



PASSING

PASSING CONCEPTS

Passing and receiving the basketball are two fundamental aspects of offensive basketball that must be worked on so players can learn to share the basketball and promote team play. The purpose of successful passing is to move the ball up the court quickly, or to move the ball into an area to improve scoring opportunities for teammates. Every successful pass requires two things: a good passer and a good receiver.

When practicing passing, emphasize the following:

- Always be in a triple threat position
- Anticipate the movements of teammates and use peripheral vision to look for open receivers
- Focus and make eye contact on receiver's target
- Hold ball with finger tips and finger pads while keeping elbows in near body
- Pass ball toward target by flicking the wrists, finishing with thumbs pointed down and pinky finger up
- Step in the direction of the pass to give it more power
- Follow through as ball is released

When practicing receiving, emphasise the following:

- Show a target
- Anticipate passes directed toward them
- Be in a ready position with hands up in position to receive ball
- Trace flight of ball, see ball into hands
- Absorb the ball by catching it with your fingers and bend at the elbows
- Get into triple threat position when ball is caught

TYPES OF PASSES

CHEST PASS

The chest pass is a straight, quick pass that moves on one plane. The distance between passer and receiver should be about 8-10 feet for children. This pass is often the best method to advance the ball up the court or around the perimeter, but is generally not a good penetrating pass.

BOUNCE PASS

The bounce pass is similar to a chest pass except the ball hits the ground about two-thirds of the distance toward the receiver and hitting the receiver in their target hands. The bounce pass is effective when either the passer and/or the receiver is being pressured. The bounce pass is the most effective pass into the post to penetrate the key.

OVERHEAD PASS

The overhead pass is effective during transition to cover a longer distance in advancing and out-letting the ball up the court.

ONE-HANDED PUSH PASS

Once players have mastered the chest pass and bounce pass, they can move to the one-handed push pass. This pass is slightly quicker than the chest pass and a more natural movement.

Passing drills should be practiced in this progression:

- Stationary—stressing the technique
- Passing on the run; in motion
- Games approach—passing in the half court offense and transition
- Incorporate fakes such as 1) looking away and 2) faking one way and going the other

PASSING DRILLS

WALL PASSING

Have player stand 6 feet from a wall and throw chest passes at the wall; the player aims at a target at about chest height and concentrates on technique. The player begins the drill close to the wall but moves farther away as skill increases. Execute other passes: bounce pass, overhead pass, one-hand push pass.

PARTNER PASSING

Have player line up across from a partner about 8-10 feet apart with one ball. Players will pass the ball to their partner stressing the following points:

- Practice receiving concept of target (protection) hand and control hand
- Practice two-hand bounce pass from the middle of the passer's body first
- Practice one-hand push bounce pass from the side hip area of the body second

Key habits to emphasise:

1. Stay low and step into each pass.
2. Passes should be crisp and on target.
3. Receivers should step toward the ball on the catch.
4. Receivers give a target with their hands and call for the ball.
5. Passers call the name of their teammate.