

14. Flash Pass

Purpose:

This drill is designed to deny the low post pass and keep the ball out of the paint.

Setup:

- * For this drill, there will be three offensive players and a defensive player. Two offensive players will be on each wing, and the other offensive player will be in the post.

- * The defender should be positioned so that his/her back is almost to the ball. Ideally, the defender will be in a position where his/her hand is in the passing lane, and he/she can see the ball and the opponent at the same time.

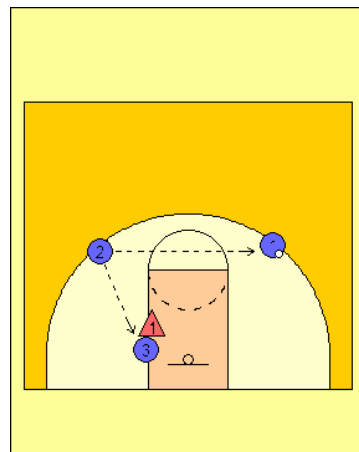
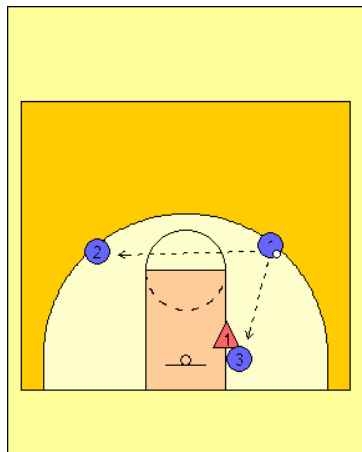
Execution:

- * When the whistle blows, the player on the wing will attempt to make a pass to the player in the post.

- * The defender will try to deny this pass by keeping his/her hand in the passing lane, moving with the player (s)he is defending.

- * If the wing player can't make the pass, then (s)he will pass the ball to the other wing, and the post player will flash across the lane and attempt to receive a pass from the other wing. Again, the defender will try to deny the pass, maintaining position between the post player and the ball.

- * This process will continue for a few repetitions, and then players should rotate.



Coaching Points:

* Continually tell your players to...

- See the ball and the player he/she is defending at the same time.
- Keep their hand in the passing lane.
- Don't over commit, otherwise, this will open up a backdoor cut for the opposition.