

## **Passing & Receiving**

Passing and receiving the basketball are two fundamental aspects of offensive basketball that must be worked on so children can learn to share the basketball and promote team play. The purpose of successful passing is to move the ball up the court quickly, or to move the ball into an area to improve scoring opportunities for teammates.

Every successful pass requires two things: a good passer and a good receiver.

### **Purpose of passing:**

- Advance ball up court as quickly as possible.
- Achieve better court position.
- Improve shooting position and scoring opportunities.

### **When teaching passing, emphasize the following:**

- Always be in a triple threat position.
- Anticipate the movements of teammates and use peripheral vision to look for open receivers.
- Focus and make eye contact on receiver's target.
- Hold ball with fingertips while keeping elbows in near body.
- Pass ball towards target, flicking the wrists, finishing with thumbs pointed down and palms out.
- Step in the direction of the pass to give proper direction.

### **When teaching receiving, emphasize the following:**

- Show a target.
- Anticipate passes directed toward them.
- Be in a ready position with hands up in position to receive ball.
- Trace flight of ball, see ball into hands.
- Absorb the ball by catching it with your fingers and bend at the elbows.
- Get into triple threat position when ball is caught.

### **Types of Passes:**

#### **Chest Pass**

The chest pass is a straight, quick pass that moves on one plane. The distance between passer and receiver should be approximately the width of the key for children. This pass is often the best method to advance the ball up the court or around the perimeter but is generally not a good penetrating pass.

When performing a chest pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Hold ball close to chest with two hands.
- Fingers point to target.
- Keep elbows close to sides.
- Step into the pass.

- Extend arms forward at chest level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to the floor.
- Return to ready position.

### Bounce Pass

The bounce pass should hit the ground about two-thirds of the distance towards the receiver and the receiver in their target hands. The bounce pass is effective when either the passer and/or receiver is being pressured. The bounce pass is the most effective pass into the post to penetrate the key.

When performing a bounce pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Hold ball close to chest with two hands.
- Fingers point to target.
- Keep elbows close to sides.
- Take one step towards receiver.
- Extend arms forward at chest level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to floor.
- Bounce ball 2/3 of the distance to receiver.
- Return to ready position.

### Overhead Pass

The overhead pass is effective during transition to cover a longer distance in advancing and out- letting the ball up the court.

When performing an overhead pass, emphasize the following:

- Start in triple threat position.
- Identify target, call name of receiver.
- Transfer and hold ball over the top of head with two hands.
- Take one step towards receiver.
- Extend arms forward overhead level.
- Snap wrists.
- Follow through so palms face outward and thumbs point to floor.
- Return to ready position.

### One Handed Push Pass

Once players have mastered the chest pass and bounce pass, they can move to the one-handed push pass. This pass is slightly quicker than the chest pass and a more natural movement to make.

When performing a one-handed push pass, emphasize the following:

- From triple threat position, locate target, call name of receiver.

- Ball in front of hip of lead foot.
- Shooting hand is behind ball, non-shooting hand on side of ball.
- Step forward on to front foot.
- Push ball towards target with shooting hand.
- Target is receiver's chest.
- Wrist snaps and follows through.
- Fingers and thumb point at the floor.

Passing drills should be practiced in this progression:

- Stationary – stressing the technique.
- Passing on the run; in motion.
- Games approach – Passing in the half-court offense and transition.
- Incorporate fakes such as i) looking away; ii) faking one way and going the other way.

Passing & Receiving Drills:

**“Partner Passing”** (All Grades) – Have players partner up and stand about 10-15 feet apart. Player will then execute the instructed pass, back and forth to each other. The receiver must always give a target, and the passer must always try to hit that target. Execute all passes. Add variations such as movements such as sliding.

**“Multi Skill Warm-up Drill”** - (3<sup>rd</sup>-6<sup>th</sup> Grades): Partner players into twos and spread the groups of twos across the sideline or baseline. There will be 1 ball per partner group. On Coaches command, the first player will dribble 8-12 ft. and perform a jump stop. The player will then perform a front or reverse pivot toward their partner and execute a chest, bounce or over the head pass. After the player makes the pass, she/he will hustle back to the place where they started. Meanwhile, their partner is executing the same steps of the drill. The drill continues for 3-5 minutes. Add variations to the pivot and types of passes.

**“Full Court Passing Game”** (Grades 3<sup>rd</sup>-6<sup>th</sup> Grades) - Full court game of basketball with no dribbles. Divide into two even teams. Explain the object of the game is to complete at least five passes in a row to score a point. If the ball is dropped or intercepted, the other team begins its attempt to make five passes. Emphasize on passing concepts – proper spacing, defensive position, open passing lanes, etc.

**“Shotgun Passing Drill”** (All Grades) - Five players form a semi-circle around the free throw circle, and the “shotgun” stands in the middle of the free throw line. One player in the semi-circle starts with the ball and passes to the shotgun, who then passes to the next person, and so on. Make sure passes are quick and crisp.

**“Partner Passing Drill”** (All Grades) - Two players pass the ball back and forth without dribbling or traveling until the lay-up is made from one of the court to the other. Have players focus on accurate passes.

**“Person in The Middle”** (All Grades) - Players pass the ball between least two players while the “bull” in the middle tries to deflect or intercept the pass. If the bull is successful, the passer who threw the pass is now the bull. Concentrate on quick, crisp passes. Number of passers can vary. Making sure the players doing the passing do not move but yet are stationary.