

"Daily 10"

- 1. Full Court Passing** – baseball, chest or overhead, bounce, lay up for a lay up
- 2. 4 Corner Passing Wide** – Overhead pass, pass – follow your pass – catch and pivot and hand off
- 3. 4 Corner Passing Tight** – same drill, use lane as box – passing and pace picks up in tight quarters. 1 player may shout out the type of pass, say reverse, and add rolling a pass.
- 4. Pivot Passing** - Follow Pass and Set a Ball Screen – Dribble to the center of the square, jump stop pivot, and pass to line over. Follow pass and set a ball screen.
- 5. 4 Straight Line Dribble** – set up 4 lines on the baseline. 4 total lengths, with each length a different move with dribble.
- 6. Water Break** – you must get a drink
- 7. Partner Pass** – lay up
- 8. Partner Pass** – wing to deep corner for lay up
- 9. Partner Pass** – wing to post
- 10. Partner Pass** – wing to post, relocate

End with breakdown and then water break

Keys: Hand Targets, Chin the Ball, Triple Threat

“Terminology”

- **Chinning the Ball** – holding the basketball chest high, just under the chin, like a vice grip in order to protect the ball from defense.
- **Hand Target** – a hand target is given by the receiver to show the passer where he wants the ball thrown. Hand targets must be outside the body where they can be easily seen.
- **Peripheral Vision** – being able to see action-taking place off to the side by looking out of the corner of your eyes.
- **Post Up** – a player positioning himself just outside the free throw lane close to his own basket.
- **Skip Pass** – passing the ball from one side of the floor to the other, skipping or bypassing a teammate who is closer to the ball.
- **Triple Threat** – an offensive position where the player with the ball can shoot, pass or dribble in that order.

Keys: we must learn the terminology and use that knowledge on the court

“Keys to Passing and Catching the Ball”

1. The most effective pass into the post is the bounce pass.
2. If you want the ball, give a hand target. If you are going to change direction, drop the hand target and give a new one.
3. Pass the ball away from the defense.
4. Use good ball fakes and make the ball fakes believable.
5. Every pass should be a two-handed pass. This allows for better control of the ball and better ball fakes.
6. Catch the ball with two hands.
7. Hand targets should be outside the body.
8. No hand target, no pass.
9. Chin the ball and get triple threat on every catch in the frontcourt.
10. Don't always try to make the perfect pass.

Keys: you must be willing to do the little things right