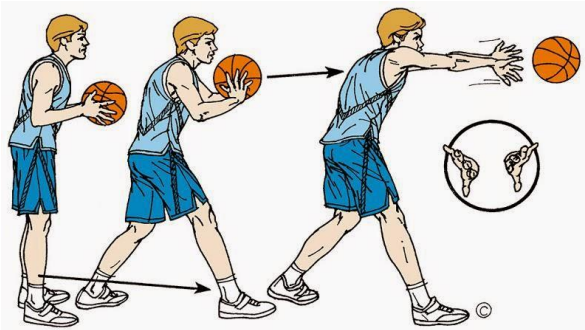

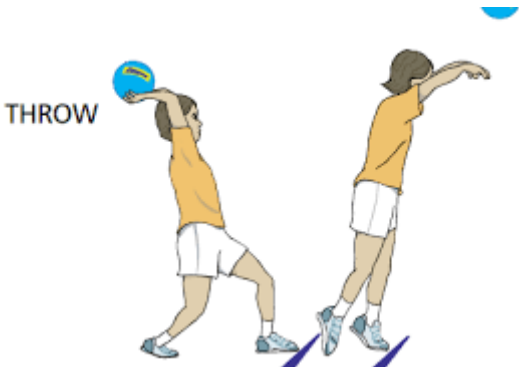


BASKETBALL PROGRAMME

Passing Technique

1. Chest Pass	Description:
	<ul style="list-style-type: none"> ○ Feet shoulder width apart facing your target. ○ Push from your chest. ○ Release the ball and follow through with thumbs facing the floor. ○ Take a step forward while passing.
2. Bounce Pass	Description:
	<ul style="list-style-type: none"> ○ Same as chest pass. However, instead of pushing ball towards target you push the ball towards the floor. ○ Aim to bounce ball approx. two thirds of the way your target. ○ Take a step forward while passing.
3. Overhead Pass	Description:
	<ul style="list-style-type: none"> ○ Similar to chest pass but ball starts over your head. ○ Follow through with pass and flick wrists to the floor. ○ You should aim for the persons chest when passing. ○ Take a step forward while passing.

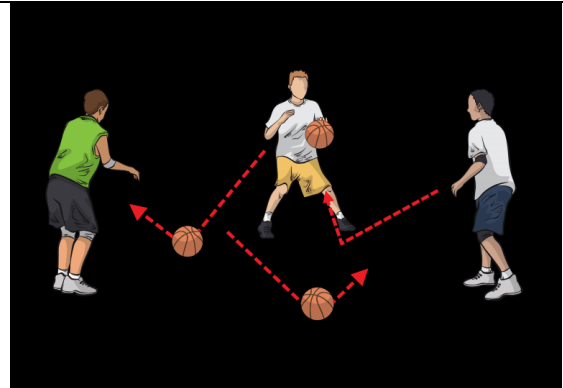
Passing Drills

Passing in Pairs (One Ball)



- Practice all three types of passing.
- Take step forward when passing and receiving the ball.

Passing in Pairs (Two Balls)



- Can be completed in pairs- one player bounce passes and the other chest passes.

Wall Passing



- Practice all three passes against a wall.
- Try to aim for the same spot each time (chest height).

Passing Around an Opponent



- This can be completed by using a chair and a wall.
- Pass around the defender (chair) using your pivot foot (shown in video)