



## PASSING



### Move the Stick Passing Drill

This drill will introduce and work on bounce passing accuracy. For this drill, have your players break into pairs. Each pair will have 1 basketball. Each player should be approximately 5 feet away from each other. Place a popsicle stick in the middle between the 2 players. The object of the game is for the players to hit the stick, thereby moving the stick towards the other player. Each player gets one turn then it is the other player's turn. As the one player tries to hit the stick, the other should attempt to catch the ball after 1 bounce.

# BASKETBALL DRILLS & SKILLS

