

18. 50 Passes

Purpose:

To practice passing under pressure.

Setup:

Split up into 2 teams and set up in the half court. One team is on offense and one team is on defense.

Execution:

- * Coach yells “GO” or blows whistle and starts timer.
- * The team on offense must complete 50 passes **WITHOUT DRIBBLING**. Younger teams can start with 10, 20, 25, etc.
- * If a player drops a pass or it is intercepted by the defense, the pass does not count.
- * If a player dribbles the basketball, one pass is taken away from their total.
- * The offensive team continues passing without dribbling until they’ve hit their magic number of passes and the coach stops the timer.
- * The offensive team switches to defense and the defensive team switches to offense.
- * The coach starts the timer and this group tries to get 50 passes as fast as they can. The team with the best time **WINS**.

Coaching Points:

- * Encourage offensive players to ball fake, make good cuts, backdoor, give hands as a target, and talk to their teammates.
- * Encourage defensive players to play hard, stay low, and try to steal the pass.