

Passing and Receiving

- Stance – Good balance, knees bent, head up, comfortable, back straight, wide stance
- Fingers relaxed and spread, thumbs behind the ball. Elbows bent
- Step towards the receiver to make the pass
- Point the fingers to the target and the thumbs to the ground
- Give a target when receiving
- Spread fingers and extend arms
- “Eyes on the target”
- Bend arms to catch



ACTIVITY

Piggies in the Circle

- Groups of 7
- 1 ball per group
- Five players form a circle, the other two are “piggies”.
- The players numbered 1 to 5 must pass the ball to each other but cannot pass to the person either side of them. The players numbered 6 and 7 defend.
- If a defending player touches the ball he/she becomes a passing player. Whoever made the bad pass becomes a defending player.

Tips

1. Fake a pass to make a pass
2. Throw flat passes

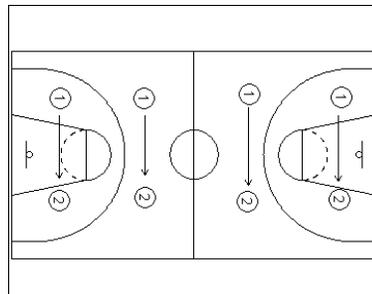
Captain's ball

- One player is out in front of the group.
- The group is in a straight line one behind the other, facing the person at the front.
- After each player receives the ball and returns it, they bob down.
- The last player in the line to catch the ball runs to the front to become the new thrower.
- The person at the front moves to the front of the line.

AUSSIE HOOPS

Pairs passing

- Players stand approximately two (2) metres apart, facing each other;
- Players perform:
 - Chest pass
 - Bounce pass
 - Push pass (left and right)
- Perform each type of pass for one (1) minute.

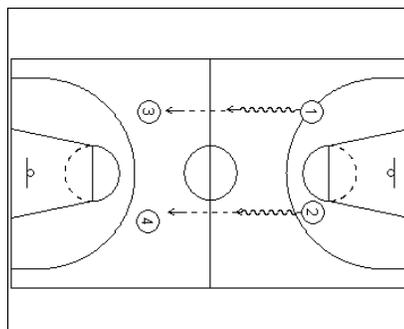


Variation

Try two balls, one player chest passes and the other bounce passes!

2 line passing

- 4 groups, 2 opposite 1 another parallel to side-line, 2 opposite 1 another parallel to baseline. Players have to take 1 dribble & pass to opposite line.
- Mix up the passes, chest pass, bounce pass, overhead pass.

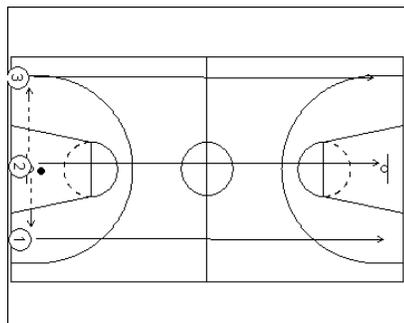


3 lane passing

- 3 lines on the baseline.
- 1 ball between 3 players.
- Passing back and forth up and down the court.

Variations

Chest pass or bounce passes



Three Person Weave

- Players in three lines on the baseline, one player in the centre and one player each side at least 2-3 metres away
- Start with a ball in the centre line
- When the ball is passed to any player the “passer” runs behind the receiver
- This continues up the court creating a weave
- Remember to keep spacing between players

Variation

Player finishes with a layup or shot

Boers Passing

AUSSIE HOOPS

- Group is split into two teams
- Two balls are placed in the centre circle
- Each team is lined up opposite each other on the sidelines, teams are spread out along the sideline
- Each team member is told a number by the coach (they must remember this number)
- When the coach calls a number the kids with that number must run and grab a ball and dribble to the first player in their line (approximately 2 metres apart)
- Then proceed along the line of team mates passing the ball
- Once the player has completed passing to all team mates, the player must dribble the ball back to the centre circle
- Place the ball down and run back their line
- First player back wins, ball must not roll out of the circle or other team wins!
- Continue letting all kids have a run!

Variations

Get kids more involved, let each team create a name for their team!

Different passing styles (chest, bounce etc)

Chain Passing

- Players in three lines on the baseline, one player in the centre and one player each side at least 2-3m away
- Start with a ball in the centre line
- Centre player alternates passing to each side
- Players are walking to start, then jog, then run
- Ensuring that the ball is always passed forward (to a leading hand)

Variation

Finish with a layup or shot

Circle Passing

- Participants in a circle, at least one metre apart
- The game begins with participants passing the ball around the circle
- The coach designates what sort of pass and where it is to be passed
- For example; Bounce passes across the circle (participants must perform a bounce pass only across the circle)
- Or: Chest pass around the circle
- Coach can also change the direction of the passing if they are passing the ball around the circle. They do this by calling "other way"
- If a player drops the ball they must sit down
- Last player left wins

Variation

AUSSIE HOOPS

- Coach calls “stand on one leg” etc
- The players have to stand on one leg (or perform chosen act) while continuing to pass the ball
- Play with multiple balls

Money Ball

- Players partner up and face each other in a circle of 4 or 5 partners
- Each partner passes their ball to each other as a chest pass
- One partner has the “money ball”, all other partners try to knock the money ball while it is in the air
- If they do knock it, then they get the money ball
- Players can only knock the money ball while it is in the air and must keep passing their ball like a hot potato

Pass Knockdown

- Split players into two even teams
- Utilising court markings distinguish playing area
- At the end of each area there are two cones/wiches hats placed next to each other
- Players must not foul
- Teams must utilise passing to pgress the ball with the other team defending
- Aim of the game is to progress the ball to a position where the ball can be used to knock down the cones
- No dribbling allowed
- One point given for knocking the cones down
- Once the cones are knocked down game can be restarted with a jump ball or with the team that was just scored against starting with the ball
- Outline an area around the cones that both offence and defence cannot enter.

Blind Receiver

- Participants in groups of two
- One partner lines up on the baseline (any line will be appropriate)
- Their partner then lines up opposite them, approx 2-3 metres away (one with a ball)
- The partner without a ball (receiver) lines with their back to the other player (passer)
- One the coaches call the passer makes a chest pass to the receiver
- If the receiver is too slow to turn around and receive the ball they are knocked out
- As less players are still in the game the slowest team to make the pass is out
- Last team left wins

Variations

Passer calls left or right and the receiver has to pivot to their left or right to receive the pass

AUSSIE HOOPS

Scatters passing

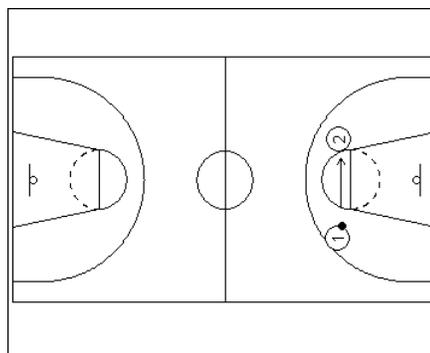
- Players start in a circle. Start the drill by handing one ball around the circle calling the name of the person you are receiving from and passing to. On the coach's call, all players must scatter over the court passing the ball to the same player every time that was next to them in the circle. (e.g. Mark will catch from Simon and pass to Candice every time)

Pass & Slide to key & shoot

- Two lines at the centre court. Pass to each other while sliding down the lane.
- One player gets to shoot when in the key.

Piggy in the middle

- In groups of 4 – passer, receiver, defender and gopher.
- Defender attempts to stop the ball getting to the receiver.
- Passer needs to fake and pass, pivot and pass.
- Passer cannot lob the pass.
- Passer must wait for the defender to be in front of them to pass.
- Defender keeps track of the number of times they deflect the ball.
- The gopher has a spare ball and will pass this to the passers and retrieve the deflected ball.
- Each defender stays in for 30 sec to a min.

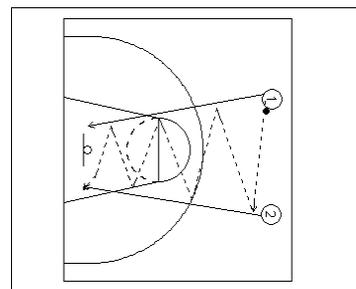


As they get better...

- How many passes can be made without dropping the ball
- "How many passes can they get in 30 seconds?"

Pass Tag

- 1 Ball
- Full, Half Court (or defined area)
 - Nominate 3 to 5 "taggers".
 - "Taggers" must pass the ball to each other and try to tag other players, when they are holding the ball.
 - "Taggers" cannot move when they have the ball.
 - When tagged players leave the playing area and jog continuously around the outside of the court until everyone has been tagged.



Variation

Increase the number of "taggers" to at least 6 and give them two balls.

- 2 balls

Tips

1. Lead for the ball
2. Move (cut) to a space near another player after you pass

AUSSIE HOOPS

Tallyball Touchdown

- Two teams of 6 to 8 players.
- Aim is to complete (minimum) six consecutive passes then pass the ball to a team mate in the touchdown (shaded) zone.
- One point is scored when the player in the touchdown receives the ball after the minimum six consecutive passes.
- After a point is scored the opposing team takes possession from the touchdown zone.
- A new count starts each time there is a fumble, or interception.
- No dribbling, no travelling, no fouling. If a violation occurs, possession is taken from the side line.
- 1 Ball per game
- Full Court (or defined area)
- Bibs for opposing teams

Tips

1. Lead for the ball
2. Keep spacing, don't crowd the ball
3. Defend one player each
4. Move (cut) to an open space after you pass.

Variation

Allow players one or two dribbles.

Fastbreak Partner Passing

Passing on the move, using:

1. chest pass; or
2. bounce pass.

Players must maintain the ready position as they move sideways passing the ball back and forth to each other. Continue up one side of the court/area and back down the other.

- 1 Ball per pair
- Full Court (or defined area)

Variation

Run forwards while passing the ball.

Tips

1. Show a target and call for the ball
2. Receive the ball in the target area
3. Pass the ball slightly in front of the receiver