

16. Target Practice

Purpose:

This practice the fundamentals of passing.

Setup:

Players spread out on the baseline with a basketball. Set up a cone with a stuffed animal or other target on top 10-15 feet away from each player.

Execution:

- * Players use a chest pass to cleanly knock their target off of the cone.
- * After a player knocks off the target 3-5 times from a certain distance, move the target further away.

Coaching Points:

- * Focus on stepping toward the target.
- * Place hands on the sides of the ball with thumbs almost touching.
- * Players should follow through at their target.