

20. Pass to Shoot Drill

Purpose:

Practice the fundamentals of passing and shooting off the pass.

Setup:

* Divide players into 2 lines. One line of the elbow and one line on the baseline.

Execution:

* The player on the baseline will quickly cut up to the opposite elbow to receive the pass.

* The player in the passing line will pass the shooter the ball.

* The shooter will offer their hands as a target for the pass.

* After shooter receives the pass, they will square up to the basket and shoot.

* Shooter goes after their own rebound, passes it to the front of the line at the elbow and goes to the back of the line.

* Passer goes to the end of the line on the baseline.

* Players continue to rotate through both lines until coach blows his whistle.

Coaching Points:

* Emphasize to the passer to step, aim, and follow through with their pass.

* Emphasize to the shooter to give their hands as a target, square to the basket, and maintain proper shooting technique.