

# 12. Stationary Keepings Off – Passing Drill

## **Purpose:**

This main goal of this drill is to teach the basics of spacing between players and also to teach decision making on the catch.

When players are young we all know they constantly sprint towards the basketball. By keeping them stationary in this drill, we show them that it's easier to keep the ball away from the defense if we're spread apart.

## **Setup:**

Select one or two players to be the defenders and get the rest of your players to spread out in a small area like the three-point line.

The team on offense will only need one basketball.

## **Execution:**

- \* When the drill begins, the defenders will run around trying to steal the basketball from the offensive team. The defenders goal is to get a deflection or a steal.
- \* The offensive players must stay in one space and pass the ball around to each other keeping the basketball away from the defenders.
- \* After a minute or two, swap the defenders over.



**Coaching Points:**

- \* Allow the defenders to sprint around wildly. They'll have fun.
- \* Encourage the offensive team to make quick decisions when they receive the basketball.
- \* Make sure everyone is getting a turn to pass on offense. If they're not, join in the game and pass them the basketball.