

FDBA Domestic Coaches Drill Book: Passing

Name: Cincinnati

Drill No: B9

Description:

Players form two lines at half-court.

One line in centre of court, the other near one sideline.

One player is on free-throw line.

First player in line at centre court must have ball.

First player in centre line (2), passes to player at free-throw line (1) whilst first player in side line (3) sprints the outside lane.

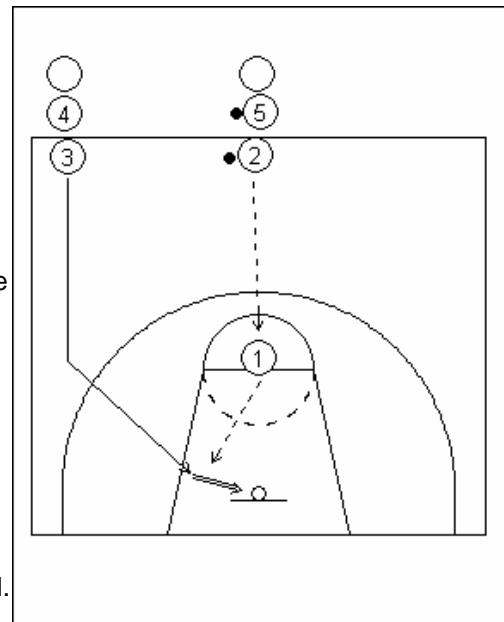
After receiving the pass, player (1) pivots and passes to (3) cutting to the basket.

(3) receives pass and performs a lay-up.

(3) continues out opposite side of court while (1) rebounds the ball and outlets to (3) who takes one or two dribbles and passes to the next player in centre line who doesn't have a ball.

(3) goes to end of centre line, (1) goes to end of side line and (2) moves down to free-throw line to pass / rebound on next rotation.

Diagram A.



Variations:

1. Move side-line to other side of court.
2. Use two or more balls.

Points of Emphasis:

1. Sprint the lane.
2. Drive the lay-up hard.
3. Pass the ball in front of the cutter so they don't have to stop.

Diagram B.

