

Skills Video 9	Day	Day	Day	Day	Day
Passing	1	2	3	4	5
Chest					
Bounce					
Overhead					
Fake a pass, make a pass					
Wrap around pass					
Push pass					
1 Bounce push pass					
1 Bounce crossover and push pass					
1 Bounce scoop pass					
1 Bounce across shoulder pass					
1 Bounce slide across pass					
1 Bounce between legs and pass					
Drive and pass from the back of your hand					
Bounce and crossover pass breakdowns					
Drive and push pass					
Drive crossover and push pass					
Drive between the legs crossover and push pass					
Drive NO LOOK push pass					

Points of Emphasis:

- Have your hips down, be in an athletic and balanced stance
- Look at target early (receiver), need their eyes and hands available
- Step when passing (remain in stance) keeping pivot foot grounded
- Focus on your accuracy before speed of your pass



Spider skills at home
Hornsby Spiders Basketball

