

9. Triangle Passing

Purpose:

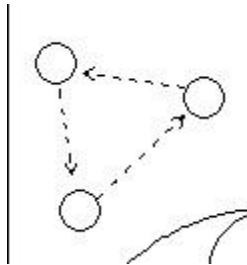
Players practice their passing and catching fundamentals. In particular, players learn to catch the ball on one side and swing it over and make the pass on the other side.

Setup:

Three players form a triangle on the court. Each player has a basketball. Younger players can just start with 1 ball.

Execution:

- * Players pass the ball to each other.
- * Coach yells “switch” and players change their passing direction.



Coaching Tips:

- * Focus on the fundamentals of the pass, rather than the speed to start. Speed will come as the fundamentals improve.