

FDBA Domestic Coaches Drill Book: Passing

Name: Full Court Passing

Drill No: B8

Description:

Start this drill with one player under each basket with a ball and a player on each side of the halfway circle.

Split the rest of the group up into four groups on the sideline in line with the foul line.

Players with the basketball pass ahead and run to receive the pass back all the way up to the other end of the floor and shoot a lay-up after receiving the third and final pass.

After a player in the passing lines passes, he follows his pass and becomes the next passer in the next line. The last person to pass at each end of the court is the next person to run and pass down the court.

Variations:

For younger players you may need to let them dribble the basketball to shorten the distance of the passes.

Set the types of passes.

The last passer can be a defender and bother the shot of the shooter.

Points of Emphasis:

1. Catch and pass on the run without traveling
2. Communication - call for pass.
3. Ten finger up for targets

Diagram A.

