

BYBA Basketball Fundamentals

Week 4 – Passing

12/10/11

“A “Nice Pass” is probably one of the best compliments a player receives on a basketball court.”

THE CHEST PASS

INSTRUCTION

The two-handed chest pass is the most efficient way to throw the basketball. It's the fastest way to advance the ball to your teammates.

- The ball begins by being held at the chest with both hands.
- Place each hand on either side of the ball with fingers spread evenly and thumbs directly behind the ball.
- Elbows are held in close to the body.
- Step into your pass with your knees bent and fully extend your arms as you push the ball out from your chest.
 - Stepping forward toward your receiver helps you put more power behind your pass.
- Snap your wrists so that the back of your hands are now facing each other and your thumbs are pointed down.
 - You'll get a good back spin rotation on the ball when you snap your wrists. This makes the ball easier to handle for the receiver
- Be sure to pass the ball crisply with the ball remaining parallel with the floor.
- You want the pass to arrive at your receiver above the waist and below the shoulders.



THE BOUNCE PASS

INSTRUCTION

This type of pass is good on the fast break, to a teammate in the post, under a defender, to a teammate making a back-door cut and on an out-of-bounds play. A lot of times, players make a shot or high pass fake before making a bounce pass.

- The basic mechanics of the bounce pass are the same as the two-handed chest pass.
- The ball begins being held at the chest in both hands, elbows in at the body and thumbs behind the ball.
- Using the same grip and motion, pass the ball as you would a chest pass except the ball is aimed at the floor.
 - The ball should hit the floor about two thirds of the way to the receiver.
 - To be more accurate, step toward the spot you are aiming for.
 - Push through the ball with your thumbs, like a chest pass, to achieve some back spin.
 - With a good floor angle and back spin, the ball should bounce up and hit the receiver between the waist and chest.

THE OVERHEAD PASS

INSTRUCTION

This is one of the best basketball passes for passing over a defense. It's also one of the best "ball fake" basketball passes to use since you are showing the ball up high and the defense can see the ball better and react to the fake. The overhead pass is often used for slightly longer passes or when being crowded by your opponent.

- Position your hands on the sides of the ball with your fingers pointed up.
 - Your thumbs should be on the back of the ball and pointing toward one another.
- Bring the ball up over your head
 - Be sure your hands go straight up, not up and back over your head.
 - Bringing the ball behind your head can make it easy to be stolen. It also takes a split second longer to throw the pass.
- Release the ball with a quick snap of your wrists and fingers like a chest pass.
 - The ball is snapped hard from overhead so that it sails in a straight line to the receiver.
 - A little bit of an arc is ok, but the ball should not be lobbed.
 - The receiver should catch the overhead pass at the chin or higher.
- As with the chest and bounce pass, it's important to take a slight step forward on your strong arm side.
 - Stepping into the pass gives you more force on the ball.

TIPS/REMINDERS

- Passing moves the ball down the court twice as fast and twice as effective as dribbling the ball.
- A good pass is a pass a teammate can catch.
- When passing the ball, step toward your receiver.
- When receiving a pass, move toward the ball.
- When passing the ball, it should have backspin on it. This is accomplished by following through on every pass.
- Never just throw the ball in the direction of a teammate. Have a specific target in mind. Always know where your teammates are on the court and where they are cutting to.
- Throwing a pass too high or too low takes the receiver out of the flow of the offense.
- Passes should be crisp, sharp and accurate. They should never be delivered too hard or too soft so they can be handled easily by the receiver.
- Players should use the pivot to avoid the defender and improve their passing angle.
- Be quick when passing. Don't give the defender time to react.
- In order to open up a passing lane, use fakes on your defender. Fake in one direction and then pass the ball in the other direction.
- Passers must see the receivers without staring them down otherwise the defense will know who the ball is going to be passed to – and they'll steal it!
- Players should pass to their teammate's side that is away from the defender. This makes it more difficult for the defender to steal the ball.
- If the player you want to pass to is in motion, throw a lead pass.
- As a receiver, don't stand around waiting for the ball. Work to get open so you can receive the pass in a position to make a play. Use deception and fakes to get open.
- The receiver must always give the passer a target.
- The receiver needs to "see" the ball into his hands (he doesn't start the next move until he has caught the ball).
- Catch the ball with "soft" hands. Be sure fingers and thumbs are good and relaxed just before catching the pass.
- When coaching the art of passing, it is important to teach not only the skill, but the mentality as well. Too many players think of passing as something to do when they don't have a shot as opposed to an unselfish act that is designed to include other players.

PASSING DRILLS

FORM PASSING

- Have your players line up about 15 feet across from each other
- Using the proper mechanics described above, have your players practice form passing for the chest, bounce and overhead pass.

YouTube Video for Form Passing

<http://www.youtube.com/watch?v=Cv2mDz0pGx0&feature=related>

STAR PASSING

- Have your players set up in a five point star standing about 15 feet opposite each other
- The player with the ball passes to the player opposite them. After the pass is made, the player who just passed the ball follows their pass to the player's spot they just passed to.
- The player they just passed to passes to the player opposite them and follows their pass.
- Each player follows their own pass and fills the spot where they just passed to.
- Practice the chest, bounce and overhead pass with this motion passing drill.
- After your players get the hang of this, make the star bigger by moving your players back a few feet.

YouTube Video for Star Passing

<http://www.youtube.com/watch?v=DfCuE21h2Cc&feature=related>