

FDBA Domestic Coaches Drill Book: Passing

Name: Piggy in the Middle

Drill No: B5

Description:

Players are in groups of three.

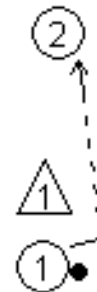
Players 1 and 2 stand about 3-4 metres apart with third player in between.

They must make passes to each other while X1 attempts to get a hand on the ball.

X1 must play aggressive defense on ball handler, rather than sagging off.

As soon as X1 gets hand on ball he swaps position with the passer.

Diagram A.

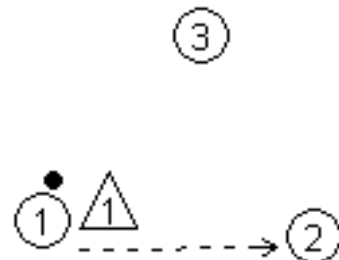


Variations:

Place time limit on passer (e.g. X1 counts to 3 seconds) and passer must pass the ball before time expires.

For younger ages, form a triangle which make for a better angle to pass. (diagram B.)

Diagram B.



Points of Emphasis:

1. Fake a pass to make a pass.
2. Use the "Passing Windows"
3. Defender must call "ball" every time.