

## PASSING KEYS



Unfortunately passing and catching the basketball are two skills that are often overlooked by players and coaches. More time is often spent on dribbling and shooting drills. However, for players and teams to be more successful on offense proper passing and catching skills must be developed.

Like any other skill in basketball, passing and catching must be practiced on a regular basis. To do this, players, parents and coaches must first understand the proper mechanics and techniques needed. We will cover the 3 main types of passes here.

### THE MAIN 3 TYPES OF PASSES:

#### CHEST PASS:

*The chest pass is the most common pass used for most passes. This involves you pushing the ball with two hands from your chest outwards, thrusting the ball towards a teammate. Used all of the time, the chest pass is the most efficient and reliable way to pass.*

#### BOUNCE PASS:

*The bounce pass is the second most common pass. This involves a pass, with one hand or two, bounced to a teammate off of the ground. Any way you want to pass, as long as the ball hits the ground first, is considered a bounce pass.*

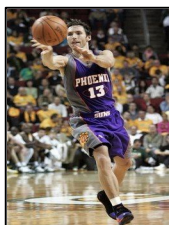
#### OVERHEAD PASS:

*The overhead pass is the third most common pass used sparingly. These are passes that require two hands on the ball. The ball is brought behind your head and launched forward, back over your head to a teammate. Often used for fast breaks to throw to a teammate on the other side of the court, overhead passes are passes that are more for power rather and quickness rather than accuracy.*



### CATCHING THE BALL TIPS:

- > Players should catch the ball, get into a triple threat position and look over the entire court. This will help them follow the action on the court.
- > Players should always know where the ball is on the court and be ready for a pass.
- > Players should make cuts and fakes to get open for a pass.
- > Players should have soft hands when catching the basketball.
- > Players should move quickly toward the passer to catch the basketball.
- > Players should give the passer a target, usually an extended hand, away from the defender.
- > Players should practice working on a variety of passing and catching drills.



### COACHING PASSING TIPS:

- Players should be in a triple threat position before passing.
- Players should use the pivot to avoid the defender and improve their passing angle.
- Players should step toward their teammate when passing.
- Players should extend their wrists and fingers outward on the pass.
- Players should pass to their teammate's chest or extended hand.
- Players should pass the basketball quickly. This will make it more difficult for defender to react to the ball.
- Players should make short, quick passes as often as possible. These passes are harder to steal.
- 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.
- Players should pass the ball just as their teammate is getting open. Passes should be made to an open space.
- Players should not telegraph their passes. This makes it easy for the defender to predict where the ball is going.
- Players should always pass and catch the basketball with two hands.
- Players should use overhead passes after a rebound and to get the basketball over the defender's head.

Every offensive philosophy basically boils down to trying to open up good, high percentage shot attempts. Passing is the key to creating these shots. If you and your team work hard to perfect your passing game, everyone will benefit as scoring goes up.