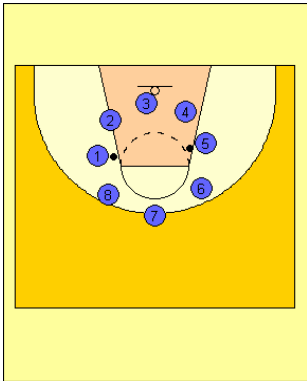
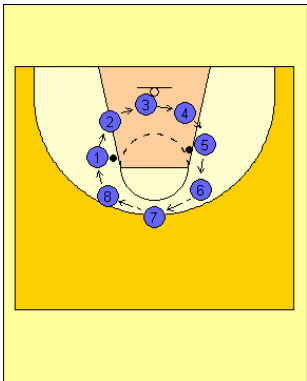
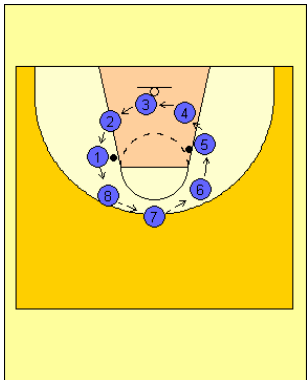
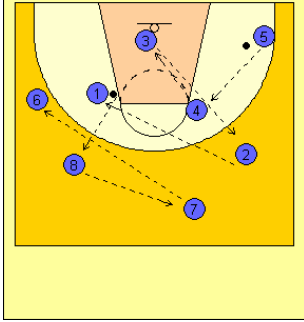


Drill Outline – Passing & Communication

Drill Name: <u>Communication Passing Drill</u>	
<i>Purpose</i>	<p>Purpose of this drill is to get players comfortable to talk to each other in a game/fun like environment. Players will also work on multitasking, as in talking/thinking while being on the move.</p>
	<p>Players are placed around free-throw line circle. There are two balls in the drill (can be more depending on player numbers).</p> <p>Balls start opposite each other.</p>
	<p>On call "go" players start passing ball around starting from right to left.</p> <p>The key teaching point is that they have to call out the person's name they are passing too.</p>
	<p>On the call "change", the ball gets passed the other way around.</p>
	<p>On the call "break out" the players can move around anywhere within the half-court, but must continue to pass ball in same sequence as before.</p> <p>On the call "change" the players are still running around the half court but are passing the ball the other way around.</p>

	
<i>Transition and rebounding element</i>	None
<i>Scoring and timing system</i>	5 push-ups if coaches notice certain players not talking. Push-ups get counted and will be done at the conclusion of drill. Will be explained beforehand though.
<i>Player Cues</i>	Call players names on pass
<i>Coaching Cues & Key Teaching Points:</i>	<p> <i>"go" starts the drill</i> <i>"change" ball moves around circle from right to left or ball moves around circle from left to right</i> <i>"break up" players move all around court, but have to pass ball in same order until changed.</i> </p>

Submitted by Alex Stojkovic