



## Basic Passing Fundamentals

1. The passer should square up to the target with both shoulders
2. When passing, step toward your receiver.
3. pass the ball to the partner, finishing with ALL fingers fully extended EQUALLY towards the target and thumbs pointing in and down
4. the basketball should travel into the hands of the receiver at about chest level

The basic rules run true for most passing techniques ( Overhead, Baseball or even one hand passes.)

All players should know that:

A good pass is a pass a teammate can catch

the ball should have a backspin to it. This is accomplished by following through on every pass.

### **A. Partner passing:**

This is run by an NBA legendary coach in George Karl. it shows the most basic of passing drills – Partner passing. I have also attached a sheet that includes variations on the basic chest passes.

<http://www.youtube.com/watch?v=Btyx2Y0sDTc>

### **B. Machine Gun Drill**

Please skip the 30 second intro and ignore the horrible technique of the kids but at least it shows the drill and how BADLY it can be done.

<http://www.youtube.com/watch?v=TGSmyU13UAo>

### **C. 3 Man weave**

This can be either a full court drill ( combined with the team from the other half court ) or can just be done to the half court and back. The key to this drill is that after the player makes the pass he run BEHIND the receiver.

<http://www.youtube.com/watch?v=qe-QLhE1hgw>

### **D. Advanced individual passing**

This is a Ganon Baker video ( the man is an absolutely can of jumping beans). This is great as a warm-up or sharpening of those who are a bit more advanced than those drills above . it can still be attempted by the beginner levels as well.

<http://www.fullcourt.com/video/basketball-training/ganon-baker-two-ball-passing-drill>