

### **8 Person Pass and Slide**

- 4 players execute the drill at one time, with another 4 players acting as passers.
- The 4 players in the drill start at both blocks and both elbows, facing outwards. The 4 passers begin at around the 3 point line with a ball each, facing those players.
- The balls are passed into the drill, then back out again. The high post players then slide to the low post, whilst the low post players slide diagonally to the opposite high post.
- The ball is then passed in again and the drill moves continuously for a set period of time or number of passes.
- The advantage of this drill is that there is a lot of activity with all players involved. A variety of different passes can be used at the coaches discretion, and it is also a good conditioning drill.
- The 8 person pass and slide is ideal to be used as a warm up drill.

### **FUN GAMES FOR TEACHING PASSING**

#### **Hands and Feet Passing Drill/Soccer-Pass Drill**

- The group works in a confined space.
- One basketball is passed between the group, while one is kicked along the ground between the group. Depending on the size of your group, you may use two balls in the air and two on the ground etc.
- Penalties are given if any of the balls go out of bounds or don't hit their target when passed, or if any player has possession of any ball for longer than 3 seconds before they pass it on.
- Variations on this drill can include using pass fakes, or players must v-cut before receiving the ball.
- Different passes can be used, but the real advantage of this game is that the players must communicate well if they wish to move the balls amongst themselves quickly and safely in order to avoid penalties.

#### **Team Pass Tag**

- Players are designated to be 'it'. They must try to tag the other players whilst they are in possession of the ball.
- They are not allowed to run with the ball, but must pass it amongst themselves to try and tag those that are not yet 'it'.
- This game can be played as a build up or can be played in teams.
- This game is fun for the kids, but it also teaches them to think the game as there are benefits for them if they think ahead of the play and trap players in corners etc.

#### **Important Things to Remember When Considering Passing**

- **'A good pass fake is as important as a good pass'**

Ensure your players can execute a variety of different pass fakes.

- **The 5 Safe Passing Zones**

The following five zones are the safest for getting the ball past the on ball defender. It is difficult for the defender to deflect the ball when it goes through one of these zones, particularly if the pass is coupled with a pass fake;

- Directly above their head
- By either ear
- By either hip

- **Pass Away From the Defence and to a Target**

It is important that players pass FOR their teammates, not necessarily TO their teammates. The target of the pass may be the receiver's hand, or it may be a spot on the floor depending on where the receiver's defender and the help defence is. The passer has a responsibility to deliver the ball to their teammate so that they are in a good position to execute their next move (i.e. shot, drive).

- **Communication between the passer and receiver is vital**

The receiver has just as important a role as the passer in ensuring the pass is made safely. Both visual and verbal communication is highly effective, as well as good eye contact prior to the pass being made.

#### **Coaches Series**

Edition 1 – Dribbling

Edition 3 – Shooting

All 2002 and 2003 editions can be found on the Basketball Australia website [www.basketball.net.au](http://www.basketball.net.au)



## **BUILDING BETTER**

## **BASKETBALL**

### ***ISSUE NO. 2***

## **PASSING**



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Hi coaches! Welcome to the second instalment of the Building Better Basketball Coaching series for 2003. This issue focuses on a major fundamental skill area of our game, passing. Once again, I hope you enjoy this edition of Building Better Basketball, but probably more importantly I hope you find it useful in developing your coaching skills, with the aim of continually improving the learning opportunities that we can collectively provide our nation's young players.

## 1. Objectives of Passing

### i. Advancing the ball up the floor

Passing is a key mode for moving the ball up the floor. It is the quickest way that the ball can move, and it is the hardest for the defence to manage when done well. Most offensive structures are triggered through a pass, i.e. guard to wing pass, and passing the ball up the floor will create fast break opportunities for your team.

### ii. Improve the position of the ball on the floor

Passing the ball to a teammate is a key way of clearing the ball from the defence, i.e. out of a trapping situation.

### iii. Challenging/Shifting the defence

Challenging the defence is possibly the most beneficial way of using a pass. Using a pass in any of the following ways will force the defence to make adjustments, which will open up scoring opportunities through either finding an open player, exploiting a 1 on 1 situation, or creating a close out for the offensive team to attack;

- Post Feed
- Skip Pass
- Ball Reversal
- Passing to a cutter (i.e. give and go cut, flash cut, post up cut, back cut)

## 2. Key Teaching Points for Passing

There are a number of Key Teaching Points to consider when teaching passing. The list below are outlined in your Aussie Hoops resources, but I have also added some other pertinent information;

**i. Stance;** As mentioned in the last edition of Building Better Basketball, a low balanced stance is highly important when executing most basketball skills. With passing, the athlete's ability to use their feet effectively when pivoting or stepping into the pass, and also to get power into their pass are both reliant on good balance.

**ii. Hand Position;** The ball should be held with fingers relaxed and spread, thumbs behind the ball and elbows bent. Also, teach your athletes to use their second (non-passing) hand to protect the ball from the defence where applicable.

**iii. Step into the Pass;** Step towards the receiver as you pass, as this will aid not only the direction of the pass, but also the speed with which it moves through the air. It is important for young players to develop a habit of stepping into their pass with their 'inside' foot (the foot closest to the defence), as this leg and their body will then act to protect the ball and the passing hand from the defence.

**iv. Follow through;** Following release of the pass, the passer's fingers should be pointing towards the target and their thumbs towards the ground.

**v. Pass Fakes;** Being able to make an effective pass fake is almost as important as being able to make an effective pass. Every type of pass has a corresponding pass fake, i.e. chest pass, overhead pass, and it is important that your players are drilled in this skill and are encouraged to practice and implement it.

**vi. Pass away from the defence;** As mentioned above, it is important that players pass with the side of their body that is furthest away from the defence in order to use their body to provide greater protection for the ball. Accordingly, it is also important that the pass is made to the receiver away from the side of their body that the defence is playing. The receiver can then use their body to shield the ball from the defence.

## 3. Game Specific Passing Situations

Most passes within the game of basketball are made from one of the four game specific situations outlined below. It is important therefore that players are taught not only to pass in a static or learning situation, but also that they get to practice the skill of passing in game specific situations;

**i. Catch and pivot to pass;** This is a stationery situation where the athlete has come to a stop before making the pass.

**ii. Passing on the run;** In a transition situation or any time when a player is moving and needs to catch and pass in the one action.

**iii. Off the dribble;** The athlete may be advancing the ball through a combination of dribbling and passing, or may be dribbling to improve their passing angle.

**iv. Off a rebound;** For example, an outlet pass. When passing off a rebound, athletes must contend with the physical elements of rebounding, landing then trying to find an open player to pass to, or they may be being quite heavily defended after grabbing the rebound and then must safely deliver the ball to an outlet player. All of these components of play make the skill a little more difficult to execute.

## 4. Teaching Passing

It is important that athletes are exposed to a wide range of passing skills to equip them to be able to make a pass in any game situation. Ideally, athletes should become proficient at as many of the following passes, executed on both sides of their body (hands, pivot feet), as possible;

- |         |          |             |            |
|---------|----------|-------------|------------|
| - Chest | - Bounce | - Dump Pass | - Overhead |
| - Push  | - Curl   | - Baseball  |            |

As well as learning the skills of executing these passes, you should explain to your athletes the game situation in which each pass would be most effective, i.e. Overhead pass – skip pass/post to post pass.

**Note;** When doing passing drills with your teams, as well as practicing the passes in isolation ensure that your athletes are practicing each of the passes mentioned above following a pass fake.

## DRILLS FOR IMPROVING PASSING

### Two Ball Passing

- Players work in pairs and start with one basketball each
- Players execute a range of different passes to each other using both balls, i.e. chest pass/bounce pass, right/left hand push pass, continuous right hand curl pass etc.
- As this is an overload drill, athletes are forced to execute the passes more quickly and at a higher tempo.

### Reaction Passing Drill

- Athletes work in groups of 6, with 2 balls each group.
- The group forms a semi circle, with 1 player starting in the middle of the group.
- Athletes pass the two balls alternately into the player in the middle, and they must quickly fire them back out again to any player on the perimeter.
- This drill is good for demanding communication, as there are two balls going at once, players must call out to their teammate before passing the ball to ensure that the drill runs smoothly and safely.

### 3 on 2 Triangle Passing

- This drill involves 3 offensive players, 2 defensive players and 1 basketball
- The offensive players are positioned at the guard spot, the wing and the low post, so that they simulate a post feeding triangle
- The defence runs at the ball and tries to get as many deflections as they can, whilst the offence looks to make as many safe passes to their teammates as possible.
- This drill is particularly good as it simulates game conditions. It allows the players to see the benefits of using effective pass fakes, as well as using their pivot feet to their advantage to step into passes and seal defenders.

### 25 Passes Drill

- This drill can be executed in anything from a 2 on 2 to a 5 on 5 situation, and is played in a confined space.
- The offensive team tries to make 25 safe passes in a row, without the defence getting a steal or the ball hitting the floor in any way other than through a curl or bounce pass (i.e. no dribbling).
- This drill is effective in ensuring good communication between the passer and potential receivers, it ensures the offensive team work hard to get open for the ball, and forces the passer to make good decisions under pressure. It also enforces to the offence the value of possession of the ball.
- Variations on this drill can be that the winner is the first team to make 25 safe passes, not necessarily in a row. Possession changes when there is a steal. You could also add trapping scenarios if your group were at that stage in their development.