

14. Crocodile Passing Drill

Purpose:

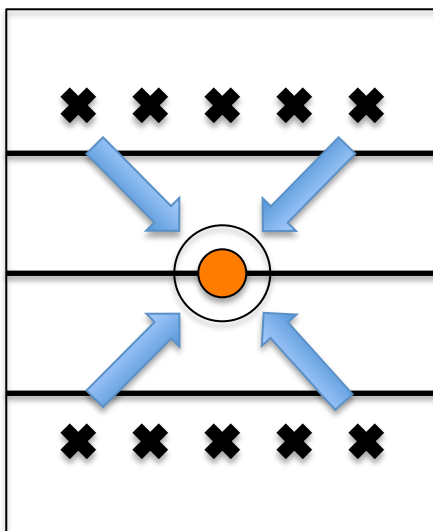
To practice passing accuracy during a fun game.

Setup:

Split players into 2 even teams. One team stands 10-15 feet from center court in a spread out line. The other team spreads out in a line facing them 10-15 feet away on the opposite side. Each player has a basketball and a medicine ball or heavy round object gets put at half court.

Execution:

- * The game begins when the coach call's out 'GO' or blows the whistle.
- * Players pass their ball in an effort to hit the medicine ball at center court.
- * Once their ball has been passed, they retrieve the ball closest to them and continue to pass and knock the medicine ball.
- * Players on both teams continue to pass their basketball at the medicine ball in an effort to push the ball closer to their opposing team.
- * The team who has the medicine ball closest to their opponent when the coach blows the whistle WINS!



Coaching Points:

- * Emphasize proper passing fundamentals.
- * Make sure passers stay behind the appropriate line.