

2. Partner Pass with 1 Defender

Purpose:

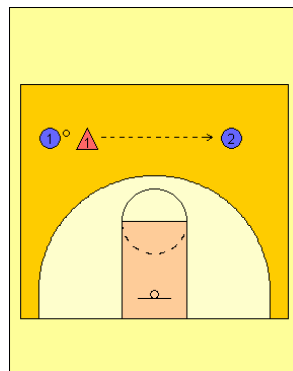
This drill will help with accuracy of passing and will force players to use ball-fakes. The defensive player improves hand-eye coordination trying to shield and deflect passes.

Setup:

Set up two players about 12 to 15 feet apart facing each other with one ball. Assign a defender to each set of passing partners.

Execution:

- * Have one of the offensive players start with the ball.
- * The defender harasses the offensive player by mirroring or shielding the ball.
- * Offensive player uses any sort of pass fake to get the ball to the other offensive player.
- * If the ball is tipped, offensive player who threw the ball goes to defense.



Coaching Tips:

- * Pass-Fakes!!!! As the competition & age increases, a player who has not practiced pass fakes will constantly have their passes tipped and intercepted by defensive players. It is vital to a player's development to practice pass-fakes.
- * Use your pivot to create space between you and the defender.