

Ash Arnott
Developing Passing

https://www.youtube.com/watch?v=Dx_py_YmeDY

Partner Series

- Throw balls overhand. On 'switch' players must find a new player.
- Load = throw both basketballs at the same time, catch with both hands.
- Load = one ball goes under, one ball goes over
- Load = more space. Wrap around one leg and use same hand to pass
- Load = 'change' means change hand and direction of pass
- Load = behind back dribble and pass off the dribble

2v2 in a Space

- Similar to Gael idea. Instead, have two partners designated in a box (could be around 3PT line). Partner has to make a lead to get open and receive.
- KPI = passing away from the defender's hands.

Post Entry 1v1

- Partner has to make successful contest post-entry. On catch, Laker cut to weak side of floor. Post waits for cutter to clear and then attacks in opposite direction.
- Load = live 1v1
- Load = can fake and spin pass
- KPI = fake high, pass low or fake low, pass high. Must be a fake before the pass.

3v1 Box Passing

- Start with two offense at the blocks and one at the elbow. Ball with one of the players at the blocks. Players can only move left or right after a pass and can't move diagonally. On any deflection, defender swaps out.
- Load = can do different passes other than just push
- Load = connect by saying name of person passing to.
- Load = no look
- Load = hook passes
- Load = 3v2 w/ second defender. But one defender must always be on the ball.
- Load = 4v3. Fill last spot.

Russian Start DHO

- Players start in corners. Dribble to top spot and DHO. Off DHO, roll and dribbler goes to elbow and throws a hook pass for the finish.
- Load = pop after DHO, throwback to pop player for a shot
- Load = pocket pass with outside hand
- Load = live 1v1 after passes?