

Passing

Passing Drills

#1: Chest Pass

Chest Pass it should be the first **basketball passing drill** taught. To start first, you hold the ball with two hands on the tight in your chest with your elbows out. You're in triple threat position. You step into the passing the ball and extending your hands outward so that your palms are facing out and your thumbs are facing the player you passed to. Remember it's a chest pass so you should be hitting the other player in the chest. Chest pass, one of the best **basketball passing drill**

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#2: BOUNCE PASS

The bounce pass is when the pass hits the floor before reaching the other player. The pass should bounce 2/3 of the way to the other player. You should follow through the same as the chest pass with the palms of your hands facing out and your thumbs facing the player you passed to.

#3: Overhead Pass

This is where you have the ball over your head. You make a pass using your upper body strength, but don't forget to have good follow through using your wrist with your palms facing out and your thumbs facing the player you passed to.

#4: FAKE ONE to MAKE ONE

Basketball passing drill, but keeping the idea fake one to make one. This was drilled in my head at a very early age by coaches, and I think you should have this one drilled in as well. Fake a pass to make a pass. It's a simple idea, but trust me it will save you a lot of turnovers, headaches (having the coach yell at you for making a turnover), and even sprints (if your coach is any like mine, you're always running for turnovers it seemed liked). One other tip is not to over-fake. This tip is not saying fake twenty times to make a pass. Take for what it's worth. Fake one to make one. All it takes is one good hard fake and then you go the other way and make a good hard solid pass! Remember **basketball passing drill**, it's not a good pass unless it's a completed pass. Meaning if it's a turnover then it's not a completed pass and the other team is on the other end scoring.