



Section 10 – Passing & Pivoting

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10.1 Pairs 2-3 Ball Passing.

Description:

(A) Balls Back & Forth. Players face each other & with one hand pass the ball back & forth, keeping the ball on the same side.

(B) Balls Circle around. Players face each other & pass ball with one hand, catch, skip the ball across to their other hand, then pass again.

(C) Balls, 1 Bounce & 1 Chest Pass. Players face each other, 1 player throws a 2 hand chest pass, the other a 2 hand bounce pass.

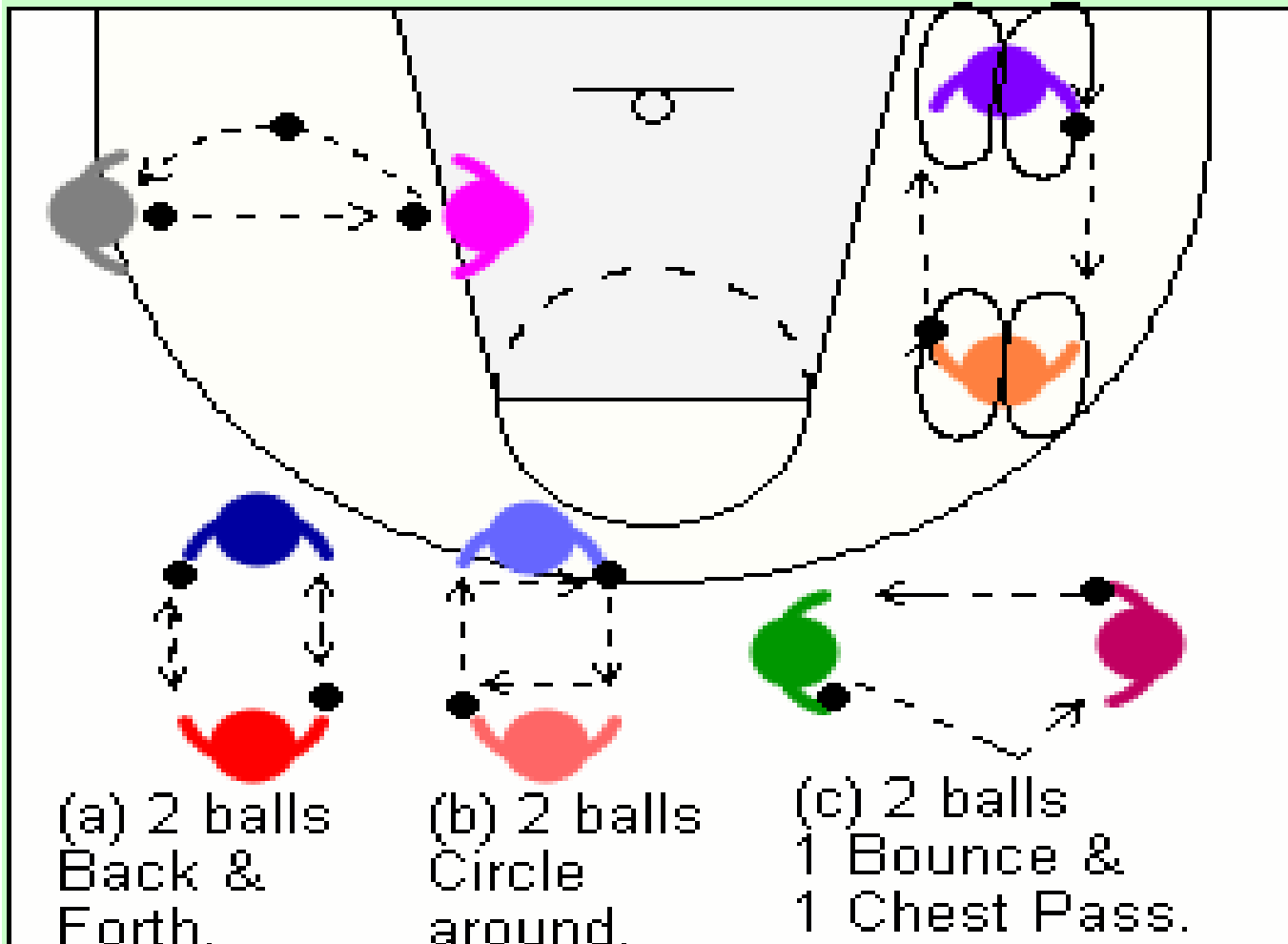
(D) Balls - Pass, catch, Figure 8, Pass. Players face each other, catch, do a figure 8 between the legs & pass it back and so on.

(E) Balls - 1 player chest pass, other lob. Players face each other & with quick hands get 3 balls passing, 2 balls on lob, 1 chest pass. Players stand further apart for this drill.

Alternate hands (direction) for all categories

(e) 3 balls - 1 player chest pass, other lob. Quick hands.

(d) 2 balls - Pass catch, Figure 8, Pass.



10.2 Passing from Traps.

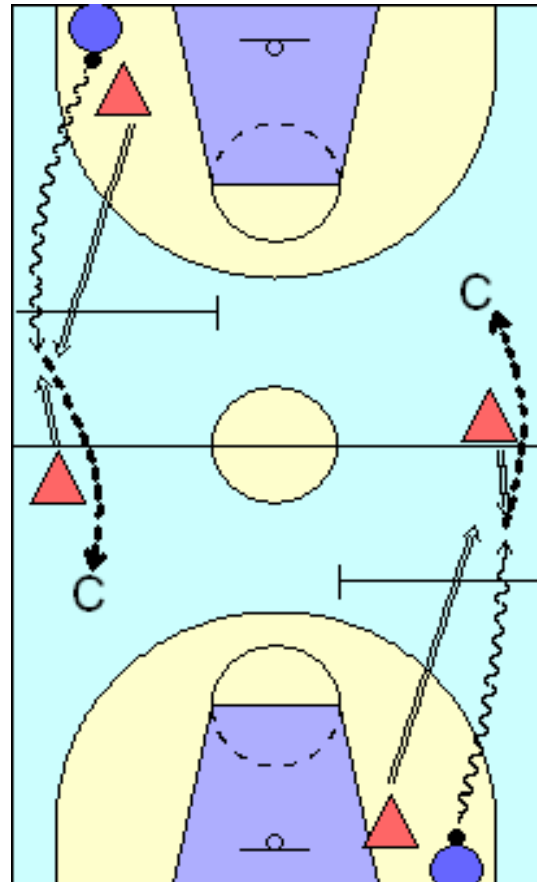
Description:

Offence is corralled down side to trapping defence.

Second defender cannot trap until Offence passes trapping mark on floor - approx. 1 meter above key.

Offence must dribble into trap with head up, be aggressive, protect ball & deliver pass to coach through trap. Do not allow pass before trapping mark on floor.

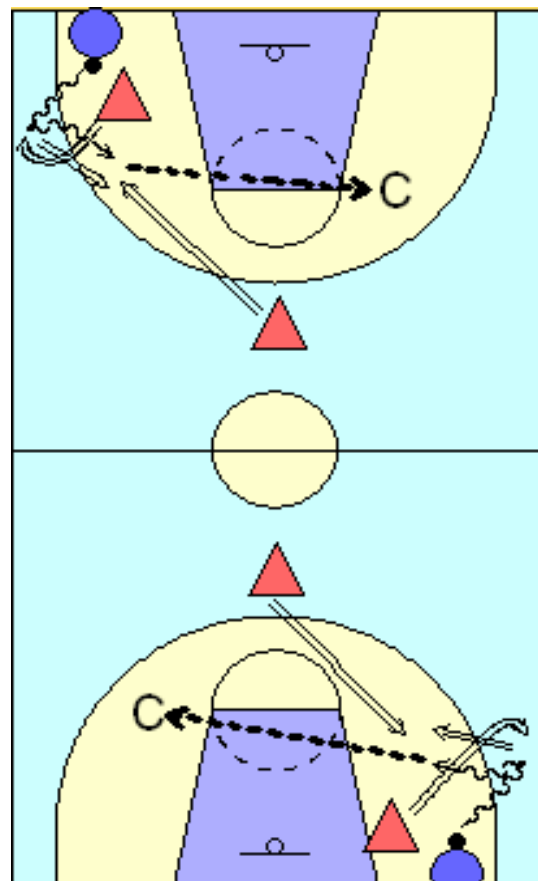
Drill can be worked both sides of floor at once. Rotate when happy with passes



Offence is forced to side early and forced to reverse spin dribble. On the reverse spin dribble the second defender runs into the double team trap. The trap needs to be aggressive.

Offence needs their head up and be aware of where & when the trap will happen. On the reverse spin protect the ball with the body and snap the head looking for the pressure release pass to the coach. Be strong with the ball.

Work both ends, rotate when happy with passes.



10.3 Four Corners Passing.

Description:

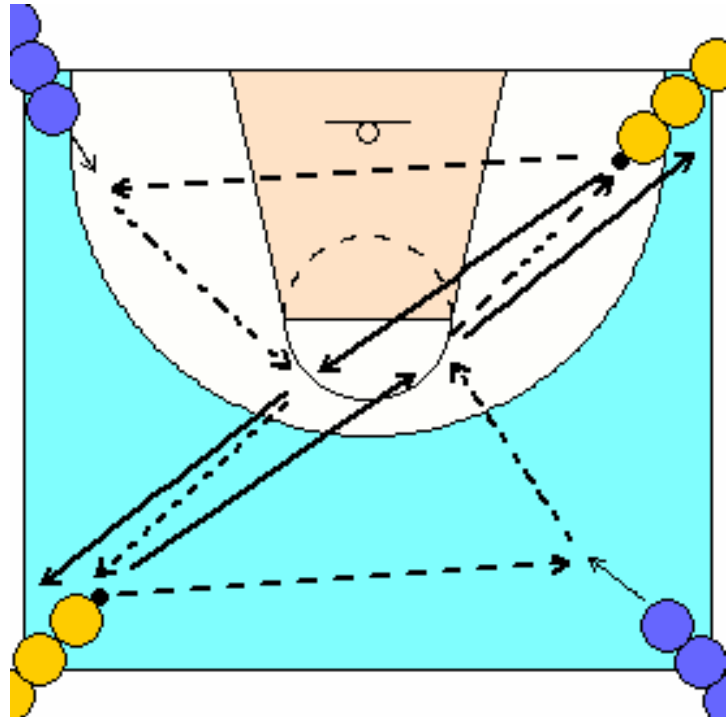
This is a simple pass to the corner run through the middle, receive the pass back, pass to the opposite end & run through to that line.

Both lines perform the same task, I have only diagrammed one line doing it as to keep it neat.

After the blue player passes the ball back to the middle, blue will run out to receive the ball back & onto the opposite line.

So it continues.

Add up to 4 balls if teams are competent.





10.4 Four Corners Dribble & Passing.

Description:

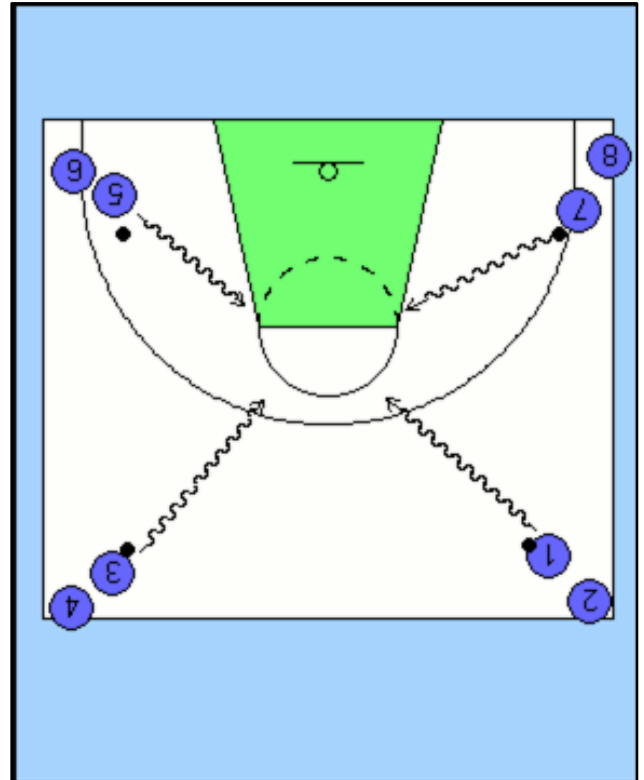
Focus:

Concentrate on proper execution for the dribble, pivot & pass drill.

Procedure:

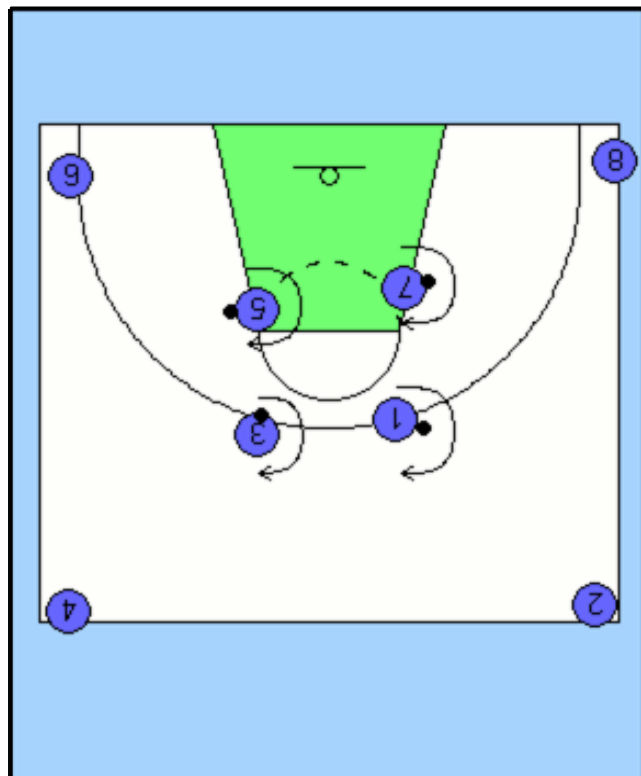
Players form four equal groups in the corners on the half court. Each group has a ball & should follow these steps:

1. This is dribble, pivot & pass drill synchronized with a whistle or oral command by one of the players.
2. Before starting the drill, the coach will call for either a right-foot pivot or a left-foot pivot.



3. On the command to start the drill, the players in the front of each line dribble the middle & stop just outside the free-throw circle. They continue dribbling until the whistle blows or the command to pivot is announced.

4. The players, in unison, pivot & pass a two-handed chest pass the player in the next line. The players follow the pass and rotate to the next line.

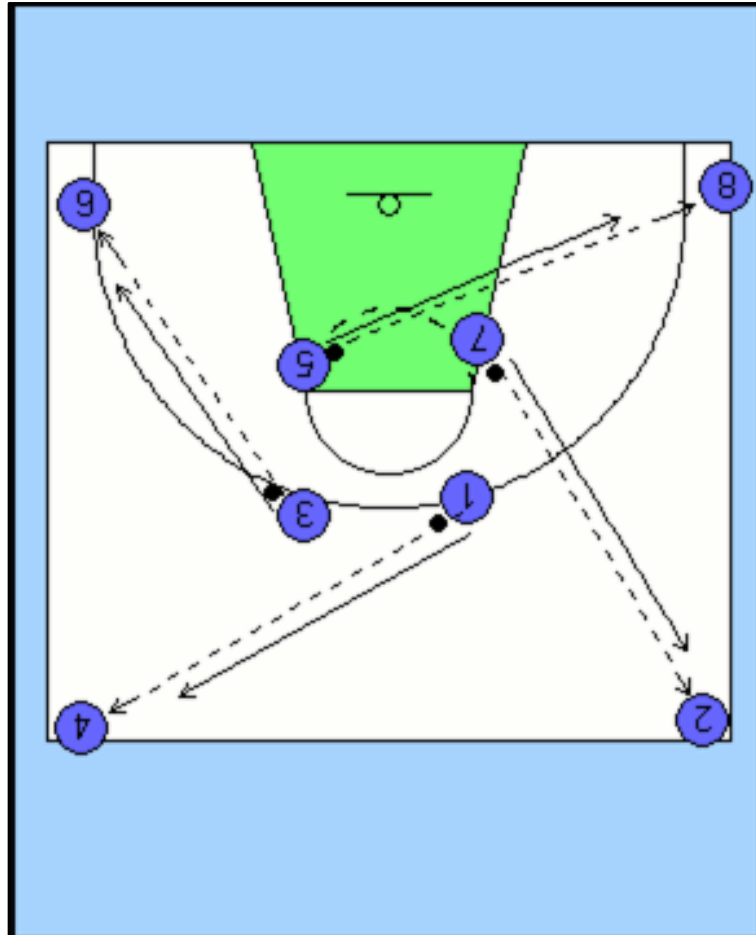




10.4 Four Corners Passing continued.

5. The player receiving the pass must show a target by opening both palms to the passer.

6. The coach can call "Reverse!" to change direction of the pivot at any time to keep the players alert and involved in the drill.



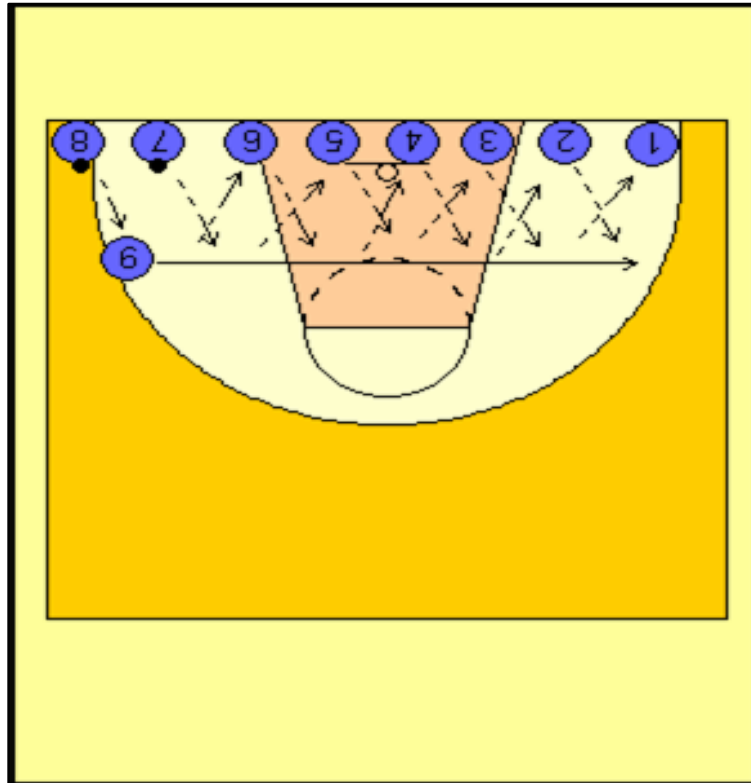
10.5 Machine Gun.

Description:

This drill incorporates good hand eye coordination, quickness, passing fundamentals, & the defensive slide.

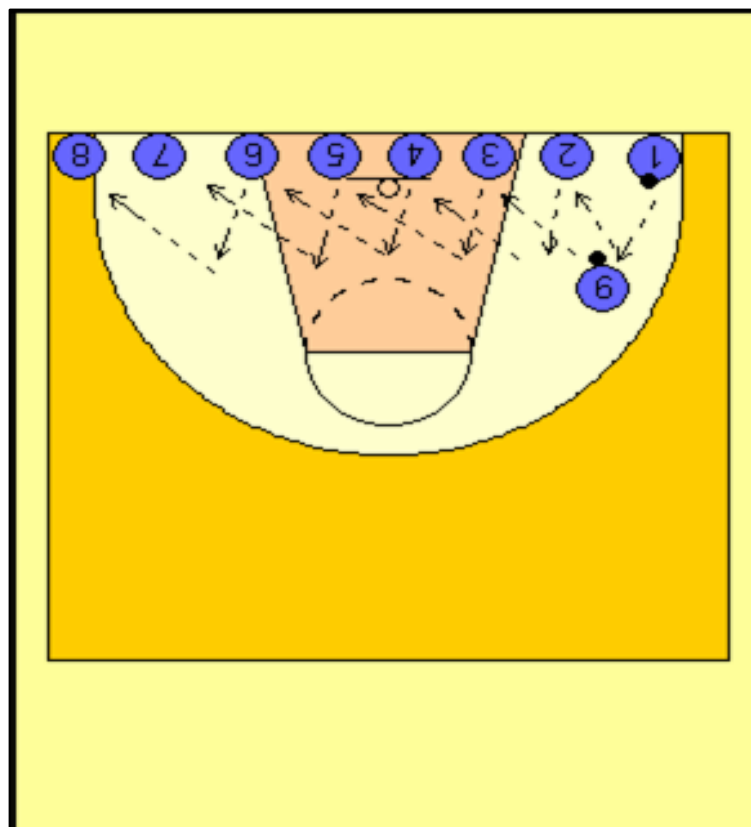
Players line up spread out at shoulder width along the baseline. The first person sets up approx. 3 meters opposite the line.

The first player, (No. 8 in drawing), chest passes to 9. 9 passes to 6, while 7 is passing to 9. 9 passes to 5, while 6 passes to 9, etc.



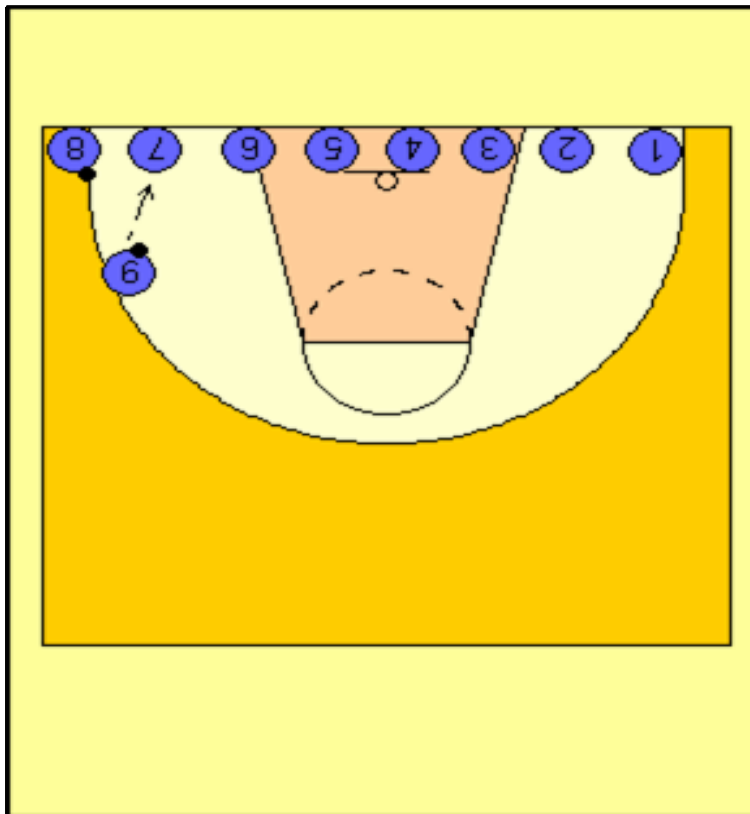
Points of emphasis:

1. Be ready (It is called the nose breaker for a reason).
2. Good defensive slide. Stay low, do not cross over legs.
3. Passes do not have to be hard, just good touch passes to the chest.
4. Speed comes with repetition.
5. Repeat the same passing method back down the line.



10.5 Machine Gun continued.

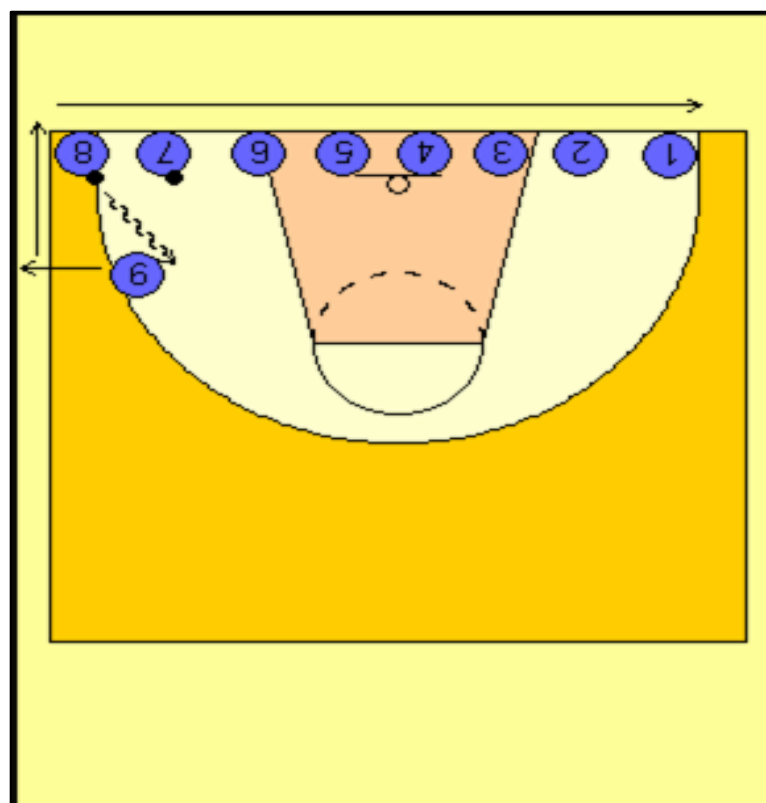
6. Last passes are made to 7 & 8 then everyone shuffles up one spot.



7. 9 steps off the court & runs the baseline to line up beside 1.

8. 8 Dribbles out to start Machine Gun Passing Drill again.

9. Repeat until whole team is finished or coach is satisfied.



10.6 Fifty Passes.

Description:

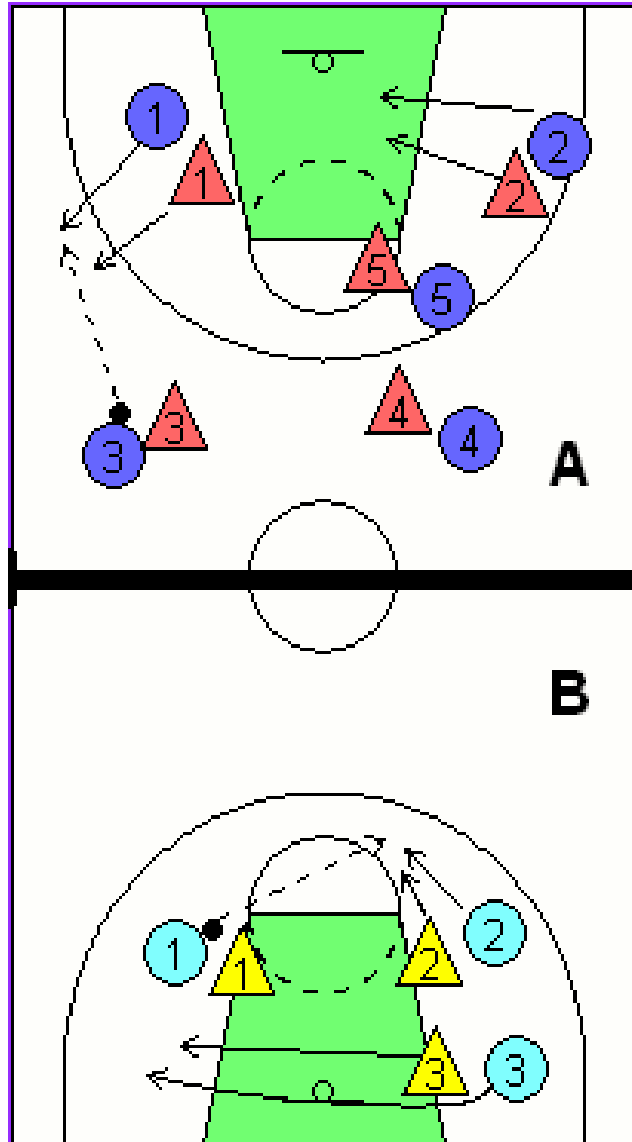
This is a simple passing drill where the 2 teams compete for first to 50 passes.

Players are not allowed to dribble the basketball. A dribble, travel, turnover or ball touching the floor (no bounce passes) changes possession but score remains & is continued with next possession until a team reaches 50.

Players are encouraged to set defenders up & lead hard, use back door cuts, pass hard, quick & protect ball from pressure.

Diagram A shows two full teams playing 50 Passes using the whole half of the court.

Diagram B shows a smaller group playing 50 Passes contained within the 3 point line area.





10.7 Alabaster Passing Drill.

Description:

Players line up on the court as per diagram.

Player 1 passes the ball to 5, player 2 passes to 6, player 4 passes to 7, and player 3 passes to 8.

The following rotations are the same for all players:

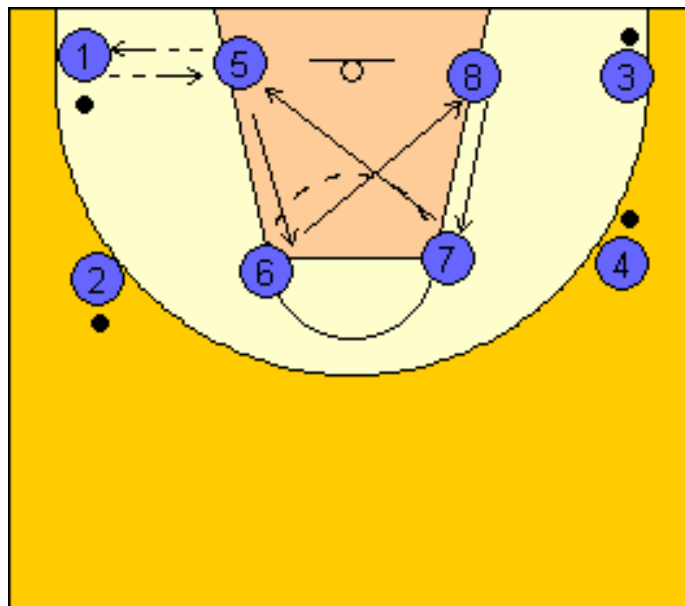
A/ 1 passes to 5, 5 passes back to 1.

B/ 5 then defensively slides up to the elbow & receives the pass from 2 & passes the ball back to 2.

C/ 5 then defensively slides diagonally across the key to the opposite block & receives a pass from 3 then passes the ball back to 3.

D/ 5 then slides up to the elbow & receives the passes from 4 then returns the pass to 4.

E/ Continue the drill for 2 or 3 minutes then rotate outside passers to inside rotational group..



Focus on quick, hard passes & defensive stances.

10.8 Brehmner Passing Drill.

Description:

Load the corners of the Key with even numbers of players.
 Start with 2 balls diagonally opposite each other.
 Player passes the ball to the first player in the next line then follows their pass to join the back of the line they passed to.

This is continuous & players keep going until coach calls reverse, players now turn around to pass in the other direction.

1/ Is the number we give the chest pass.

2/ Is when the player takes 1 dribble then makes a one hand push pass off the dribble to the next player.

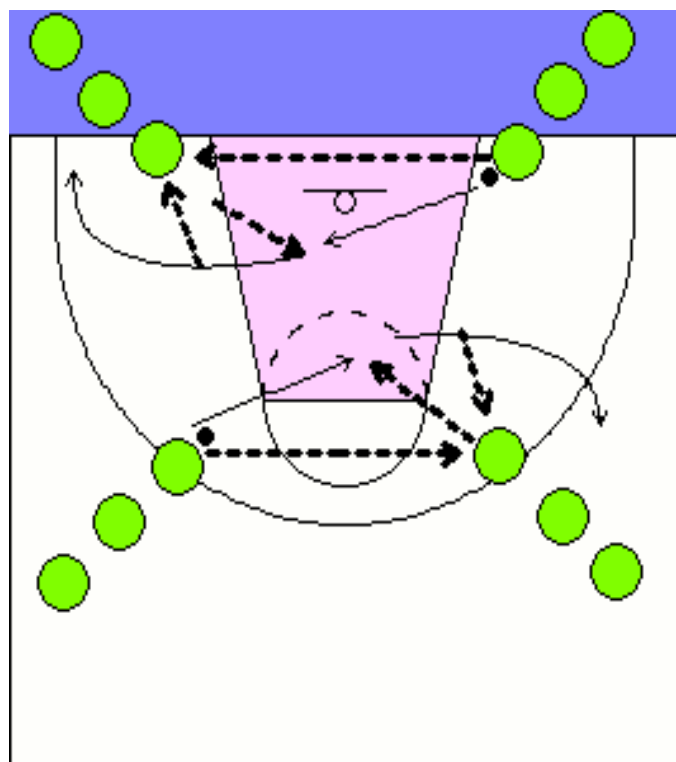
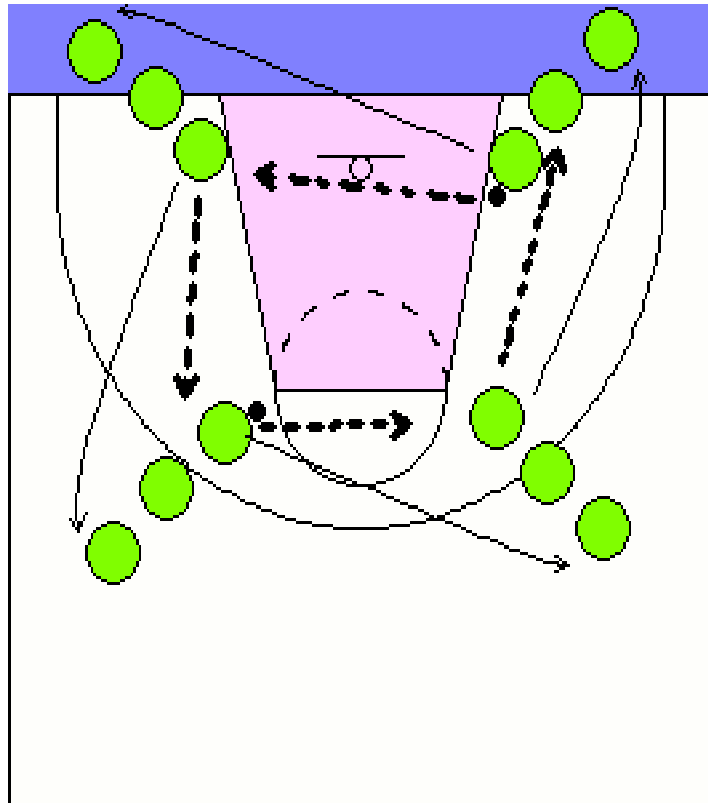
3/ Is when we chest pass the ball to a player, that player immediately passes it back & then we hand it back to the player as we run in front of them. Player then joins that line

The same method continues to the next line.

Coach can call the type of pass, 1, 2 or 3 & at any time can call reverse.

Players need to understand which number represents which pass & need to be alert to the coach's call.

Players also need to be in ready stance, need to find the ball quickly & need to communicate.





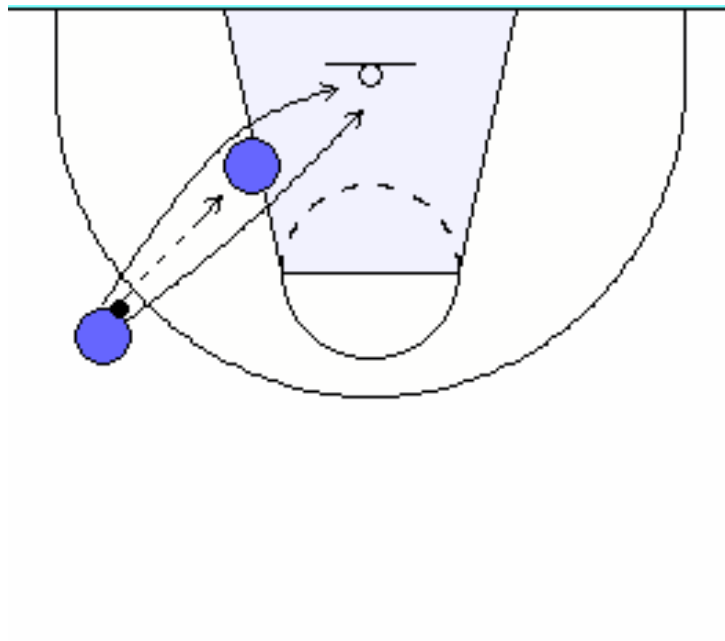
10.9 Pass & Cut/Flare.

Description:

Pass ball hard into the post who is showing 2 hands & can see their thumbs out in front. As post receives the ball they are to jump to ball into a jump stop allowing for either foot to be a pivot foot.

Wing makes a (emphasise) speed cut & receives the ball for a layup. Teach cutter to be able to go off one leg for a quick lay-up or off a jump stop so as to have a counter move.

Mix up post passing to cutter or post ignoring cutter to take own shot.

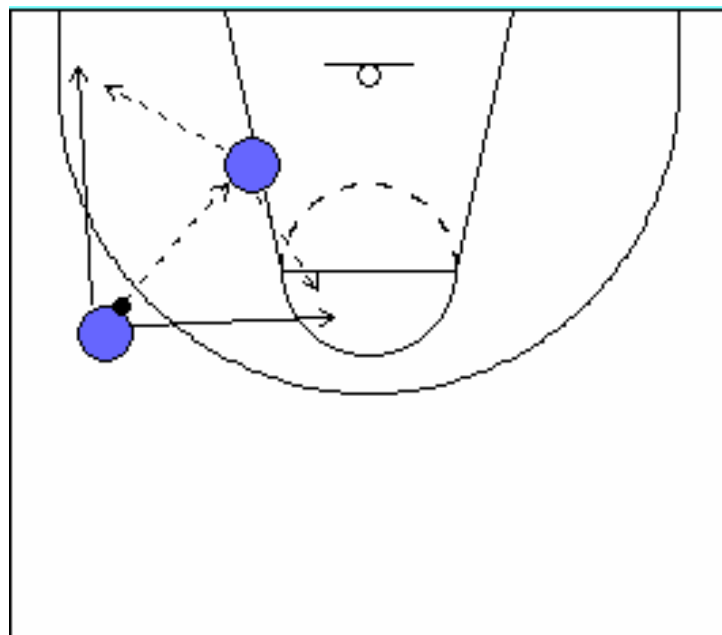


Add defenders when happy with drill & play 2 on 2.

Progress this to hard pass into the post who is showing 2 hands & sees their thumbs out in front. As post receives the ball they are to jump to ball into a jump stop allowing for either foot to be a pivot foot.

Wing now flares wide looking for separation from his defender then receives the ball floor the jump shot.

Add defenders when happy with drill & play 2 on 2.





10.9 Pass & Cut/Flare continued.

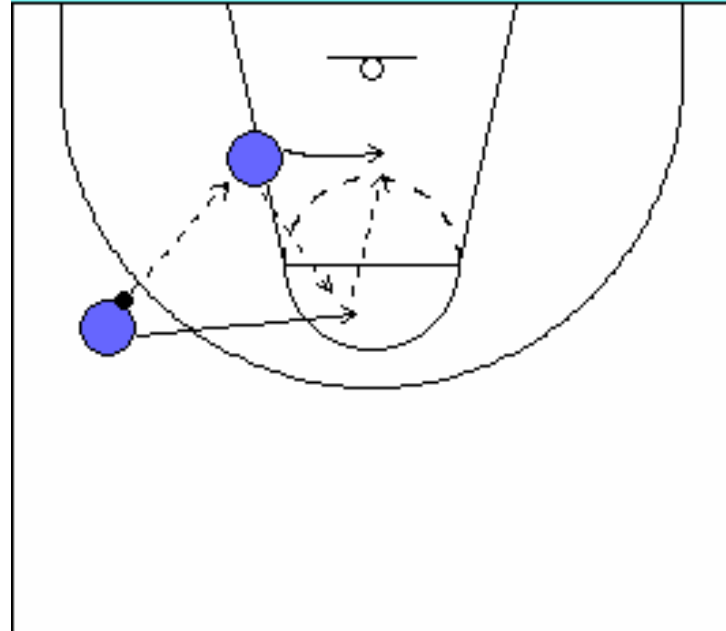
Description:

Progress to post feed, wing flares (this can be to middle or baseline).

Post passes to wing then reseals aggressively across defender looking for ball showing hands.

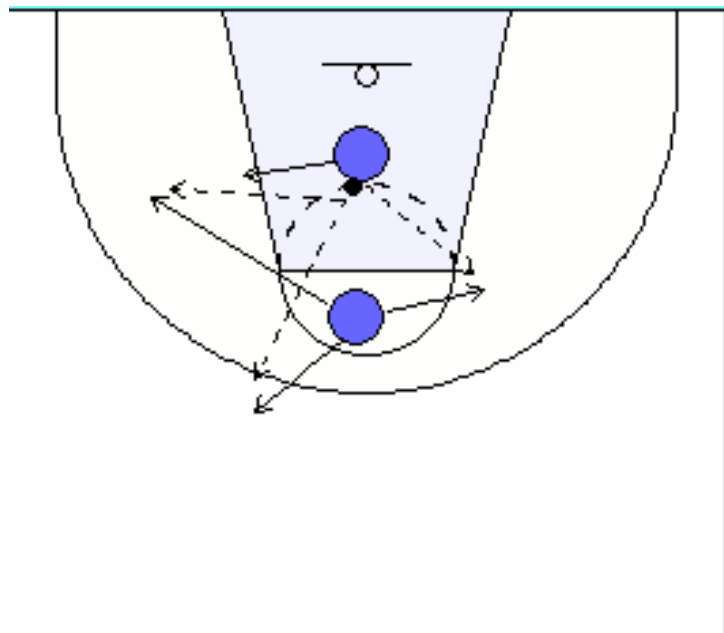
Wing passes ball back to post for the post to make a post move.

Add defenders when happy with drill & play 2 on 2.



Progress to another flare cut to open space on court trying to separate from the defence then the post passes to wing for the shot.

Post must relocate to the side of the key so as not to obtain a 3 second violation.





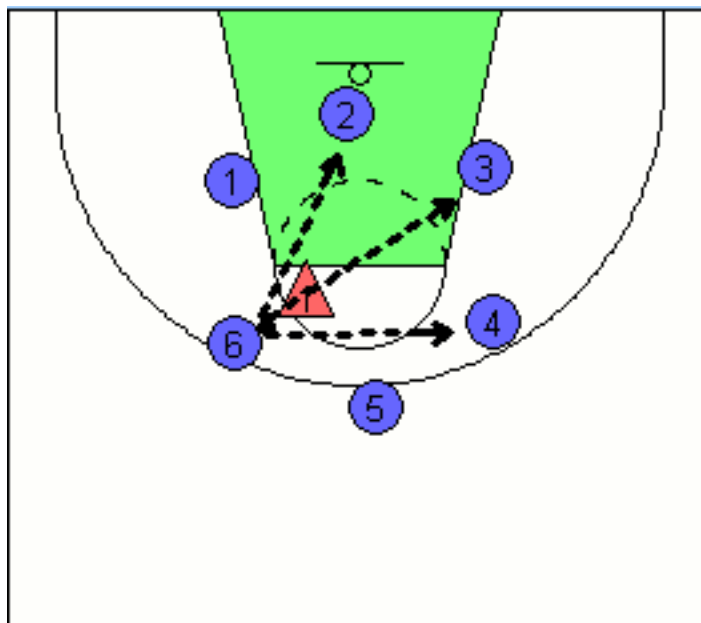
10.10 Bull in the pen.

Description:

Have offence start 1 step out from the circle.

Put 1 defender in the middle of the pen. This player must pressure & chase the ball at all times.

Passers can pass the ball to anyone in the circle except the person immediately either side of them. Passer must allow defender to get to them before passing & cannot throw lob passes. Encourage pass fakes.



If defence deflects or steals the ball in flight, they step out of the pen & the passer whose pass was stopped enters the pen.

If any player throws an uncatchable pass they automatically replace the defender.

10.11 Two Ball Rapid passing.

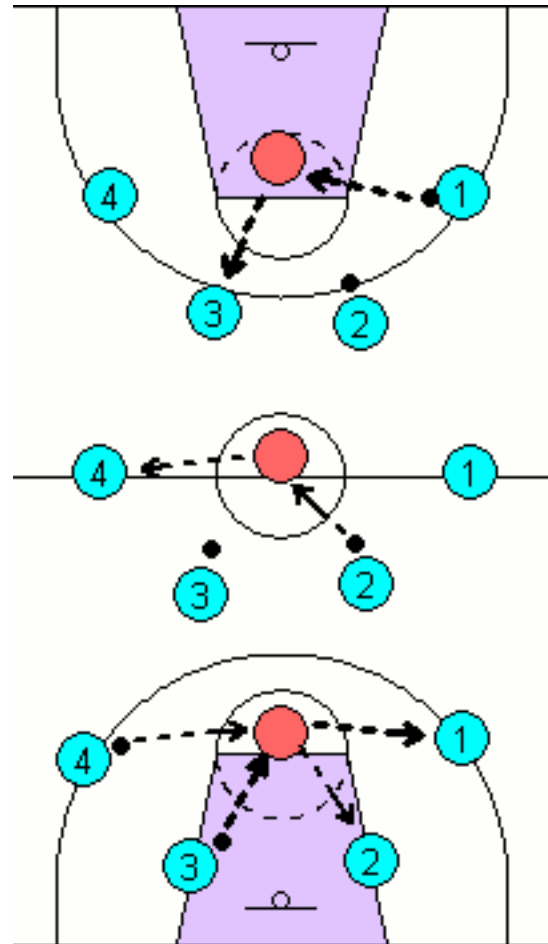
Description:

Set up in groups in each circle.
 There are 2 balls per group.
 Balls start on the outer with 1 & 3 always receiving the same ball,
 2 & 4 also always receiving the same ball.

On coaches "go", the 1st ball is passed to middle & on to the 3rd player as per 1st diagram.
 Immediately after this pass player 2 passes to middle & on to player 4 as per middle diagram.
 From here player 3 passes it to the middle and the centre player kicks it to the 1st player then 4 passes to middle & this is passed to player 2.

Start the sequence again.

Work for 1-2 mins & rotate. Passes must be sharp & accurate.





10.12 Inside to Outside Passing Drill.

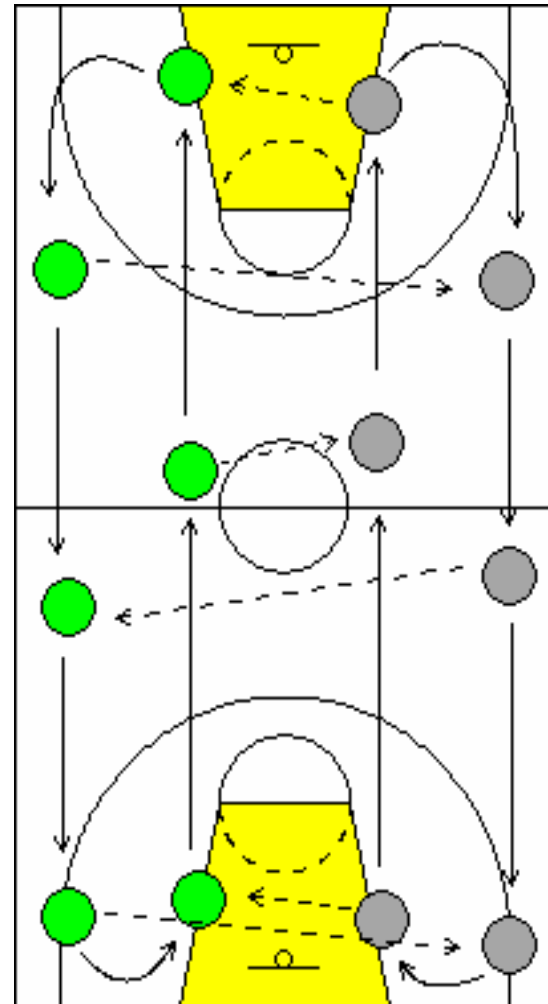
Description:

In this drill we have the inside players run the lane making the required passes (chest, bounce, behind back, volleyball etc.) to each other.

At the far baseline the players peel off to their side line & run the outside lanes passing over the top of the inside lanes.

This can be done with 2 players continuously or multiple players. If large numbers are present have a feeding line on the baseline.

Emphasise good passes especially the long over the top passes. Work at a good speed.



10.13 Chinese Passing.

Description:

2 lines on the baseline no wider than the key.

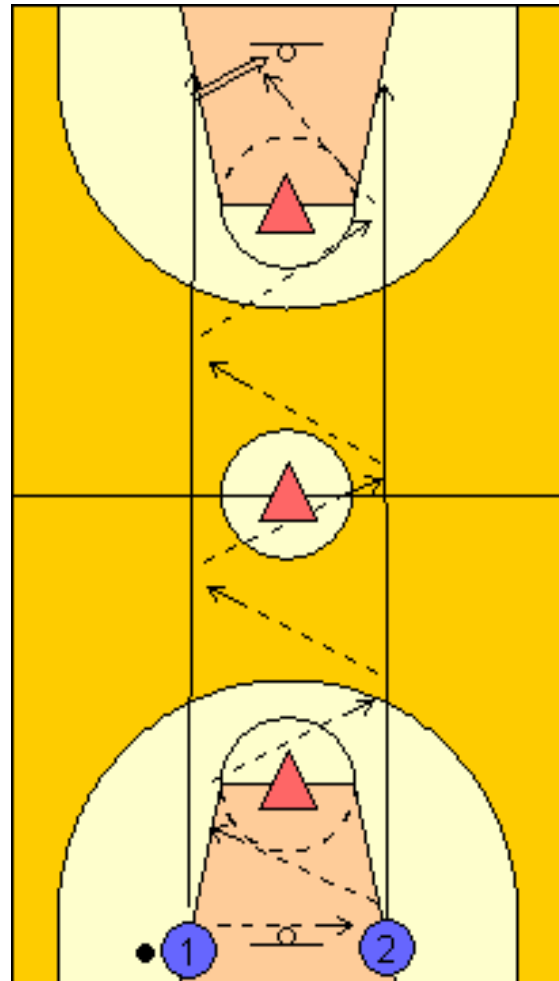
1 Defender in each jump circle

1 & 2 pepper pass as they sprint down the court

The Defenders in each circle try and steal the ball from 1 & 2

Defenders can only move in the jump circle

1 & 2 are encouraged to sprint, catch the ball in the air & anticipate the defenders actions.





10.14 Star Passing.

Description:

Ball starts at the baseline. The pass is made by players & they follow their pass to join the line they have just passed to. We run this drill in a star pattern with the last line dribbling in to make a lay-up.

Baseline 5 passes to 4 player out high & follows the pass.

4 passes to 3 on wing & follows.

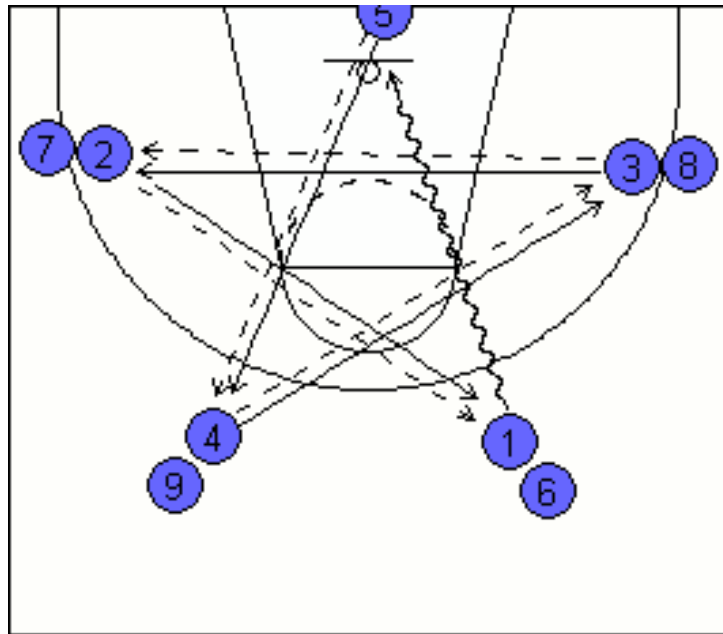
3 passes to 2 on opposite wing

& follows.

2 passes to 1 out to opposite high side.

1 dribbles in to lay ball up & joins baseline line.

Next player on the baseline rebounds the ball to continue the sequence.





10.15 Pairs Passing.

Description:

Players in pairs face each other lined up across the court at the sideline.

Player with the ball take 2 or 3 dribble

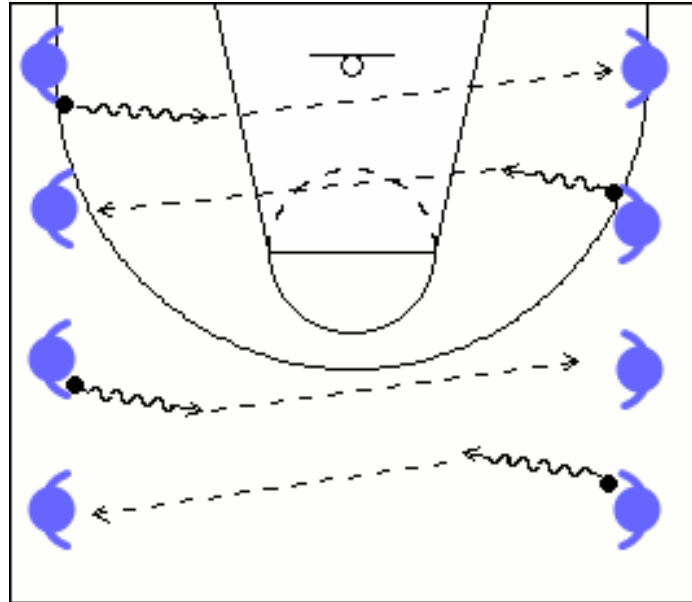
& makes the one hand push pass to their partner.

After the pass they return to the sideline quickly ready to receive the pass from their partner.

The drill continues from side to

side. Different passes

can be added to the drill.



Vary which hand is used if using the one hand pass from the dribble.



10.16 Precision Passing.

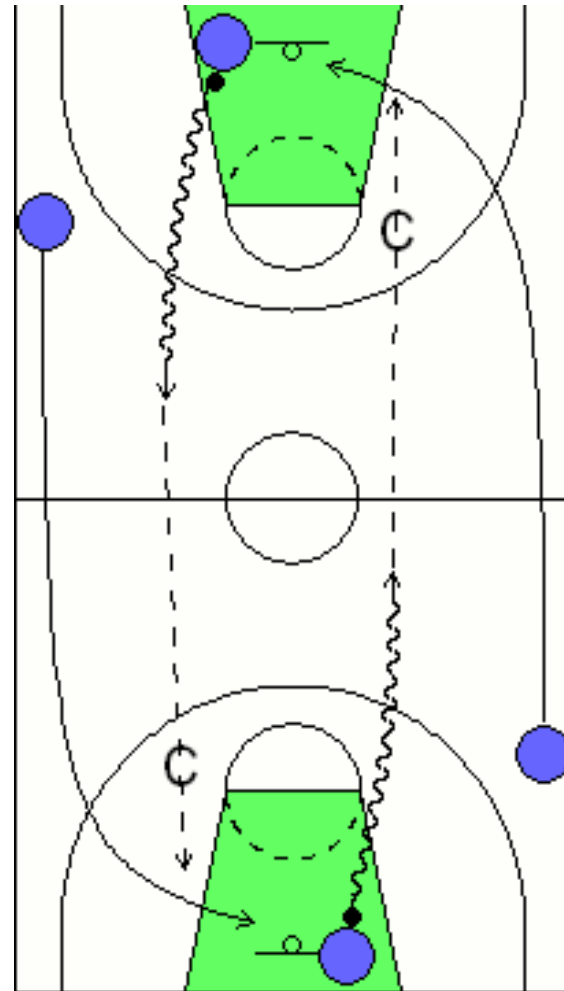
Description:

A great drill for developing transition passing. 1 player starts on the baseline with the ball & another player lines up on the wing ready to sprint the lane wide. This can be set up on opposite side of the court as shown.

Place a coach at the corner or just above the foul line to add extra pressure. The passers task becomes more difficult by having to make a precision pass over the coach.

On coaches call of go wing player sprints the lane looking for the pass from the baseline player who dribbles off the baseline at speed.

The pass must be thrown before the half court line & ahead of the running outlet player. The outlet player must be at full speed to run the ball down, catch the ball & lay it up without any dribbling.





10.17 Four Lane Pass & Change.

Description:

Players 1, 2, 3 & 4 line up as shown.

2 & 3 have a basketball.

All players move down the court.

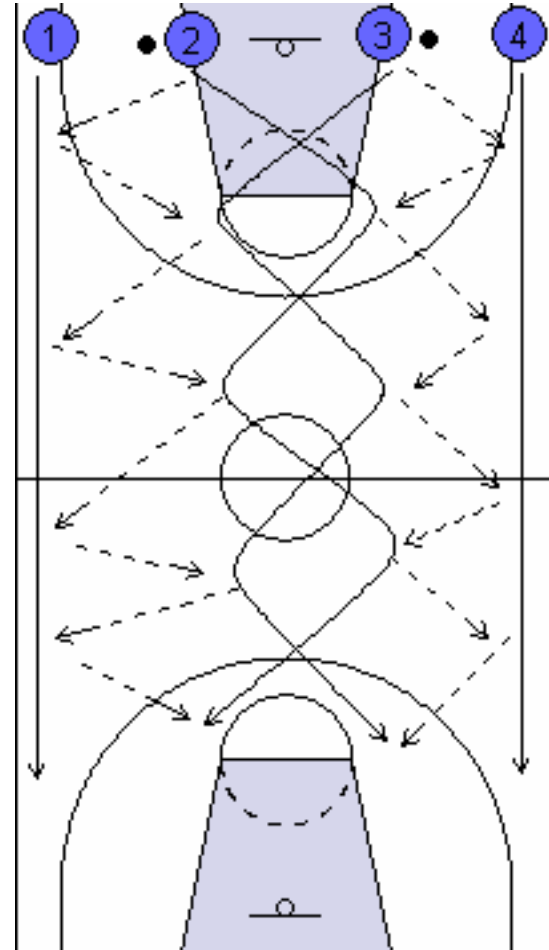
2 & 3 pass to the outside players 1 & 4 respectively. 2 & 3 then cross over.

1 & 4 will pass the ball back to the players closest to them.

These outside players will then continue moving up the court.

2 & 3 will return pass to the outside players, 2 & 3 will cross over.

Drill continues full court.





10.18 Pivoting.

Description:

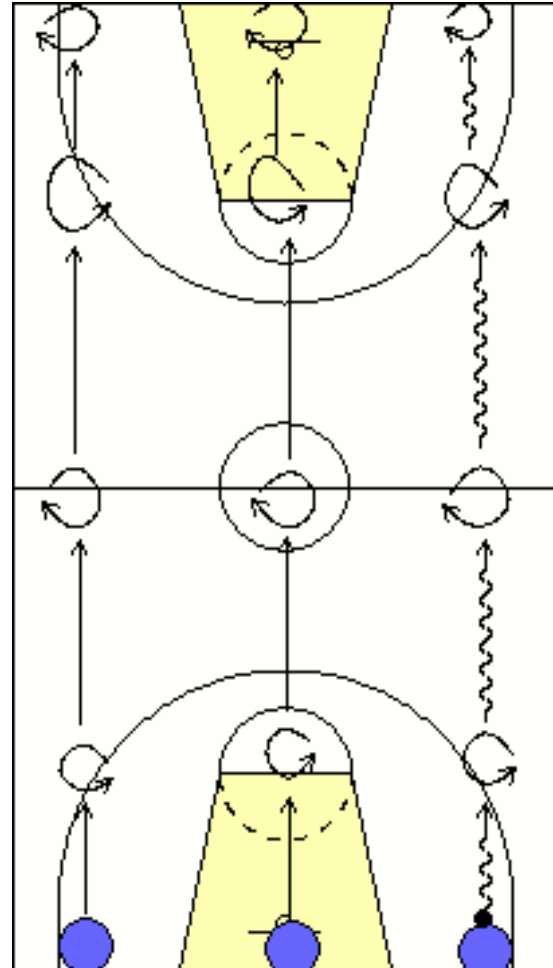
Pivoting needs to be taught & reviewed regularly, it is one of the most important aspects of the game we most neglect.

Have players in lanes. Players run at various speeds & make jump stops at the free throw, centre & end lines. At each line the players are to land low, balanced & in stance.

The coach determines which pivot the players will use. The pivots to practice are forward pivots on both feet & reverse pivots on both feet. You may also add a half pivot one way then a returning pivot the way they came.

Progress this by adding a ball to the drill & dribble to a jump stop & pivot.

Coaching points are; low wide stance, pivot on toes, protect ball, eyes up, power out of pivot.





10.19 Pivot Pass Drill.

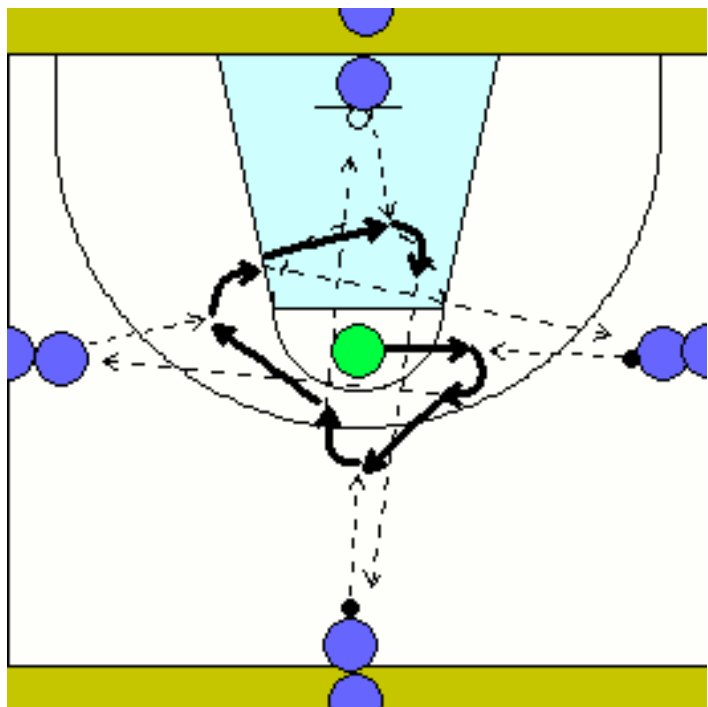
Description:

A simple pivot & pass drill. Have players line up at the centre of each line. Place 1 ball on a side line & another ball either on the base or middle line. (The players can also be placed in the corners if the athletes are strong passers)

The player in the middle leads to the ball on the side line & receives the pass in a low wide stance, pivots with eyes up, protecting the ball & passes the ball to the opposite side.

The player now leads to the middle line to receive the pass in a low wide stance, pivots protecting the ball & passes the ball to the opposite side.

The drill continues for 4 pivots & passes then the next player steps in. The coach may also choose to keep one player in the middle until they call switch.



10.20 Dribble, Pivot, Pass.

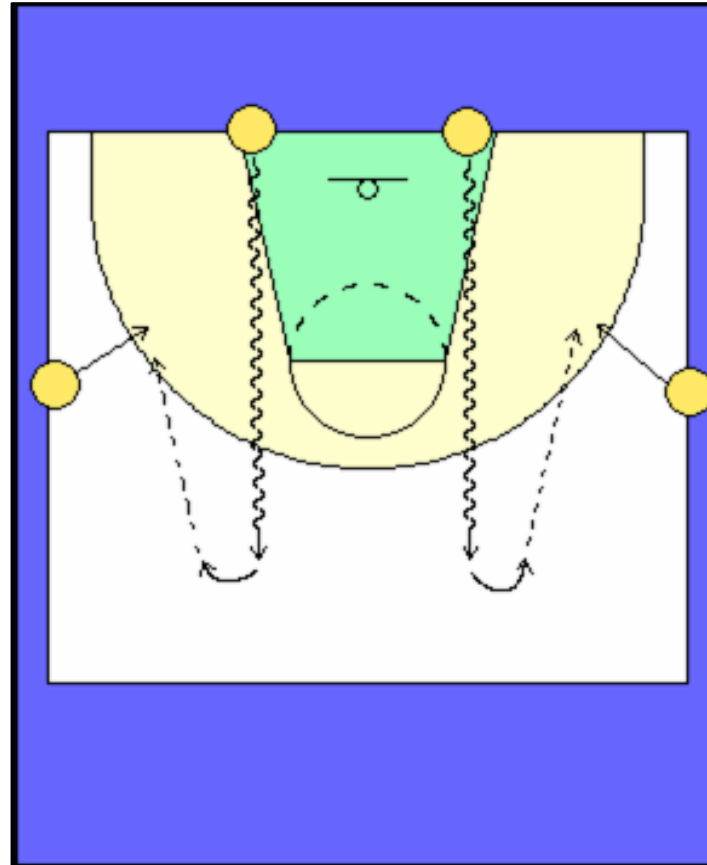
Description:

Baseline players start with the ball & dribble at speed toward the centre of the court with 3 hard dribbles covering as much distance as possible.

After the 3rd dribble come to a stop, forward pivot & pass to the wing player leading for the ball. Wing takes the shot

Stay low on pivots.

Shooter rebounds ball & goes to baseline on opposite side, passer goes to wing they pass to.

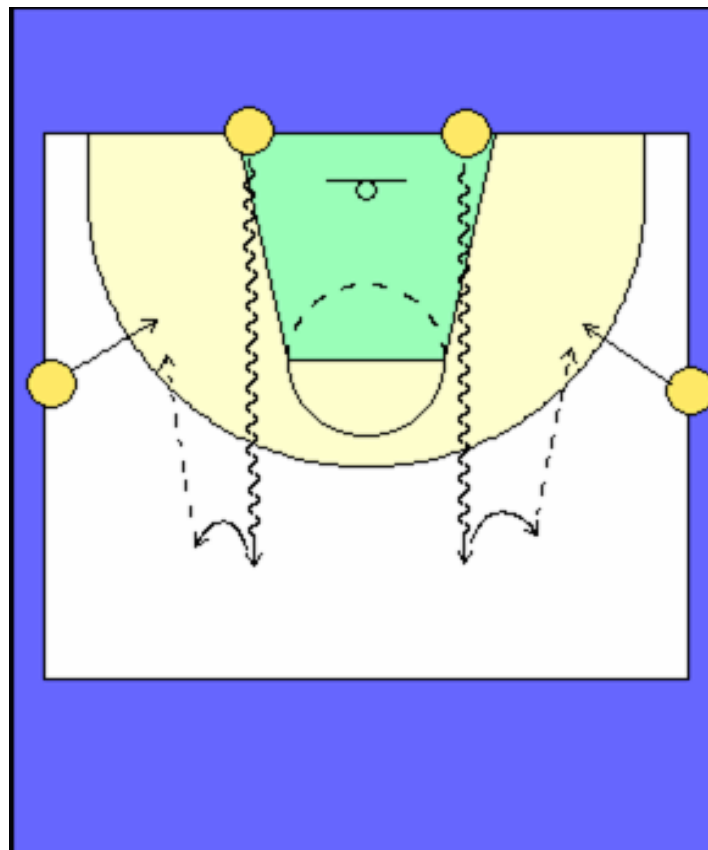


Baseline players start with the ball & dribble at speed toward the centre of the court with 3 hard dribbles covering as much distance as possible.

After the 3rd dribble come to a stop, reverse pivot & pass to the wing player leading for the ball. Wing takes the shot.

Stay low on pivots.

Shooter rebounds ball & goes to baseline on opposite side, passer goes to wing they pass to.





10.21 Lob Passing.

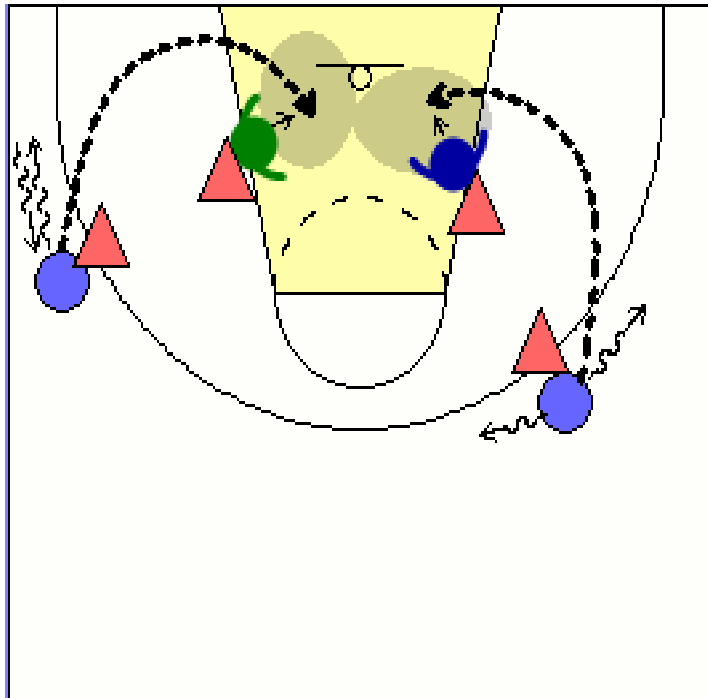
Description:

Start the drill with no defence on the guard. Guard can dribble side to side looking for better passing angles.

Have post players seal their defenders using good body placement.

Have the ball handler make the lob pass over the heads of the post defender & offensive post man into a space that the offence can move to as shown in the shaded areas.

As the pass is lobbed to this space the offensive post breaks from the seal with timing jumping to meet the ball & then finishes the play. When coach is happy with the passing add a defender to the guard to make the pass more difficult with pressure.





10.22 Full Court Pressure Passing.

Description:

This is a passing toughness drill. 1 starts under the basket with a ball.

1 passes to 2 & sprints toward the 1st defender with the pass arriving at the same time, 1 catches the ball with a jump stop.

The defender tries to take the ball from 1.

1 rips the ball through hard & steps toward 3 making a firm pass.

The drill continues up the floor through all 3 defenders in the same method. At the 3rd defender offence should catch, give a ball fake then pass 1on1.

The defenders are stationary until offence receives the ball. Defence should slap at the ball aggressively, on a steal give at back & continue.

Rotation: 1 will shoot & replace the last defender. All other players move to where the pass they received came from moving through offence & defence.

