

Passing Objectives

Passer

- Every pass with two hands
- Make eye contact with person receiving the catch
- Call the person's name before every pass
- Every pass needs to be thrown as crisply as possible
- Use phrase "hand to hand" pass to teach to throw pass to the hands.

Chest pass

- Can use the phrase "frozen rope" to describe how hard to throw the pass.
- Thumbs should be pointing down after pass is made – there should be backspin on the pass.

Bounce pass

- Should be used to enter to the post.
- Passer must get their hands down below their knees before they attempt the pass.
- Ball should bounce at least 75% of the way to person catching the pass.
- It should be described like "skipping a rock"
- Ball should never be above the knees of the person passing or the person receiving it in the post – MUST stay low.

Receiver

- Must catch every pass with two hands – no exceptions.
- Attack the catch – don't wait for it.
- Attempt to catch it on a jump stop and in balance so you can use either foot as a pivot foot.