Name: Find the Open Man **Drill No:** B15

Description:

This is a fun passing drill that will improve passing accuracy, reduce turnovers, stimulate quick thinking, and help players anticipate their opponent's actions.

Divide your team up into two groups and line them up in three opposing rows.

The player in the first column must pass the ball to a teammate in the next column. The ball may be passed to the player either straight across or diagonal from them.

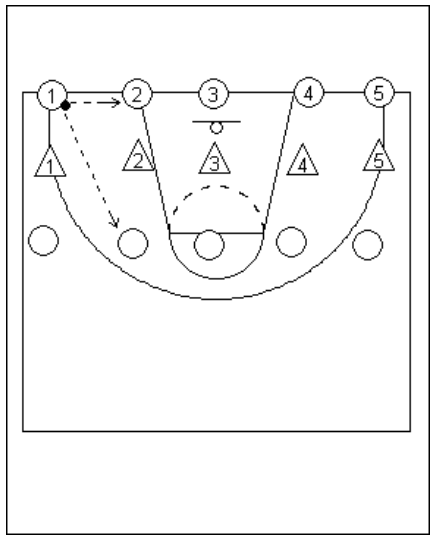
The opposing player in the middle will guard a player and try to block or intercept the pass.

The ball may not be held on to for more than two seconds.

Once the ball is caught, they must turn and pass the ball to a teammate in the column behind them.

The goal is to get the ball from one end of the court to the other, without committing a turnover. It's considered a turnover if the ball is held for more than two seconds.

Diagram A.



Variations:

1.Call out different types of passes that they are required to make (bounce, chest, one-hand step through, etc).
2. Add competition to the drill by timing how long it takes to get the ball to the other end. See which team can do it the quickest without committing a turnover.

Points of Emphasis:

1. Use pass fakes
2. Pivot to create pass and angles to pass
3. Pass away from defender