

11. Back to the Passer Drill

Purpose:

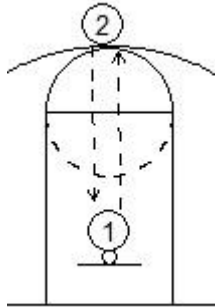
Receiver works on turning, picking up the ball and making the catch. Thrower works on making accurate passes.

Setup:

Two players – player 1 is under the basket. Player 2 is at the top of the key with a ball.

Execution:

- Player 2 says player 1's name as he throws the ball to him.
- Player 1 turns, picks up the ball in flight and makes the catch.
- Drill then turns around and player 1 throws the ball to player 2, who has his back turned.



Players learn to turn quickly and make the catch in this drill.

Coaching Points:

- * Player with back turned should have his hands up near his face for protection. Make sure receiving player doesn't cheat and turn before his name is called.
- * Make sure passing player is throwing nice, accurate passes that aren't too fast as that could get a player hurt.