

FDBA Domestic Coaches Drill Book: Passing

Name: Celtic Passing

Drill No: B4

Description:

Line players up as in Diagram A.

After passing you follow your pass to the line you passes to and become the next passer.

Designated types of passes are as follows:

- Baseball (1 to 2)
- Chest (2 to 3)
- Overhead (3 to 4)
- Bounce (4 to 5 for cut backdoor and lay-up)

Variations:

1. You will have to shorten the pass length dramatically for younger children.
2. Shorten and use a light medicine ball to develop strength.

Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

Diagram A.

