

6. Full Court Partner Passing with Layup

Purpose:

To practice passing while moving down the court.

Setup:

Assign partners and form 2 lines 10-15 feet apart on the baseline.

Execution:

- * Coach blows whistle and partners pass back and forth while sliding their feet down the court.
- * Partners continue to pass down the court until one player has reached the block.
- * When that player receives the ball, they shoot a layup.
- * Players form a line on the opposite baseline and wait for the rest of their team to pass and sliding down the court.

Coaching Tips:

- * Players should be sliding their feet at the same speed.
- * Players can do chest and bounce passes.
- * Watch the ball the whole way into your hands.