

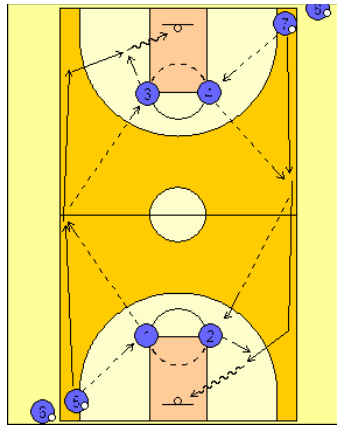
5. Full Court Passing

Purpose:

This drill is designed to help players control their passes even when running down the court at high speeds. If a player can make a pinpoint pass on the run, (s)he becomes a valuable asset to the team.

Setup:

Have your players line up as shown in the diagram. Four basketballs should be in play.



Execution:

- * On the whistle, the first player in line with the ball will pass to the player on the elbow closest to him/her. While on the run, the player will receive the pass back from the elbow.
- * The player will then pass the ball to the next elbow in the sequence and receive a pass back from him/her. The player will then finish with a lay up.
- * The player should then rotate to the opposite sideline and start the drill again. Players from the elbow will rotate to be a passer after roughly one minute.
- * The next player in line should start the drill as soon as the player in front of him/her has reached half court.

Coaching Tips:

- * Make sharp passes directly to the elbow player's chest.
- * Refrain from dribbling.
- * Make the lay up with the correct hand.