, you can get the groups of 4 to wait in lines at the other end of the court and have each group continue after the group before them has left.

**Speed of the drill** - Once your players understand the drill, increase the intensity until they're at a full sprint.

**Coaching Points:**

- Passers must pass the basketball in front of their teammate on the run. The receiver shouldn't have to slow down or speed up to catch the pass.
- Correct passing technique must be used.
- Receivers must have their target hands up and be calling for the pass.
- Players must be aware of the other pair or else the basketball's will collide with each other.

# 32 Advance

## How the Drill Works:

Players form 3 lines spread out evenly along the baseline. The two outside lines start with a basketball. 3 players progress up the court passing the basketball's back and forth to the middle player and then finishing the drill with two layups.

## Purpose:

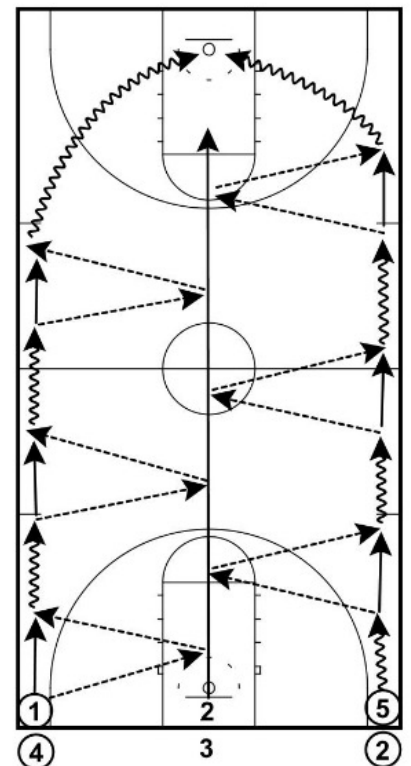
A fun passing drill that works on catching and passing without traveling, communication, timing, and also layups at the end of the drill.

## Setup:

- Players form 3 lines behind the baseline.
- The two players on the outside lines have a basketball each.

## Instructions:

1. The players start to move up the floor as one outside player passes to the player in the middle line.
2. Upon catching the pass, the middle line immediately passes back out to the same player.
3. The middle player will then turn and receive the pass from the other outside player and pass immediately back to them.
4. The players on the outside lines can take 1 - 2 dribbles to avoid traveling.
5. The drill continues up the floor until the players reach the opposite three-point line. When this happens, the two outside players dribble in and finish with a layup.
6. The group then waits at the opposite end for the other groups to finish before going back the other way.



**Variations:**

**Midrange or three-point shot** - Instead of finishing with a layup, the players can finish with a midrange shot or a three-point shot.

**Up and back** - Instead of waiting at the other end, the group can make two trips of the floor.

**One basketball** - If you're coaching very young players, you can run this drill with one basketball until they understand how it works.

**Coaching Points:**

- Passes must be passed in front of the player on the run using proper passing technique.
- Receiver must have his hands up showing 10 fingers and calling for the pass.
- Middle player must to catch the basketball and quickly pass on the run. Don't allow travels!
- Layup technique is very important for this drill. Watch the footwork and make sure all players are doing it correctly.

# Argentina Passing

## How the Drill Works:

8 players position themselves evenly around the outside of a half-court. Two basketballs are passed around in the same direction. After passing, players sprint across and switch positions with the player opposite them.

## Purpose:

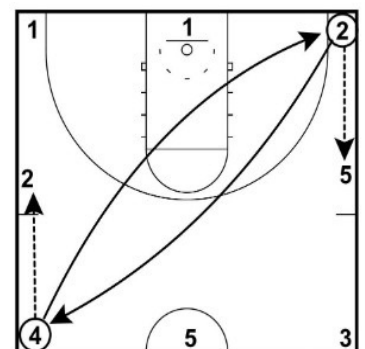
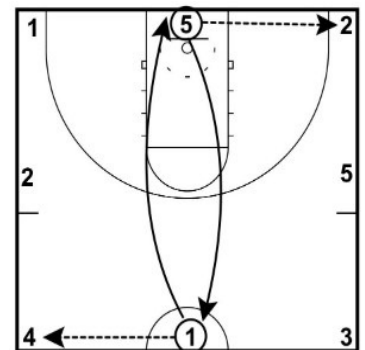
Passing and conditioning drill that can also be used as a warm-up drill. A drill that a lot of players enjoy and encourages communication.

## Setup:

- 8 players form a square in the half court. 4 players in the half-court corners, one in the middle of the baseline, 2 in the middle of the sidelines, and one in the middle of the half-way line.
- Every player has a partner standing opposite of them in the square. Get all players to point to their partner to make sure they know where they need to exchange.
- 2 players positioned across from each other have one ball each.

## Instructions:

1. The two players with the basketballs start the drill by passing to the players to their left side.
2. As soon as the ball has left their hands, the passer sprints across court to fill their partner's spot. They must get there before the ball rotates.
3. The next player to receive the basketball passes to their left and then sprints diagonally across court to change positions with their partner.
4. After a certain amount of time, swap directions and reverse the basketball back to the right side.
5. The drill continues in this manner for as long as the coach chooses.



**Variations:**

**Full Court Drill** – Depending on the goals of the drill, it can be done full court. To do this you'll need 12 players lined up in a rectangle (an extra 4 players for 2 more corner spots and two more sideline spots). This variation puts emphasis on conditioning.

**Different Passes** – You can get the players to complete different types of passes instead of the regular chest pass. I recommend bounce passes and 1-hand push passes as great variations.

**One Basketball** - While your players are still learning the drill or if you're coaching a young group, use one basketball to give them time to learn.

**Coaching Points:**

- Make sure the players have their target hands up ready to catch the ball and quickly pass it to the next player.
- Communication is very important in this drill as there will be many players crossing paths in the middle of the court. Encourage players to talk.
- Accurate and strong passes are a must!
- Ensure that players aren't cheating and pulling up short. Everyone must touch the line when they switch sides of the court.
- Since it's further to run from corner-to-corner than from side-to-side, stop the drill half-way through and get everyone to rotate one spot.

# Baseball Passing

## How the Drill Works:

A player starts under the basket and passes a basketball to themselves off the backboard. They then make a baseball pass to a player running the fast-break who finishes with a layup. The passer joins the end of the receiving line and the receiver then makes the next baseball pass after finishing the layup.

## Purpose:

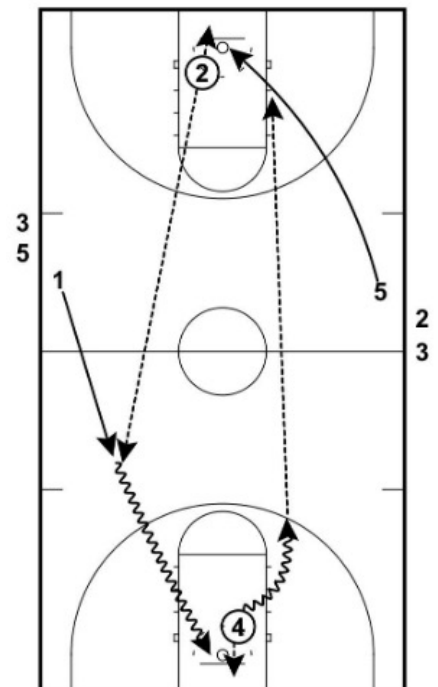
This is a great outlet drill that improves long passing accuracy. Improving your players' ability to make these passes will lead to many more fast-break opportunities during the game.

## Setup:

- Two lines of players are positioned opposite each other on the sidelines near half-court.
- One player under each basket with a basketball each.

## Instructions:

1. The first player under the basket starts the drill by passing off the backboard to themselves.
2. At the same time the basketball hits the backboard, the first player in the receiving line starts running towards the basket.
3. On the rebound, the baseball pass is made to the receiver who dribbles in and finishes the fast-break with a layup.
4. The passer then joins the end of the line they passed to.
5. The receiver who finished with a layup immediately rebounds the basketball, passes to themselves off the backboard, and then makes the next pass on the opposite side of the court.
6. The drill continues like this on both sides of the court.





**Variations:**

**Passing Distance** - Depending on the age and strength of the players, adjust the starting points of the lines on the sideline to make passing distance longer or shorter.

**Change the Passing Type** – You can also run this drill using overhead passes and chest passes.

**Passer Dribbles** - Instead of making the immediate pass to the player on the break, the rebounder can take 1 - 2 dribbles before making the pass. This means that the receiver must start their run after the bounce, not on the rebound.

**Different Shot** - Instead of finishing with a layup, the receiver can finish with a midrange shot or even shoot a three-pointer on the catch.

**Coaching Points:**

- Passers have to pass the basketball in front of the player on the run. The receiver should have to keep speeding up or slowing down to a minimum.
- Focus on the layup technique of the receivers. Don't allow them to not take finishing at the basket seriously just because this is mainly a passing drill.
- The receiver must call loudly for the basketball and show a lead hand.
- This can be a difficult drill for players to pass on-time and on-target. Start close and then work your way out gradually.

# Bronze Passing

## How the Drill Works:

Starting on the baseline on the edges of the key, pairs of players will pass one basketball back-and-forth using a variety of passes as they jog down the court to the other baseline. When they get there, they slide back closer to the sideline and return using a variety of passes over the players in the middle of the court.

## Purpose:

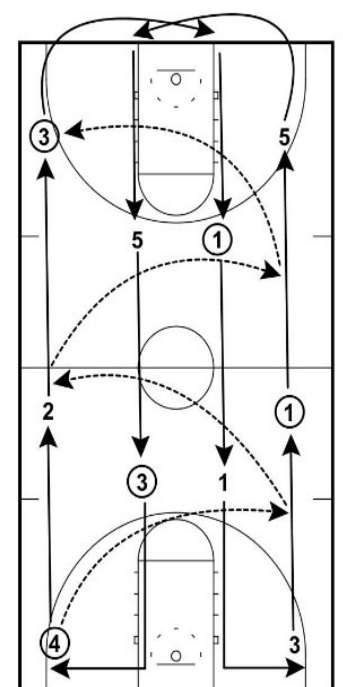
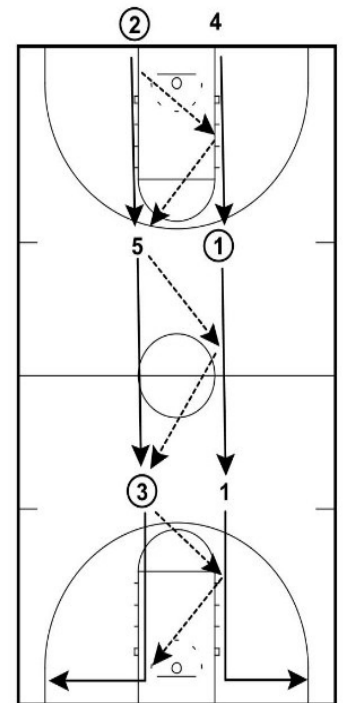
A great warm-up passing drill that provides a lot of passes in a short amount of time. Including passes of different lengths and types for players to practice.

## Setup:

- All players find a partner.
- Each pair has one ball between them.
- Pairs divide in two lines behind the baseline on the edge of the key.

## Instructions:

1. The first pair starts by running slowly down the middle of the court passing chest passes to each other.
2. As soon as the first pair is near the top of 3-point line, the next pair starts.
3. When the first pair of players gets to the opposite baseline, they slide back closer to the sideline and go back passing over the top of the players in the middle.
4. When the players get back to the start, they immediately join the middle lines again and continue through the drill continuously.
5. Every couple of minutes, change the type of passing players perform for the middle lines and the outside lines.



**Variations:**

**Passing for the Middle Lines** - For the middle lines, here are a few passes I recommend: Chest passes, bounce passes, one-hand chest passes, and one-hand bounce passes.

**Passing for the Outside Lines** - For the outside lines, here are a few passes I recommend: Chest passes, overhead passes, one-hand passes.

Remember to take into account the age, strength, and skill level of your team when deciding which passes they should use during the drill.

**Coaching Points:**

- Monitor the pace of the drill; especially if it's used as one of the warm up drills. Walking shouldn't be allowed, but also avoid it becoming too intense. Accurate passing is the primary focus of the drill.
- Players on the outside lines shouldn't be putting too much arc on their passes. They should be a height that's safe enough to clear the middle lines, but direct enough to get to their partner quickly.
- Being able to pass one-handed with either hand is an important skill to develop. Expect mistakes when your players are first learning, but make sure you're practicing them.
- Footwork is vitally important during this drill. Players must be able to catch the basketball and make the pass back to their partner within two steps. If you're coaching young kids and they can't, slow the drill down.
- After each trip down the court, players should switch sides so that they're practicing throwing short and long passes on both sides of their body.

# Bull in a Ring

## How the Drill Works:

Players are divided up into groups of between 4 - 6 players. Each group has one basketball. For a 6-player group, 5 offensive players form a ring around 1 player (defender) in the middle. Offensive players pass the ball to each other, and the defender tries to tip the ball. When the ball is tipped, the passer changes places with the defensive player.

## Purpose:

This drill will develop passing, catching, and will teach your players the importance of pass fakes and how to execute them properly.

## Setup:

- Start by getting players in groups of 4 - 6 players.
- Each group will only need one basketball.
- 6 players form a ring around 1 player (defender) in the middle.

## Instructions:

1. The drill starts with the 5 offensive players passing the basketball to each other. They must stay stationary in their spots.
2. The defender is allowed to move around the circle but cannot tap the basketball from a player's hands.
3. The offensive players aren't allowed to dribble the basketball, lob the basketball over the defender, or pass to either of the players directly next to them.
4. The offensive players utilise ball fakes and pass the basketball around until the defensive player gets a deflection.
5. When there's a deflection, the defender and the player who passed the basketball switch spots.



**Variations:**

**Size of the group** - Keep in mind that you can run this drill with groups of between 4 - 6 players.

**Two Basketballs** - I recommend this variation with caution. Don't use this with young players as there can be accidental injuries on a poor pass.

**Coaching Points**

- Be careful about kids being silly in this drill. Since it's such a short distance, passing the basketball too hard could lead to injuries if players can't catch well.
- Make sure the offensive team is utilizing pass fakes to put off the defender.
- The defender must be active with high hands and quick feet.
- Monitor the drill and make the circle slightly bigger or smaller if need be.
- Ensure the players don't hold onto the basketball too long. 3 seconds is the maximum length of time.
- If the defender isn't able to get a deflection within 30-seconds to 1-minute, consider making the switch with another player.

# Corner Pass Layups

## How the Drill Works:

Players set up in four lines at four corners of the court. Two players progress up the court - one player with the dribble and the other player following on the other side of the court. The player with the basketball passes to the receiver for a no-dribble layup. On the pass the next pair starts transitioning the opposite way.

## Purpose:

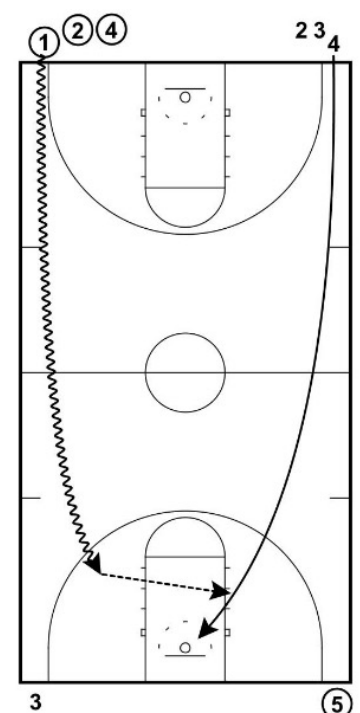
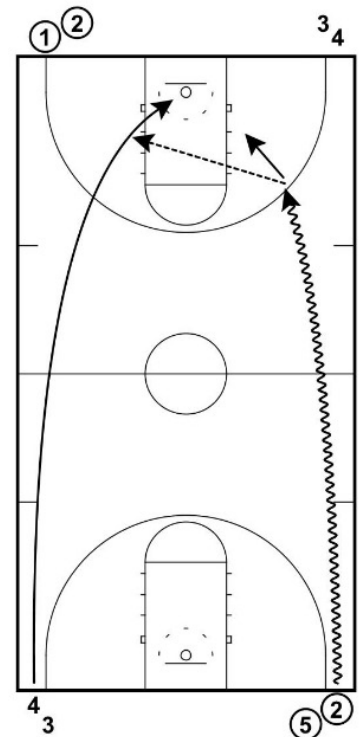
This is a great warm-up drill that gets players moving while working on fast break skills. These skills include speed-dribbling, timing of passes, and finishing layups at a high speed.

## Setup:

- The team is divided into 4 lines of players each at one corner of the court.
- 4 basketballs are needed for this drill. The first two players of two lines on opposite corners have one basketball each.

## Instructions:

1. The first two players in line at one end of the court start progressing down the court. One of them speed-dribbling and the other sprinting down the opposite side of the court.
2. The dribbler passes the basketball to the other player when they're close enough to be able to catch, take two steps, and then finish the layup.
3. The dribbler rebounds and passes to the next player in line on the same end of the court. The dribbler then joins the layup line and the shooter joins the dribbling line.
4. On the previous pass to the layup, the next two players start the fast break in the opposite direction.



5. The drill continues like this until the coach decides to switch sides.

### Variations:

**Three passes** - Instead of only one pass and a full-court speed dribble, the players can pass back and forth before the dribbler passes to the runner for the layup.

### Coaching Points:

- All passes must be made so that the receiver can catch on the run without breaking stride.
- The sprinter shouldn't have to dribble the basketball before laying the ball up; but if the pass is too early we'd rather they dribble than travel.
- Players must be in an all-out sprint in this drill. It's simple and is a great drill for added conditioning.
- Make sure the player finishing the layup is under control and balanced. They can slow down in their final two long steps.

# Count 'Em Up

## How the Drill Works:

This drill involves two teams competing against each other in a game of keepings off. The goal is to reach 50 points by making successful passes and scoring. This must all be done without dribbling the basketball.

## Purpose:

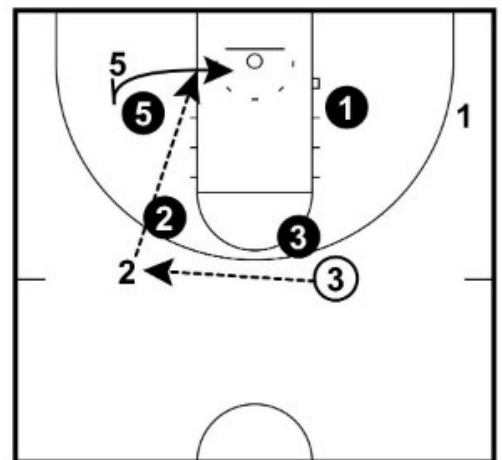
This drill works on getting open using change of pace and change of direction, spacing, denying the offensive player, and making smart passes to limit turnovers.

## Setup:

- This drill is best used with 3 on 3 or 4 on 4, but can be used with 5 on 5.
- Split your group up into two or three teams. If possible, these teams should be wearing different colours.
- The drill only requires one basketball and should start with the coach.

## Instructions:

1. To start the drill, all players must match up against someone from the opposition.
2. When everyone is matched up, the coach passes the basketball to one of the players on the floor and the game begins immediately.
3. Players on the offensive team must make as many successful passes as possible without turning the basketball over while looking to score.
4. If the opposition deflects the basketball out of bounds or gets a steal, they take possession of the basketball.
5. This continues until one team has reached 50 points.





**Scoring System:**

- The game is played first team to reach 50 points.
- Each successful pass is worth 1 point.
- Each made shot is worth 5 points.

**Variations:**

**Number of Players** - The less number of players there are, the easier the drill becomes because there is more space on the floor. See what number works best for your team.

**No Shooting** - Instead of allowing players to shoot, you can play a normal game of keepings off. Each pass is still with 1 point.

**Coaching Points:**

- Encourage players to set screens for each other and use body fakes to get open.
- Shot selection is incredibly important. If a player takes a bad shot, the other team receives the basketball.
- This is a great drill to work on your team's understanding of spacing.

# Criss-Cross

## How the Drill Works:

4 players in 4 lines progress the ball up the court only by passing. Two inside players are running criss-cross, changing positions and exchanging quick passes with the players running in the outside lanes.

## Purpose:

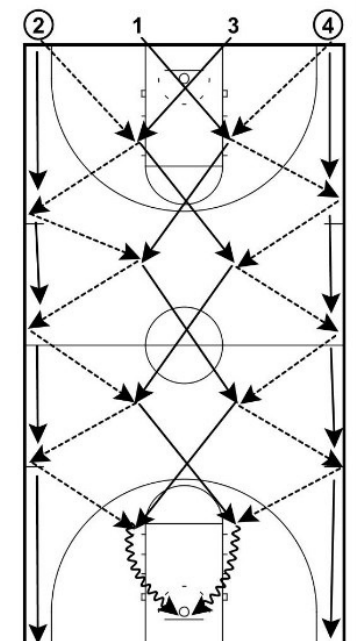
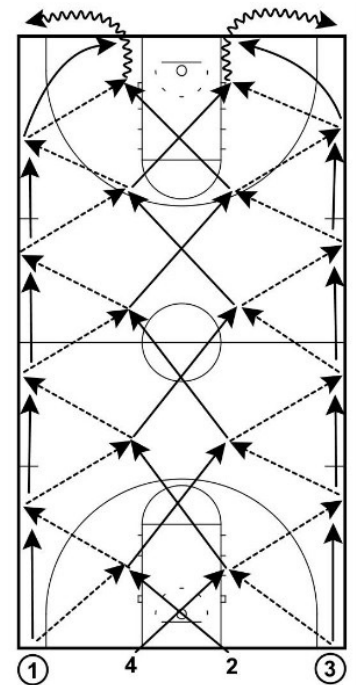
A high movement and high energy drill that works on improving concentration, communication, and passing skills. A great warm-up drill.

## Setup:

- Players start in 4 lines on the baseline.
- Two players on the outside have one basketball each.

## Instructions:

1. The two players on the outside lanes run straight up the court staying close to the sideline. They pass the basketball to the nearest player from the inner lanes.
2. The two players on the inside lanes are running criss-cross. They receive the basketball from the outside lane players and then immediately pass it back to them.
3. As soon as they pass it back, they cross back over and do the same on the opposite side.
4. This continues until the end of the court.
5. After getting to the end of the court, inside and outside players swap lanes and return back down the court in the same manner.



**Variations:**

**Finish the play** – When the inside players receive a pass at the free-throw line, instead of passing back to the outside players they can both finish the drill with a layup.

**Use a variety of passes** – Have the players make chest passes, then bounce passes, or combine these two passing types.

**Coaching Points:**

- Inside players must catch and then pass immediately without traveling. They're never allowed to dribble the basketball.
- Receivers must have their hands high and call for the basketball.
- The players in the outside lines can dribble once if they need to. It's better than them traveling.
- The basketball must be passed in front of the receiver so that they don't have to slow down or lunge for the basketball.
- Communication is very important during this drill. Especially for the players on the outside as the ones on the inside may become confused.
- Two players in the middle lanes have to cooperate and be aware of each other so that they never run into each other.
- The drill should be completed with pace. No slow jogging throughout the drill.

# Cross-Court Passing

## How the Drill Works:

Four lines of players are positioned at four corners of the full court. The player with the basketball take two dribbles and then passes across court to a teammate on the parallel run. The receiver quickly passes to the line in front as both players sprint to the end of the next line. The drill continues in the same way.

## Purpose:

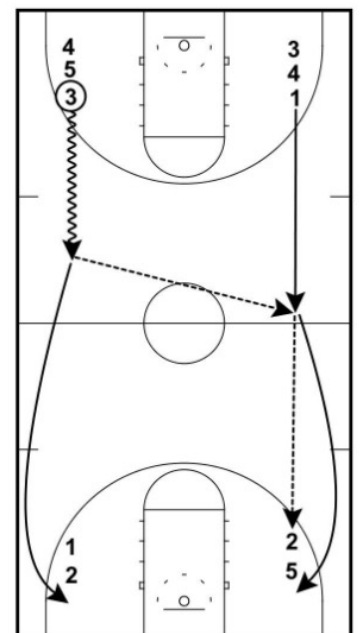
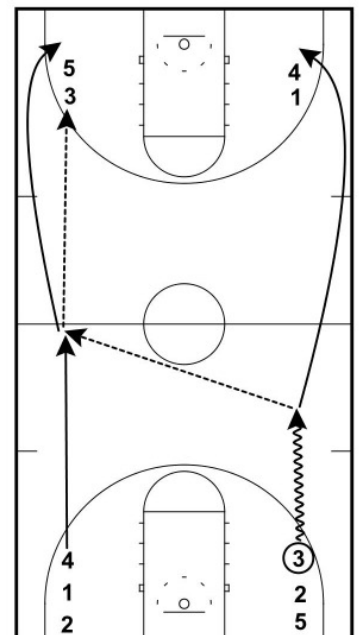
This drill is for improving cross-court passing. Players must learn to pass it out in front of their teammate so that they don't slow down. For older players, this is a great drill to practice one-handed cross-court passing.

## Setup:

- The team is divided into 4 lines of players. Each line is positioned between the free-throw line extended and baseline of each corner of the court.
- First player in one of the lines has one basketball.

## Instructions:

1. The player with the basketball starts the drill by taking two dribbles with their outside hand up the court.
2. At the same time, the player opposite them on the same end of the floor runs parallel with the dribbler.
3. The player with the basketball will then pass the basketball across the court to their teammate. Making sure that the pass is in front so that they don't have to slow down or speed up to catch the pass.
4. The receiver catches and then automatically passes to the line in front of them.



5. Both the passer and receiver sprint to the end of the line in front of them.
6. The next group then continues in the same fashion.
7. After a couple of minutes, switch the side the basketball is located on so that players need to pass to the other side of their body.

### Variations:

**One-Handed Passes** – As well as the chest pass, you can use one-handed push passes off the dribble. This is an important skill for older players to learn.

**Width of the Pass** - Depending on the age of your group, you can choose to start them closer to the lane lines instead of close to the outside of the court.

### Coaching Points:

- Players must make strong and accurate passes in front of the receiver on the run.
- Receivers must be calling for the pass.
- The drill must be performed at full speed! You can only get better at in-game passing by going in-game speed.

# Explode, Pivot, Pass

## How the Drill Works:

The drill involves players starting on the sideline, taking 2 hard dribbles away from the sideline, performing a jump stop and a pivot, and then passing back to the next player in line.

## Purpose:

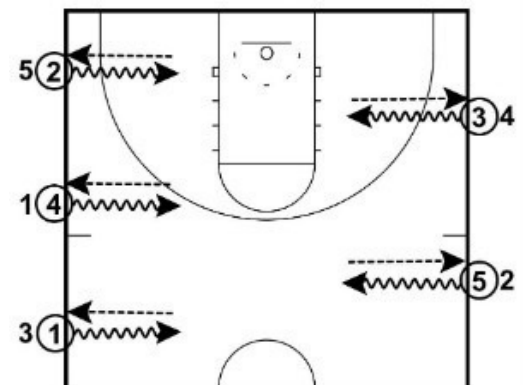
This is a great drill to work on a number of different key footwork skills from exploding off the dribble, to jump stops on balance, to learning how to stay low while pivoting.

## Setup:

- Players get into groups of 2 or more. I prefer 3 players in each group if possible.
- Each group has one basketball and should start in a straight line behind either the sideline or the baseline.

## Instructions:

1. The player starting with the basketball must begin the drill behind the line in triple threat stance.
2. Their first action is to take two explosive dribbles out from the line and then perform a controlled jump stop.
3. After the jump stop, the player pivots 180 degrees until they're facing their group and makes a strong chest pass to the next person in line. They then jog to the end of the line.
4. The three main things coaches are looking at are:
  - a. No traveling when exploding off the dribble.
  - b. A controlled jump stop.
  - c. A controlled pivot.
5. This process continues for a set amount of time.



**Variations:**

**Amount of Players in Group** - The amount of players in each group can vary from 2 - 5.

**Coaching Points:**

- The player receiving the basketball should be starting in a low stance and showing target hands.
- Players must explode out with the dribble. Don't allow them to go half-speed.
- Switch up which kind of pivot the players use. It can be forward or reverse, and with their left or right foot.

# Four Corners

## How the Drill Works:

The coach will create a large square using four cones and assign a line of players to each cone. The players then dribble in, jump stop, pivot, and pass to the next line before joining the end of it.

## Purpose:

This is a great drill for working on jump stops, pivoting, and passing. It will also allow the coach to watch closely and give feedback on all footwork movements.

## Setup:

- The coach must first create a large square in the half-court by placing four cones an even distance apart. There must also be another cone or D-man in the exact middle of the square. You can see where I recommend placing these cones in the diagram.
- Split your team up into four groups and send each group to a cone. The cones will be the starting position for each line.
- The person at the front of each line has a basketball.

## Instructions:

1. The first thing the coach must do is tell the players which way they'll be passing (either right or left) and which kind of pivot they should use.
2. When the coach calls out 'go', each player with a basketball dribbles in towards the middle cone, performs a jump stop a couple of feet away, pivots, and then passes to the next line before joining the end of it.
3. The next player in the that catches the basketball does not start until the coach has called out 'go' again.





**Variations:**

**Different Pivots** - Teach both front and reverse pivots to your players and get them to practice using both of them under control.

**Different Passes** - You can use different types of passes throughout the drill to change things up.

**Coaching Points:**

- Each player must be pivoting the same direction so that two balls don't end up being passed to one line. Do make sure to reverse the direction half way through the drill.
- Use front and reverse pivots and make sure players aren't traveling.
- Explain to the players it's better to jump stop with a small hop. The higher they jump, the more off-balance they'll be when they land.

# Monkey in the Middle

## How the Drill Works:

Players are divided into the groups of three. Each group has one ball. Two passers are lined up 12-15 feet apart. Third man in the group is "monkey in the middle". He attempts to deflect or steal the basketball. Two outside players must pass to each other without the use of lob passes or dribbling. Just pivoting and using fakes to open up passing space and get the ball past the defender.

## Purpose:

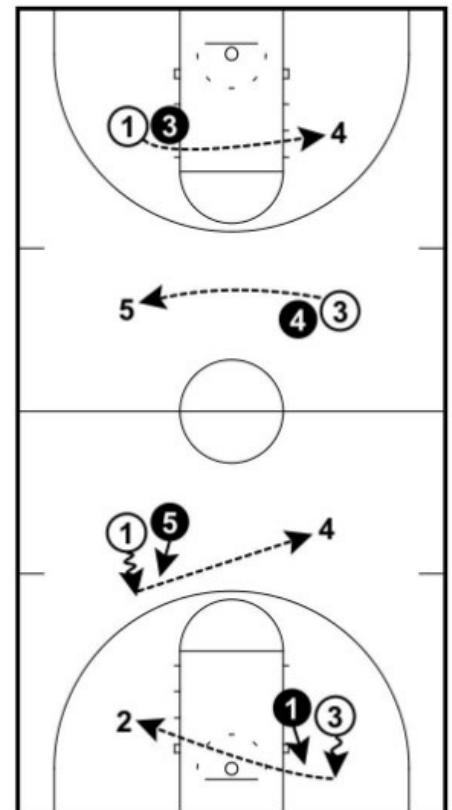
Fun passing drill while also working on defense. This drill will teach players how to utilise fakes and pivots to create area to pass as well as protecting the basketball.

## Setup:

- Groups of 3 players.
- Each group has one basketball.
- Passers lined up 12-15 feet apart, with third player (defender) in the middle.

## Instructions:

1. The drill begins with the defender playing tight on the player who starts with the basketball.
2. The offensive player utilises pivots and fakes to make a pass to the other offensive player while the defensive player attempts to deflect or steal the pass.
3. After each pass is made, the defender sprints to the receiver and plays tight defense again.
4. When the defensive player gets a steal or deflection, players rotate their positions.



**Variations:**

**Switch after a certain amount of time** – Players can rotate positions after a certain period of time (depending of the age of the players, their strength, and endurance) instead of after every steal and deflection. 30-40 seconds for example.

**One dribble allowed** – Allow the offensive players to make one dribble to open up the passing angle. This will make it tougher for the defensive player.

**Only bounce passes allowed** – To make it harder for the offensive team, only allow them to make bounce passes to the other offensive player.

**Coaching Points:**

- It's very important for the defender to have active hands and feet at all times. That's the best way to get steals and make it tough for the offensive players.
- The offensive players must wait for the defender to recover before making the pass. The purpose of the drill is learning how to create passing gaps and angles.
- While there's no set time limit, the offensive player with the basketball shouldn't hold it for more than 5 seconds at a time without passing.
- No lob passes! They make it too easy for the offensive players and will result in little improvement.

# Netball

## How the Drill Works:

A regular scrimmage with no dribbling of the basketball allowed at any time. Games can be played either 3 on 3, 4 on 4, or 5 on 5.

## Purpose:

A great drill to improve not only passing, but also moving without the ball, spacing, cutting, etc. This drill will lead to less over-dribbling in games and fewer turnovers.

## Setup:

- Divide players in two teams depending on the number of players you have available at practice.
- Try to make teams similar height and skill level.
- The drill only needs one basketball.

## Instructions:

1. Teams play a regular full-court game — without dribbling!
2. The drill can be run for any length of time.

## Scoring System:

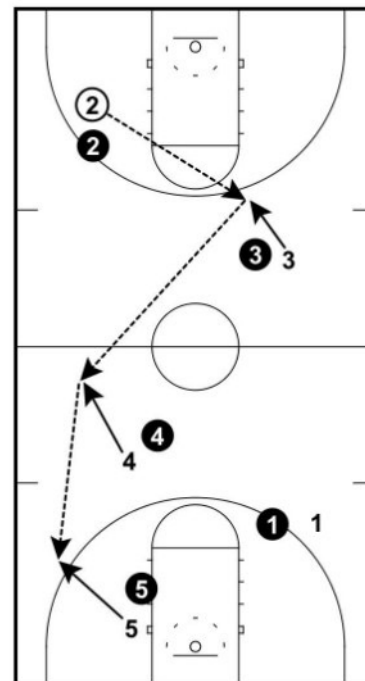
- The game is played to either 5 or 11.
- Each 2-point score is worth 1 point.
- Each 3-pointer is worth 2 points.
- Must win by 2 points.
- In case of a shooting foul, offensive player shoots one free throw for 1 point.

## Variations:

**Once bounce allowed** - Players are allowed to take 1-dribble whenever they get possession. This isn't a requirement, just an option.

**Only bounce passes allowed** – Restrict your players too using bounce passes.

**3 teams** – The drills starts by dividing your team into 3 teams of between 3 - 5 players. Two teams start on defense in each half. Third team is in the middle of the court on offense. The offensive team chooses one side and attempts to score without dribbling. Same scoring system as above. After a score or change of possession, the defense team gets the basketball and attacks going the opposite way. The previous offensive team can play defense until half-court. Play until one team reaches 5 or 11 points.



**Coaching Points:**

- It's important to instruct the players to keep great spacing and make smart cuts in order to receive the ball.
- If you need to – intervene to make corrections or re-emphasise the most important points of the drill (spacing, cutting), but keep it short.
- All passes should be at least 3 feet in length. Don't allow players to run up and hand the basketball to each other.
- Footwork is important in this drill. Ensure players aren't traveling and that they're using their pivots correctly.
- Players should be calling for the basketball and using target hands when cutting to receive the basketball.

# Partner Passing

## How the Drill Works:

Each player finds a partner and has one basketball between the pair. They line up on lines opposite each other and must practice performing different kinds of passes.

## Purpose:

A great drill for teaching the absolute basics of passing. Allows the coaches to easily evaluate and make corrections to the form of different players.

## Setup:

- Everyone starts by finding a partner.
- Once in partners, grab one basketball between two.
- Designate two parallel lines that all players should line up on.

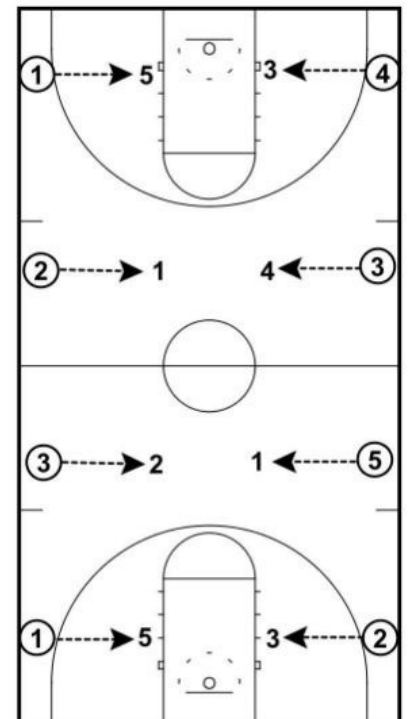
## Instructions:

1. The coach tells the players which pass they'll be practicing first and then tells them to start passing.
2. Coaches must now go around and check the technique of each individual player and make corrections when it's necessary.
3. Every couple of minutes the coach should call out a different kind of pass and all the kids change.

## Variations:

**Different Passes** - Here are the basics to start with

- Chest pass
- Bounce pass
- Overhead pass
- One-handed push pass - right hand.
- One-handed push pass - left hand.



**Distance Apart** - If your players are strong enough, get one of the pair to take a couple of steps back so that the pass must be made further.

### Coaching Points:

- Make sure you mix up which type of pass you want them to perform (bounce pass, chest pass, one-handed push-pass, ect).
- Don't allow players to be silly and throw the basketball too hard at their partner. It will end up with blood noses.
- Make sure all coaches are teaching the same passing technique so the kids don't get confused.

# Passing Relay

## How the Drill Works:

Two groups of players set up in a zig-zag pattern compete against each other to be the quickest team to pass the basketball from one of the line to the other and then back again.

## Purpose:

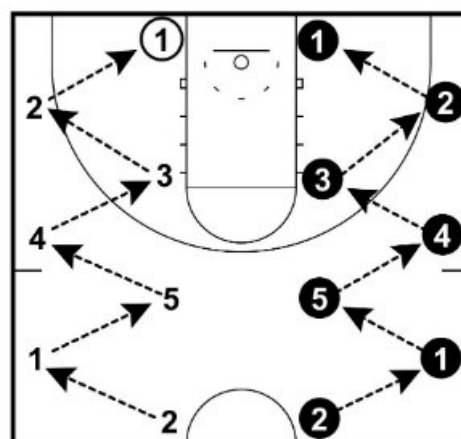
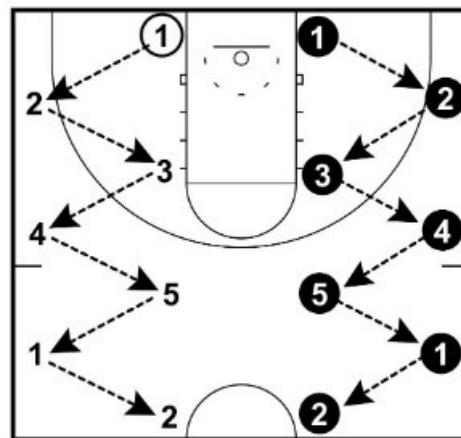
This is a fun passing drill for young players still learning the game. They'll have fun while working on catching, passing with strength, and making different types of passes.

## Setup:

- Split the team into two equal groups of players.
- Set up both groups into zig-zag formation, where half of the players are at the sidelines, and half on the edge of the key line extended (see the diagram).
- The length of the zig-zag will depend on how many players you have on the team.
- A player on the baseline from each team has one basketball.

## Instructions:

1. On the coach's call, the first player with the basketball passes it across to the next player in the opposite line.
2. This continues all the way up until the last player of the zig-zag. Everyone should have passed the basketball.
3. When the basketball reaches the end of the line, the last player passes back to the same player and the basketball is reversed back.
4. The first team to get the basketball passed back to the first player in line is the winner.





**Variations:**

**Use a Variety of Passes** — Instead of using chest passes the entire drill, get players to complete other passing types. Bounce passes, one-handed passes, base-ball passes (if you spread them out).

**Coaching Points:**

- Players must pass the ball as fast as they can while keeping the basics of passing principles in mind: arms fully extended and fingers pointed to target after the pass.
- Receiver must have their hands up ready to receive the pass.
- Some players can be too intense for this drill. Don't allow players to pass so hard that potential injuries can happen.

# Pepper Passing

## How the Drill Works:

Players form a large circle with one player in the middle. The player in the middle passes back and forth with the players forming a circle until the basketball has been passed to all of the players. Then the next player rotates into the middle.

## Purpose:

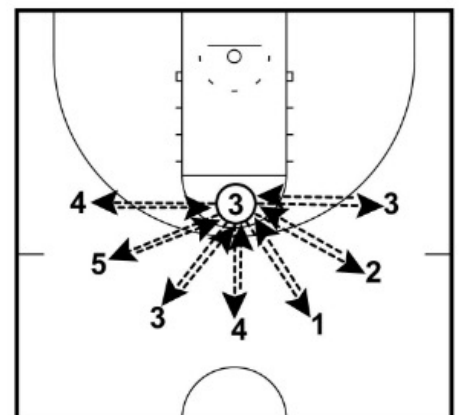
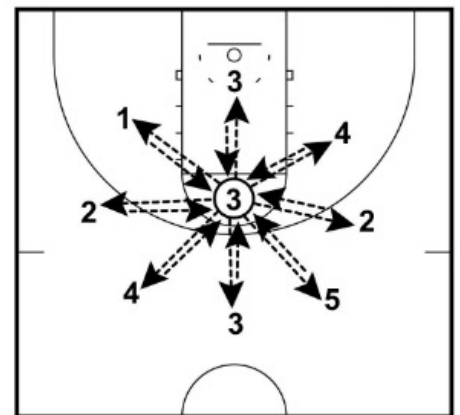
A fun youth basketball drill to work on the basics of passing and receiving. Especially if you have a large amount of players at practice.

## Setup:

- All players form a large circle an even distance apart from each other.
- One player is in the middle of the circle with a basketball.

## Instructions:

1. The player in the middle begins the drill by passing to one of the players in the circle who immediately passes back.
2. The middle player then starts rotating one direction and passes to the next player in the circle and receives the basketball back.
3. This passing continues until the middle player has passed to every one of the players in the circle once.
4. When the basketball is back at the beginning, the middle player swaps positions with one of the outside players and then the drill continues as before.
5. The drill is complete once all players in the circle have had a turn in the middle.



**Variations:**

**Semi-Circle** - Instead of a full circle, set up the players in a semi-circle with one player out the front. The drill is run exactly the same as above.

**Use a variety of passes** – Instead of only using the chest pass, incorporate bounce passes and one-handed passes into the drill. Introduce a rule that the passer must use different type of pass than they just received.

**Include the second basketball** – An outside player and the middle player begin the drill with a basketball each. The middle player passes to the left of the player with the basketball. They then immediately receive the 2nd basketball and must pass to the player on the left of the player with the basketball again. This continues until all players have had a passing opportunity.

**Distance of the Circle** - Increase or decrease how big the circle is depending on the age, strength, and skill of the players you're coaching.

**Coaching Points:**

- Passes must be strong and accurate with correct passing technique used.
- Receivers should have target hands up calling for the basketball.
- Passes must be made quickly. As soon as a player catches the basketball they should be transitioning into the passing motion.

# Post Passing

## How the Drill Works:

Players pass from the slot to the wing and then feed the post player. The post player receives and then passes diagonally to the player on the opposite slot as all players follow their pass. The drill continues like this on both sides of the court.

## Purpose:

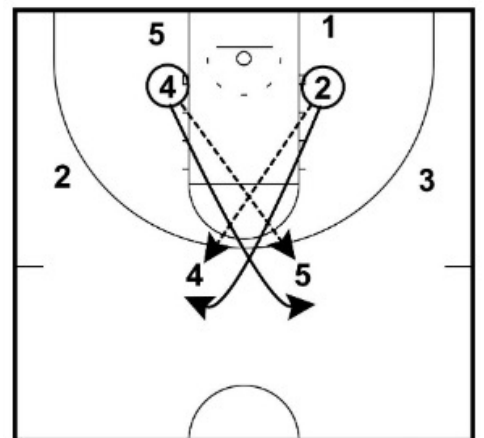
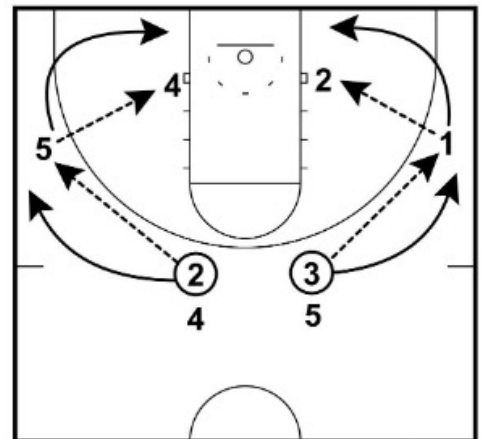
This is a great drill for practicing passing into the post and also for post players to pass out of the post. There are many variations to this drill to make it harder or easier for the players and to work on different skills.

## Setup:

- A minimum of 8 players.
- Two players in each slot at the top of the key.
- One player on each wing.
- One player on each low block.
- The first player in both slots has a basketball.

## Instructions:

1. The drill begins with the players in the slots passing to the wing on the same side. After passing, they follow their pass to the wing.
2. The wing players receive and then feed the basketball in to the post players. They will also follow the pass and become the next post player.
3. The post player receives the basketball and will then chin the basketball and forward pivot to face the opposite slot using their high foot as the pivot foot. They then make the overhead pass to the opposite slot and follow the pass to the end of that line.
4. Players pass and rotate in the same manner simultaneously on both sides of the court.



## Variations

**Add a Wing Defender** - If you want to make the drill more realistic, add a wing defender. This means the offensive player must first get open on the wing, and then be able to feed the post with pressure.

**Add a Post Defender** - You can also add a post defender to the drill. Only allow them to play behind or half front the post as we don't want both blocks running into each other.

**Post Player Scores** - With or without the defender, you can practice scoring in the post by allowing the post player to make a move and score. After the score they simply pass back to the diagonal slot. Keep in mind that this will take away the passing out of the post practice.

## Coaching Points:

- Make sure all players are taking the drill seriously and are in stance when they catch the basketball and pass.
- Even if there's no wing defender, the wing player must use pivots and fakes to step around an imaginary defender before passing into the post. Don't allow them to simply do a straight bounce pass. That will never happen in a game.
- The post player should be low, wide, and have both arms up in the shape of two L's. This will hold back their defender in games and make a bigger passing target for the wing player.
- Make sure players are rotating to the next spot quickly.

# Scatter Passing

## How the Drill Works:

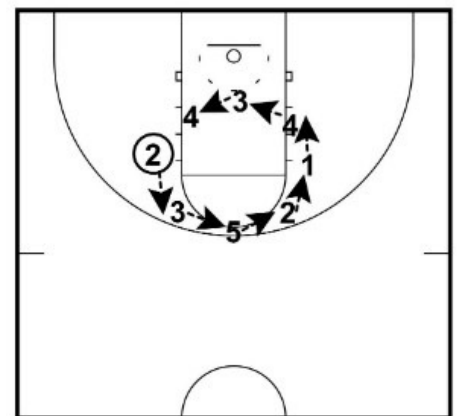
Players begin the drill by forming a circle. One basketball is handed around in one direction. The coach then blows the whistle and all players must scatter over the floor. The players must then continually move around and pass the basketball to the player that handed them the ball when in the circle.

## Purpose:

This is a great warm-up drill that's a lot of fun for the players and encourages communication. Players must constantly communicate with the player who's going to pass to them while keeping in mind where the player they're going to pass to is on the court.

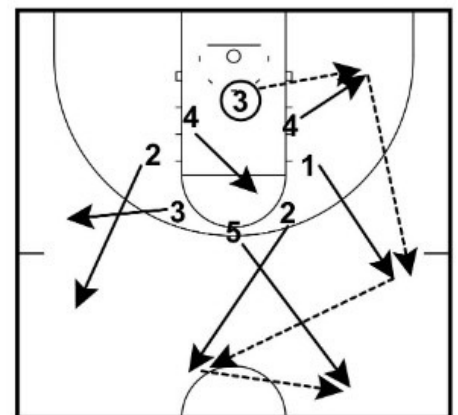
## Setup:

- All players start the drill forming a circle large enough so that players can hand the basketball to each other.
- This can be played in either the half-court or the full-court.
- One player has a basketball.



## Instructions:

1. Players begin the drill by handing the basketball around the circle in one direction.
2. On the whistle, players scatter around the court in different directions.
3. While moving around, players must keep in mind where the player who they need to pass to is, and where the player that needs to pass to them is.
4. When they receive the basketball, players must pass to the player that handed it to them while the circle was formed.
5. This constant movement and passing continues until the coach calls out to stop the drill.



**Variations:**

**Use a variety of passes** – Specify the type of pass to be made. Have players use only bounce passes, one handed or overhead passes.

**Two basketballs** – Two basketballs can be difficult so try it out with your team and see how they go. Players must stay constantly aware and keep up communication.

**Coaching Points:**

- Great communication is by far the most important part of this drill. Players must constantly talk to the players they receive from and pass to.
- Players shouldn't hold the basketball for more than a second or two.
- If catching on the move, they must be quick enough to pass before traveling with the basketball.
- Players must not follow around the player they're going to pass to. Challenge yourself and constantly move around the court the entire time.
- Target hands and calling for the basketball when receiving the pass.
- The receiver must move into space and the passer must be aware of other players.
- Don't allow passes shorter than 3m to encourage the players to keep good spacing.

# Square Passing

## How the Drill Works:

Players set up in the corners of a square around one player in the middle with a basketball. The middle player passes to any of the four corners and then follows the pass. The receiver passes can pass either left or right and then follows the pass. The second receiver must pass diagonally to their teammate in the opposite corner. The drill continues in this manner – diagonal pass, side pass, diagonal pass, side pass...

## Purpose:

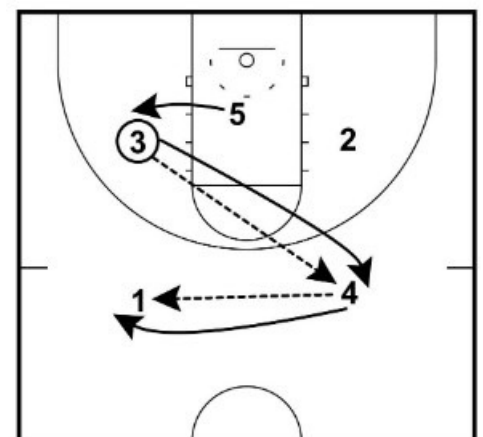
This is a useful youth basketball drill that gets players focused, improves passing ability, and forces them to think one step ahead of the play at all times. I recommend you use it early in practice to get your players focused.

## Setup:

- A minimum of 5 players are needed for this drill.
- 4 players set up in the corners of a square. Distance between the players on the side should be approximately 10 feet.
- One player is in the middle of the square with a basketball.
- If you don't have enough players for a second square, the rest of the players behind the four corners.

## Instructions:

1. Player in the middle passes to one of their teammates, follows the pass, and replaces them.
2. Receiver passes to the player on either their left or right and then follows the pass to fill their spot.
3. The next receiver must pass the basketball diagonally to the player opposite them and then sprint across to fill their spot.





4. On catching a diagonal pass, the receiver chooses to pass to their left or right again.
5. This pattern continues for the set amount of time — side pass, diagonal pass, side pass, diagonal pass.

### Variations:

**Use a variety of passes** – Throughout the drill, change the passing type to one-handed pass, bounce pass, overhead pass, baseball pass (if you move the players more apart), or even behind-the-back pass.

**Distance of the corners** — You can choose to either bring the corners closer together or spread them out even more.

**Create a second game** - If you have more than 10 players, instead of creating big lines behind the corners, create a second game.

### Coaching Points:

- Players must focus on passing accuracy despite it being a fast-paced drill. Accuracy is important.
- Every now and then, remind the players to stay focused and to think ahead of the play.
- Keep the drill fast-paced at all times. Don't allow players to slack off.
- Players must always have their target hands showing.
- Sprint to fill the next spot after your pass. Don't be too slow or the basketball will get there before your players will.

# Star Passing

## How the Drill Works:

5 lines of players form a star on the court. Players pass the ball to a 2nd line on their right and follows the pass to the back of the line they passed to. This continuous passing sequence forms a star formation.

## Purpose:

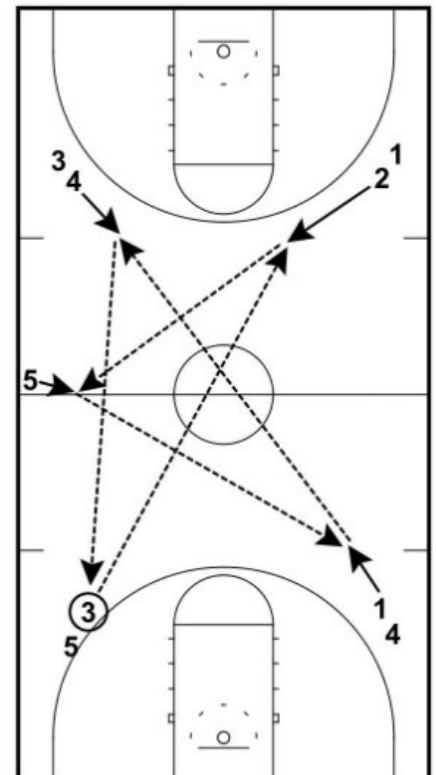
A useful drill for developing passing, catching, and for improving concentration.

## Setup:

- Team is divided in 5 lines of players.
- The 5 lines form a star on the court. 4 lines around free-throw lines extended, and one line at the half court corner.
- First player in one line has the ball.

## Instructions:

1. The player with the basketball starts the drill by passing to the player at the front of the second line from the right. Then follows the pass to the back of the line they passed to.
2. The player receiving the basketball moves towards the ball, receives the pass, and then passes to the 2nd line on their right. Following to join the line they passed to.
3. The drill continues like this for a set amount of time.



**Variations:**

**Use a variety of passes** – After some time, change the passing type to a bounce pass or a one-handed pass.

**Smaller star** – If you're coaching a young team who would struggle to make crisp and accurate passes the length outlined in this drill, move the lines in closer.

**Use 2 basketballs** – When the players get accustomed to the drill, use two basketballs when running the drill.

**Coaching Points:**

- Instruct the players to anticipate the pass and move towards it. Catching on the move is an important part of the drill.
- Players must have target hands up and should be calling for the basketball.
- Passes must be out in front of the receiver that allow the to catch and pass on the run.
- This is best used as a warm-up drill to get players focused and to increase their energy.
- The receiver must time when they need to leave their spot. Make sure they're not going too early or too late.

# Stationary Keepings Off

## How the Drill Works:

Players are stuck in a stationary positions spread out around the playing area and must pass it to one another without letting the defenders get a steal or deflection.

## Purpose:

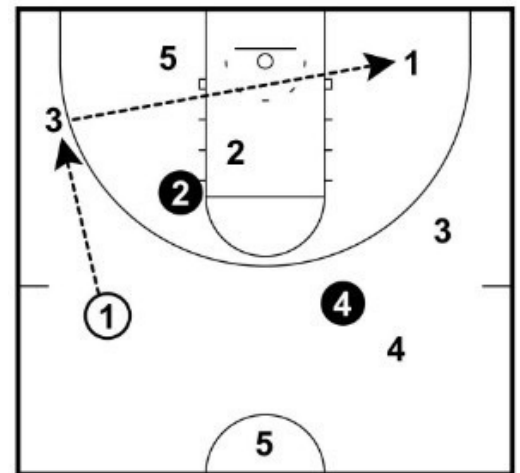
The purpose of this drill is to teach the importance of spacing to players by not allowing them to sprint at the basketball. It also teaches quick decision making on the catch.

## Setup:

- All players should spread themselves out within the playing area. The size of the playing area will depend on how many players you have. Usually half court.
- The coach is the only one that needs a basketball.
- The coach then selects one or two players to be the defenders.

## Instructions:

- 1.** To start the drill, the coach throws the basketball to one of the offensive players.
- 2.** Now the offensive team must pass the basketball around trying to keep it away from the defenders who are allowed to run around attempting to get a deflection.
- 3.** If the defenders get a deflection the ball goes back to the offensive team and they start again.
- 4.** After a minute or so change the defenders until everyone has had a turn at defending.



**Variations:**

**Offensive Players Can Move** - You can allow the offensive players to move to see how it goes. If the group is young and inexperienced, it will be a good teaching point because everyone will run towards the basketball and it will be much harder.

**Coaching Points:**

- Allow the defenders to sprint around wildly. They'll have fun.
- Encourage the offensive team to make quick decisions when they receive the basketball.
- Make sure everyone is getting a turn to pass on offense. If they're not, join in the game and pass them the basketball.
- Players must be calling for the basketball.

# Swing Passing

## How the Drill Works:

The team splits up into 4 lines in the half-court corners. Players will then make a one or two-handed pass out in front of the player to their right who start running along the sideline or baseline. The passer then joins the end of the line they passed to.

## Purpose:

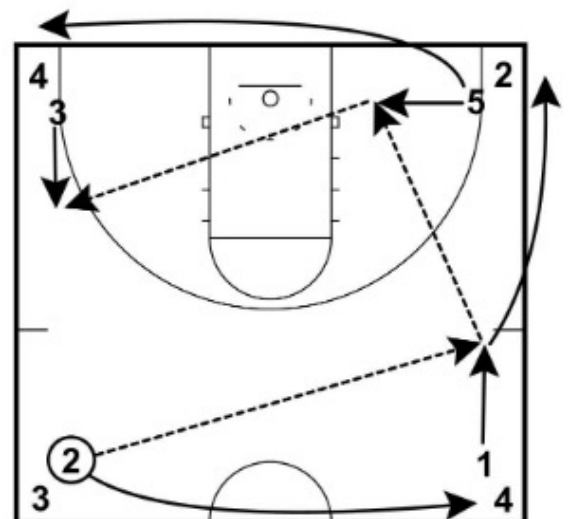
Passing drill intended to use mainly with younger players or as a warm up drill. This drill will improve passing to players on the move as well as being able to catch and pass without dribbling.

## Setup:

- The team is divided up into 4 lines. One line positioned in each corner of the half-court.
- The first player in one of the lines has a basketball.

## Instructions:

1. The drill begins with the player with the basketball passing out in front of the player in the line to the right.
2. Before the pass is thrown, the receiver must start jogging in the direction of the next line they'll join so that they're catching on the move.
3. The receiver will then catch the basketball as the next player starts jogging and will make the pass out in front of them.
4. After each pass, the passer will join the end of the line they passed to.
5. Drill continues in the same manner with players passing around the square in the same direction.
6. After a certain period of time, coach changes the direction of passing.



**Variations:**

**Include a Second Basketball** – If the players are comfortable with one basketball, introduce a second starting in the opposite corner.

**Different Passing Types** - This drill can be done with one-handed passes, two-handed passes, chest passes, or bounce passes.

**One Dribble** - Players are allowed to take one dribble before making the pass to the next line. This can be beneficial if you're doing one-handed passes.

**Coaching Points:**

- The receiver shouldn't have to slow down or speed up to catch the pass. Passes must be accurate and out in front.
- The receiver must time their run so that they're moving towards the other line and also have their target hands up calling for the basketball.
- It's imperative that you don't allow any traveling violations while players are running this drill. Don't allow them to fall into that bad habit.
- Run the drill at half-speed when first beginning until the players understand it. Then up the intensity.

# Touchdown Game

## How the Drill Works:

Split your players up into 2 teams. A player from each team shoots from the elbow and keeps shooting until they make the shot. As soon as the shot goes through the hoop, a teammate waiting on free-throw line extended starts sprinting down the floor. The player who made the shot must take the basketball out of bounds and make the baseball pass down the floor to them on the run. The first team to score receives a point for their group.

## Purpose:

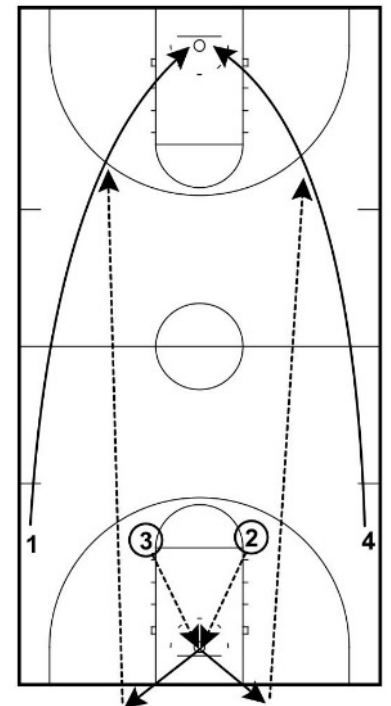
A fun drill for improving long baseball passes, working on midrange shots, and also finishing at the rim while under pressure.

## Setup:

- Divide your players into two relatively even teams.
- One player from each team starts on the elbow with a basketball.
- Another player from the same team starts on the sideline of free-throw line extended.
- The rest of the players wait behind the baseline.

## Instructions:

1. On the coach's call, the two players on the elbows take a jump shot. If they make the shot, they immediately take the basketball out of bounds. If they miss, they must rebound and finish the layup before taking the basketball out of bounds.
2. As soon as the basketball passes through the net, the teammate of the shooter immediately starts sprinting down the court.
3. The shooter takes the basketball behind the baseline and then makes the baseball pass to their teammate leading down the court.
4. The receiver catches and then finishes with a layup.





5. The first player to score receives a point for their team.
6. The shooter/passers then becomes the next receiver and the receiver jogs back down court and joins the end of the line.

### Scoring System

- The game is played first to 11 or 21 points.
- The team that finishes the second layup first receives one point.

### Variations:

**Vary the Distances** – You can change position the shooter takes their shot from and also how far down court the receiver starts to increase or reduce passing distance.

**Diagonal Passing** – Instead of players passing to the player on the same side of the court that they started on, they must pass diagonally.

### Coaching Points:

- Vary the type of pass that's made from baseline. As well as baseball passes you can use chest passes and overhead passes.
- Players should be passing the basketball high so that if a game were playing it would pass over the player below. Don't allow players to pass at player-height or the pass would be stolen in a real game.
- The receiver should not have to slow down to catch the pass. Make sure it's out in front of them to run on to!
- Make sure the receiver is composed when finishing their layup. Many youth players will rush the shot when in pressure games like this one.
- Don't allow the first shooter to throw the basketball off the backboard and lay in an easy two points. They must truly attempt the first shot.

# Triangle Passing

## How the Drill Works:

Players divided in 3 lines pass the basketball in one direction and follow the pass sprinting to the back of the line they passed to.

## Purpose:

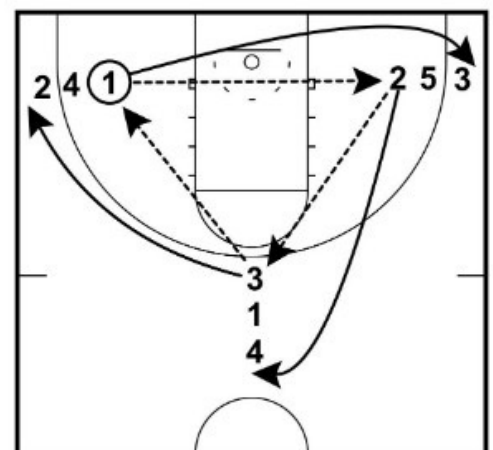
This drill is intended for use with younger players to improve passing skills and receiving the basketball.

## Setup:

- Players are evenly divided up into 3 lines. One line at the top of the key, another in the left short corner area, and the third in the right short corner area.
- Depending on the number of players you have, consider creating two triangles using both ends of the court.
- Place down cones to keep the distance between the lines.
- First player in the line at the top of the key has a basketball.

## Instructions:

1. The player with the basketball starts the drill by passing the basketball one direction to the first player in line. They then sprint to the back of the line they passed to.
2. The receiver steps out to receive the pass and then immediately passes to the next line in the same direction before sprinting to the back of the line they passed to.
3. The drill continues in the same manner until the coach decides to switch direction of passing.



**Variations:**

**Use a variety of passes** – Introduce different types of passes during the drill. Chest passes, bounce passes, one handed passes, and overhead passes.

**Extend the distance** – If the players are capable for it, extend the distance between the lines to make longer passes.

**Catch on the move** - After extending the cones, get the players to catch the basketball on the move instead of catching stationary. This will require the passer to pass out in front of the receiver and also for the receiver to be able to catch and then pass again without traveling.

**Coaching Points:**

- Receiver must have their target hands up and step out to receive the pass.
- Insist on correct passing technique. Arms fully extended, fingers pointed to targets, and thumbs down when completing a chest pass.
- Players must be calling for the basketball. Make loud communication a big part of this drill.

# Two-Ball Rapid Fire

## How the Drill Works:

Two basketballs are passed quickly back and forth between one player in the "hot seat" and 3 - 4 other players facing him/her in a semi-circle.

## Purpose:

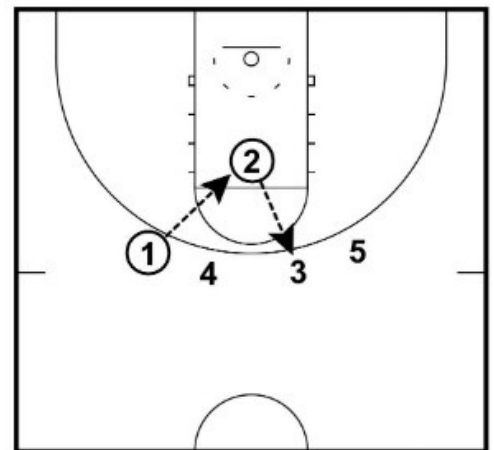
A fun passing drill to improve passing, catching, and focus. Highly recommended drill for youth basketball players. They love it!

## Setup:

- One player in the "hot seat" with the ball.
- 3 - 4 other players (the receivers) roughly 8 - 10 feet in front of them forming a semi-circle. One of these 4 players has one ball.

## Instructions:

1. The drill begins with the player in the 'hot seat' passing to one of the receivers without a basketball.
2. The receiver who already has a basketball passes to the hot seat player immediately after the ball leaves their hands.
3. This rapid-fire passing continues with the hot seat player continually catching and immediately passing to any of the receivers.
4. After a certain period of time (30-seconds to 1-minute), players rotate positions.



**Variations:**

**Use a variety of passes** – Instead of just chest passes, use one-handed passes, bounce passes or overhead passes.

**Length of time** - Decide on how long each player should be in the hot-seat depending on the level of basketball you're coaching. If they're young, don't make it too long.

**Passing distance** - The recommended passing distance is 8 - 10 feet, but you can change this to be longer or shorter if you want to.

**Coaching Points:**

- Make sure that players pass the ball quickly enough. They must be passing to the hot seat player as soon as the other basketball leaves their hands.
- The player in the hot seat is not allowed to pass back to the player who passed them the ball.
- Players must have their hands up ready to receive a pass throughout the entire drill.
- Ensure players aren't being silly when running this drill. The last thing anyone wants is a player getting injured because their teammate threw them a pass too early to be funny.

# Weave Complete

## How the Drill Works:

5 players run the traditional weave up the floor, followed by 3-on-2 fast break, and finally a 2-on-1 break. In the 5-man weave, players pass to the next inside player and then cut around two players on the opposite side.

## Purpose:

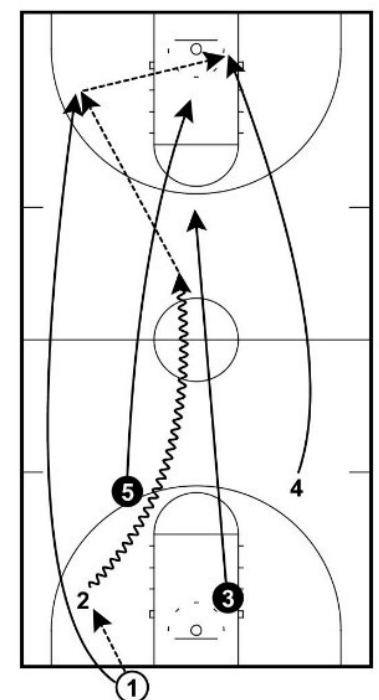
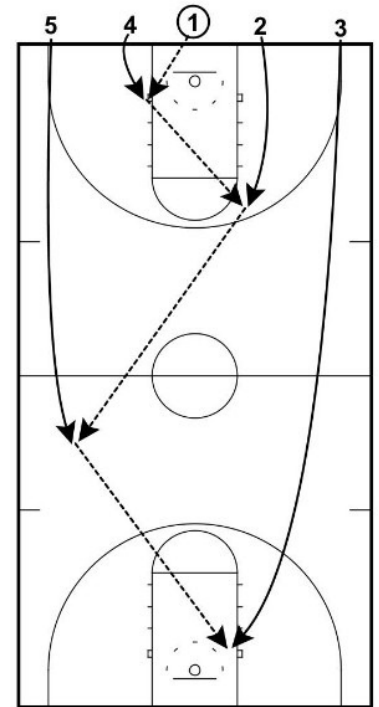
Multi-purpose drill that works on a variety of skills. Players will practice transition offense, reading the defense, moving without the basketball, finding the open player, keeping spread on offense, defending while at a disadvantage, and much more.

## Setup:

- 5 players spread out along the baseline.
- The player in the middle starts with a basketball.

## Instructions:

1. The drill begins with the 5-man weave. Players pass the ball to the next inside player and run behind the two outside players.
2. All 5 players must touch the basketball as it's advanced up the floor for a layup. No dribbling!
3. After the layup, the shooter and the passer sprint back on defense and the other 3 players become offense. They must push the basketball down as quickly as possible while keeping good spacing and attempt to score.
4. After the 3-on-2 break, the shooter (or the player who turns the ball over) sprints back on defense and the 2 previous defensive players run 2-on-1 break.

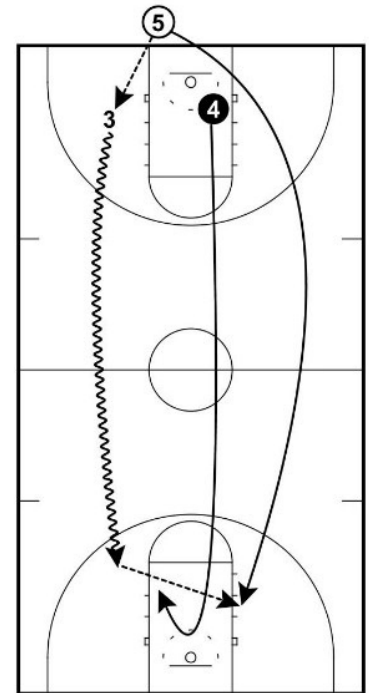


5. Once they finish, they exit the court at the opposite end (it will be the third trip down the floor) and then sprint back to the start and line up.
6. As soon as these 3 players leave the court, the next 5 players line up along the baseline begin the same process.

### Variations:

**No dribbling** – Since the offensive team has an extra player advantage, this can be a great opportunity to remove dribbling from the drill. It will force the offensive players to be smart about their passing, cutting, and spreading the floor.

**One dribble per player** – If you don't want to completely restrict dribbling – or if you're coaching a young team – instead you can allow only one dribble per possession.



### Coaching Points:

- The 5-man weave must always be completed without dribbling the basketball.
- Make sure the players are inbounding the ball as quickly as possible after each score.
- The two offensive players without the ball on the 3-on-2 fast break must run wide and keep good spacing. They should always get an open shot or layup.
- On every made shot your players must take the basketball out of bounds to pass in.

# Who's Open?

## How the Drill Works:

3 players in the form a triangle and pass the basketball to each other with 2 defensive players trying to get a steal or a deflection.

## Purpose:

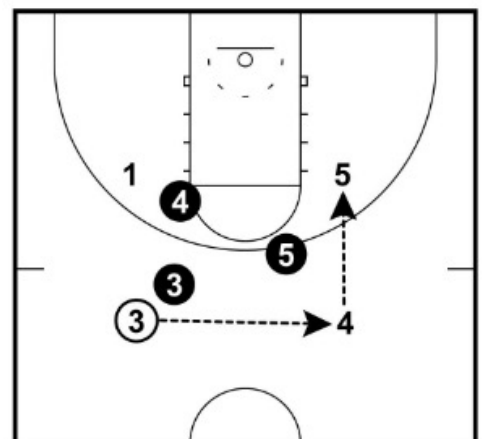
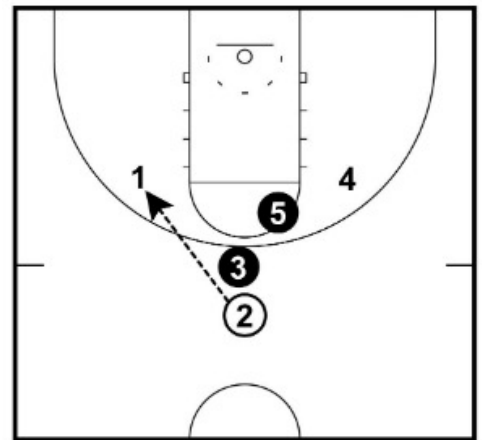
This is a tough passing drill that requires the offensive players to make fakes and no-look passes to catch the defenders out of position and make successful passes. This works on passing skills, pivoting under defensive pressure, and will reduce your in-game turnovers.

## Setup:

- 3 players on offense form of a triangle approximately 12 - 15 feet apart from each other.
- 2 defensive players are inside the triangle.
- 1 player from the offensive team has one basketball.

## Instructions:

- 1.** The drill starts with the defenders pressuring the basketball and the passing lanes.
- 2.** The offense must now attempt to pass it to each other for as many consecutive passes as possible without the defense getting a deflection or steal.
- 3.** After a certain period of time, the players rotate and there are 2 new defenders.





**Variations:**

**4-on-3** – Four offensive players are in form of a square with three defenders trying to steal the basketball.

**Bad passer to defense** – Instead of a time limit, the offensive player who has their pass deflected or stolen switches with the defender. This way, you must stay on defense until you get defensive stop.

**Size of the triangle or square** - Depending on the age group and skill of the players, work out what is the best distance apart for the offensive players.

**Coaching Points:**

- Encourage the offensive players to use pass fakes and pivot to create space for the pass.
- No dribbling or lob passes allowed.
- The defenders should always stay down in a stance so that they're quick to react to a pass.
- While there's someone pressuring the basketball, the offense can only hold the ball for 3 seconds. This prevents the defenders from matching up on the 3 off-ball players.

# X Passing

## How the Drill Works:

Players form 4 lines in the corners with one player in the middle. Players pass the basketball to the middle then to the next corner. Each player must follow their pass to the next spot so that the middle is always filled with a different player.

## Purpose:

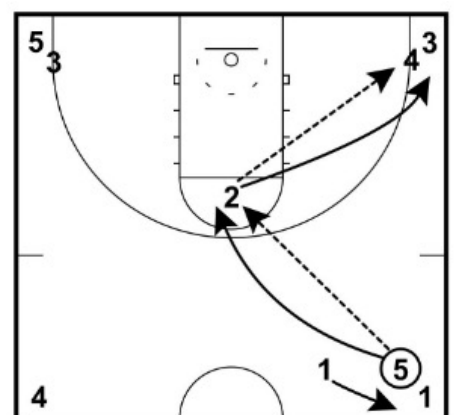
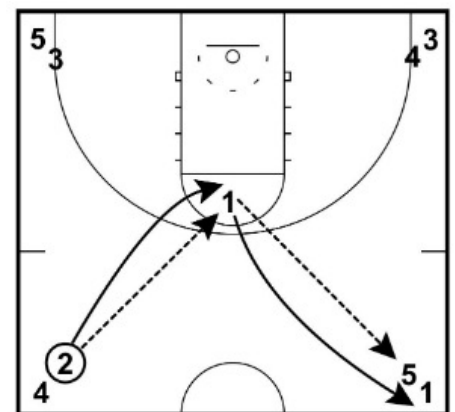
This drill is designed for younger players or as a warm-up drill. It will improve passing, catching, communication, and will force players to focus.

## Setup:

- The team is divided into 4 lines positioned in the half court corners and one player on the free-throw line.
- One of the players in the corner has a basketball.

## Instructions:

1. The player from the corner passes to the player on the free-throw line and then sprints to replace them in the middle of the court.
2. The receiver in the middle of the floor catches and then immediately passes to the next corner before following their pass and joining the end of the corner line.
3. The basketball is now passed back to the first player in line who does the same thing.
4. This continues for the coach's desired length of time.



**Variations:**

**Use a variety of passes** – Introduce bounce passes, one handed passes, and overhead passes.

**Introduce a second basketball** – The drill starts with two basketballs in the opposite corners and two players in the middle. This variation requires focus and communication since there is going to be a lot of movement through the middle of the half court.

**Coaching Points:**

- Players should make strong and flat passes.
- Players must communicate with each other. Call for the basketball early and use the teammate's name!
- Receivers must show target hands when calling for the basketball.
- After passing, players must always sprint to the next spot or they'll get there too late.

# CONCLUSION

I hope you enjoyed the 30 Team Passing Drills and that they can assist your players to improve on the offensive end of the floor!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com). I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at [coachmac@basketballforcoaches.com](mailto:coachmac@basketballforcoaches.com) and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

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— *Coach Mac*