

# 17. Passing Into the Low Post

**Purpose:**

To practice passing into the low post.

**Setup:**

Split players into 2 lines. One line on the baseline for the post player and one line at the right elbow.

**Execution:**

- \* The person on the elbow uses a bounce pass to get the basketball to the low post.
- \* The post player gives the passer a target and upon receiving the ball, pivots, and shoots a layup.

**Coaching Points:**

- \* Stress the fundamentals of the bounce pass – step, hand positioning on ball, and follow through.
- \* Post player needs to offer a target and go up hard for the layup.
- \* Older players can have defenders on the passer and post player to increase difficulty.