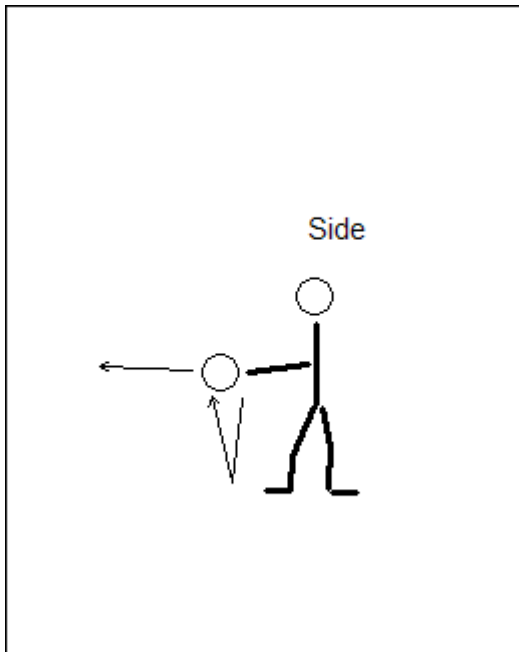




Mario DeSisti: Passing



1

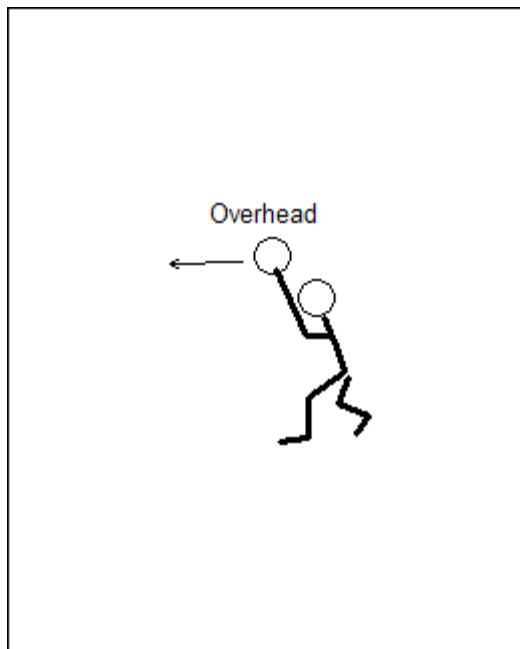
Types of passes

Because of today's aggressive defenses the types of passes one can throw have changed. The basic passes of today are:

- Side **pass** - released away from the body higher than the hips.

This pass is used to make a diagonal pass to the wing. It can be thrown off the dribble or with a quick light touch by the other hand.

It is important to learn the one hand side passes off the dribble so the athlete can read the defense in order to have the option to pass or drive. We want to discourage a player from staying in one spot waiting for the wing to get open.



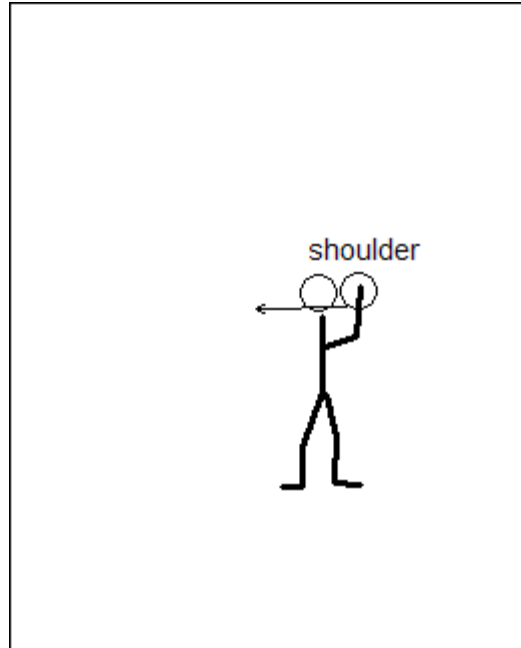
2

- overhead **pass** - which is released above the shoulder and the elbow under the ball.

This can be thrown with one hand off the dribble (usually when dribbling with the athlete's strong throwing hand). It is used to make skip passes from the guard to the forward, on baseline penetration and to pass into the post.

Two hands can be used with a quick light touch. We do not want players turning to have their chest face the direction of the pass. It is more like a quarterback in football with the opposite shoulder pointing at the target. This allows for the player to twist getting power on the pass. It is not a soccer throw in.

3

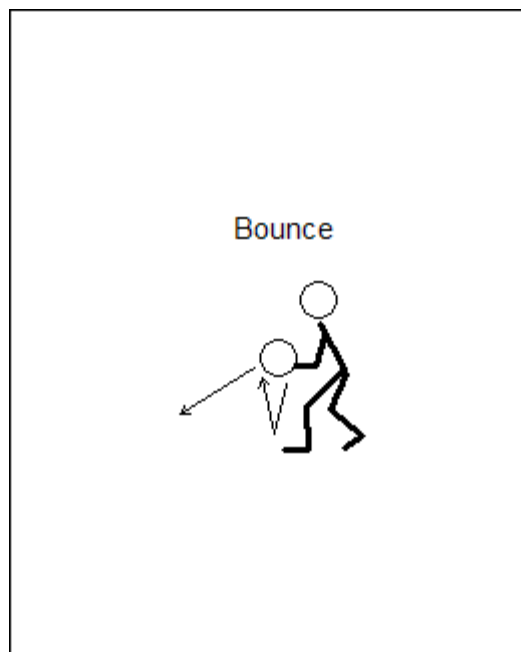


- **Shoulder pass** - which is a one piece pass made from shoulder to shoulder

This pass is made with two hands and is made to quickly reverse the ball. The player should be able to shoot, pass or start a dribble from this position. We do not want the ball being dropped below the shoulders.

We do not want to see the player with the ball above his/her head with straight arms and legs.

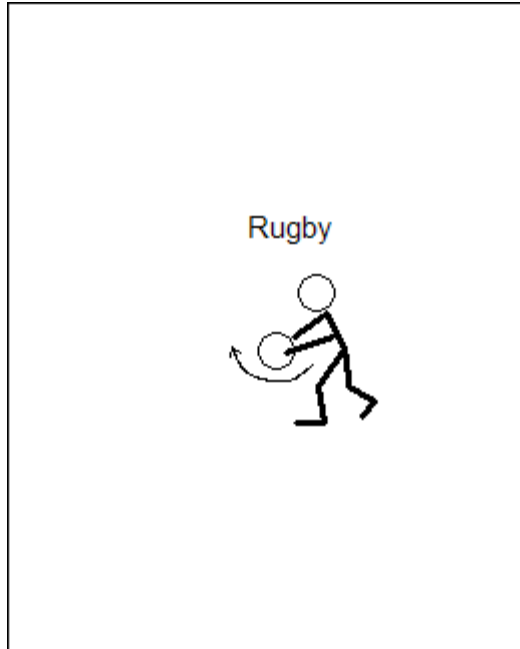
4



- **Bounce pass** - which is either thrown off the dribble or from the shot pocket.

This pass can be thrown off the dribble with one hand to a player going back door. A light touch too handed pass can be made also.

When faking the shoulder reversal pass the bounce pass comes directly from the shoulder in a one piece action.

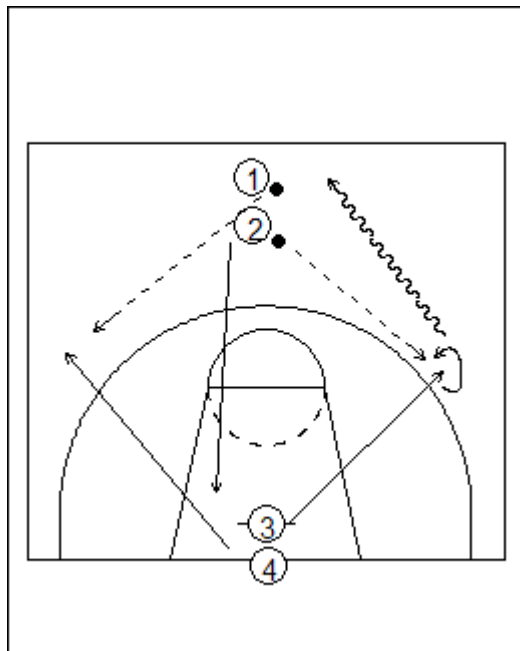


5

- Rugby **pass** - which is a two handed backward flip pass off penetration.

Backward passes are only made after penetration. Otherwise they are easy to steal for uncontested lay ups. This pass is just like a pass in rugby. It is made with two hands with the outside hand under the ball and the inside hand on top. This prevents the ball from going down at the receiver's feet.

As much as possible these passes need to be thrown with guided defense. Passing vs. air is where players have the hardest time using their imagination to picture the defense.



6

Drill

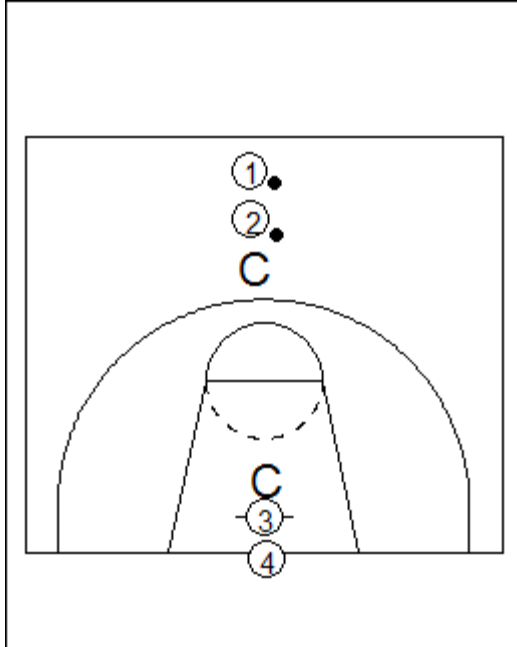
Side pass - the players at the top are dribbling the ball. The player under the basket cuts hard to the wing. The pass is made with one hand off the dribble. The player catches the ball and squares to the basket. The passer switches lines.

Be sure to alternate the hand you dribble with and the wing you cut too.

Add guided defense

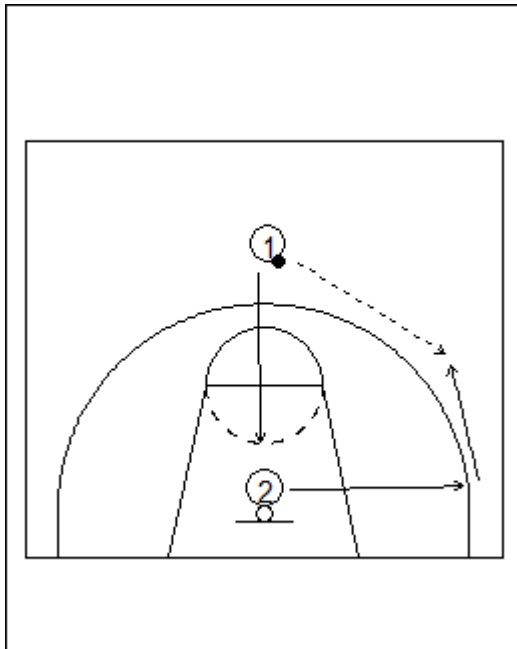
A coach now stands in front of the pass giving the player a target to pass around. The coach under the basket gives the player a defensive read to determine which way he/she cuts.

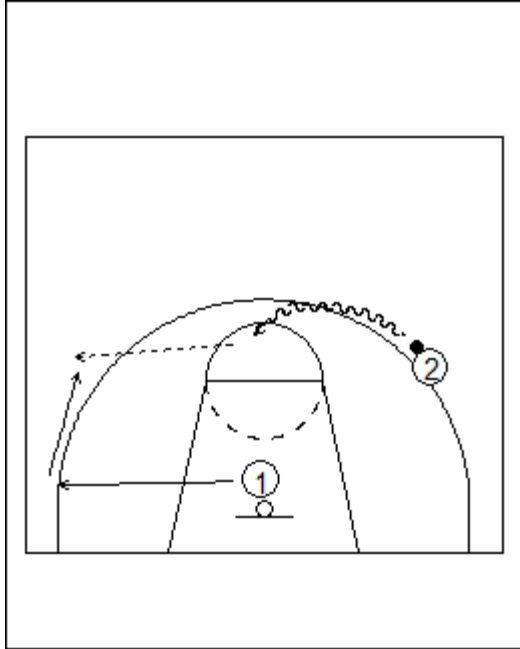
You can always use players or managers to be the guided defenders.



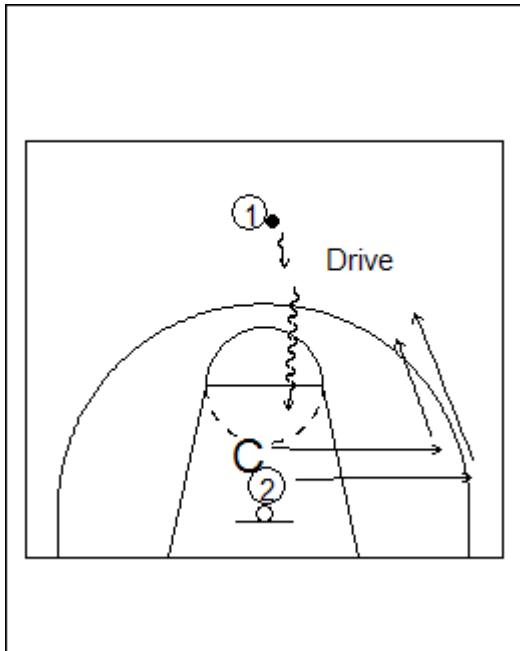
Progression

#1 starts with a dribble and makes a one handed side pass to #2. We want #2 working on a hard blast cut to get open. Move in the direction of the ball.

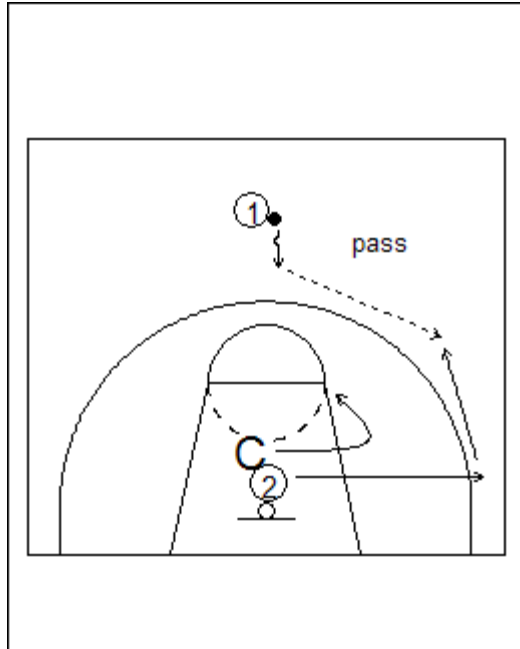




9
 #2 now dribbles to the top as
 Player #1 cuts to the corner and
 then blast cuts to the wing. Again a
 side pass is made off the dribble.



10
Add guided defense
 The coach plays guided defense
 on the cutter. If the coach denies
 the pass #1 keeps his/her dribble
 and attacks the basket.

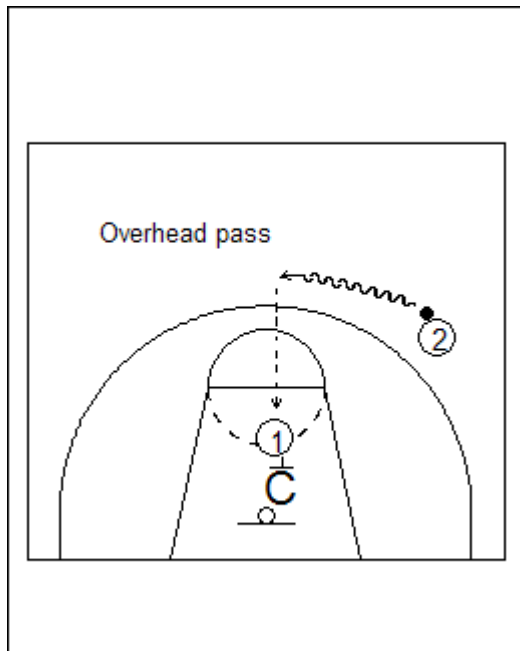


11

If the coach hesitates to help on the drive #1 makes the pass to #2.

These decisions need to be made at speed. We do not want #1 standing for a long time staring at the pass.

You could also add a guided defender to #1 to make sure the proper pass is thrown around the defense.



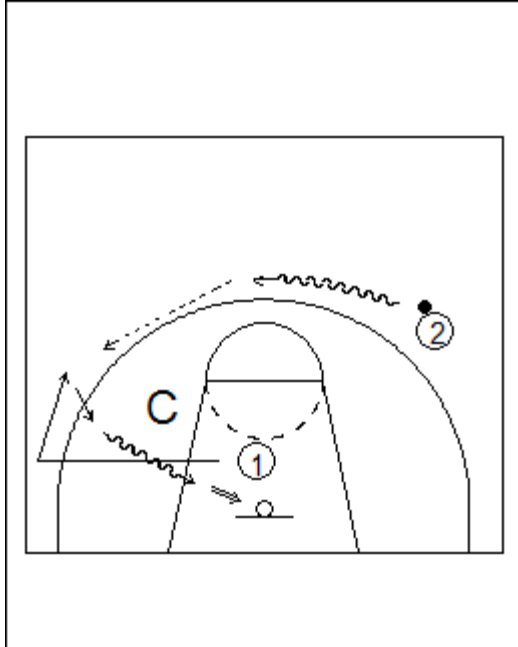
12

As #2 dribbles to the top he/she must read the defense. If the coach stays under the basket #1 seals and calls for the ball. This is an overhead pass off the dribble.

A guided defender on #2 helps also.

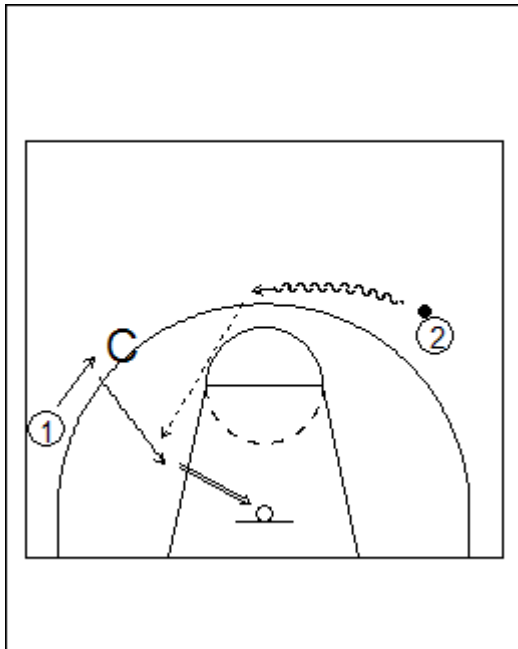
If the coach moves away from the basket #1 will cut to the wing. To receive the side pass from #2.

#1 attacks the basket to score and the players can switch positions.

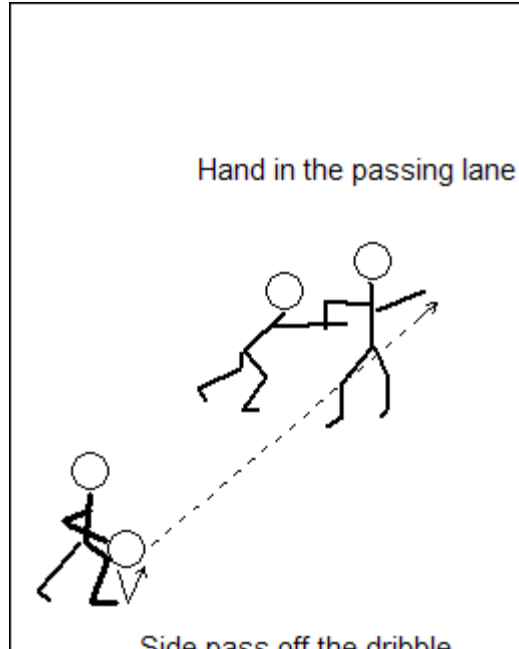


Bounce pass

If the coach denies the wing player then a bounce pass is thrown to #1 cutting backdoor.

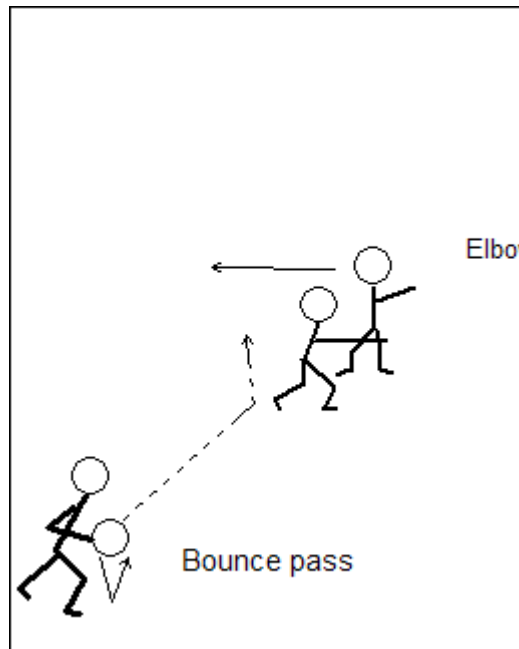


When is a player open



It is important to give players visual cues that allow them to make the best decision. Both the passer and receiver must make the same read. As the wing player cuts to the ball he/she reads the defender. You must look at the defender!!! If you see a hand in the passing lane keeps cutting and expects the pass to your outside.

Backdoor



When the receiver and the passer see the defender's elbow in the passing lane this is the key to go backdoor. This should be a bounce pass so that if the defender turns he/she can not intercept the ball.

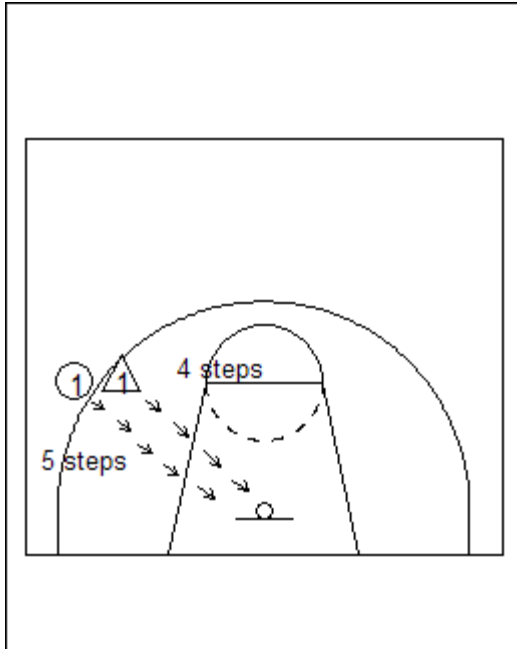
The exception is at the highest level when players can go above the defense to receive a high lob pass at the rim.

Why you cannot go back door when denied by a hand?

Since the defense has only 4 steps to the basket It is an easy recovery because he/she is closer.

When an elbow denies very often the offense has the advantage because the distance is the same and the offense knows when he/she is going to cut.

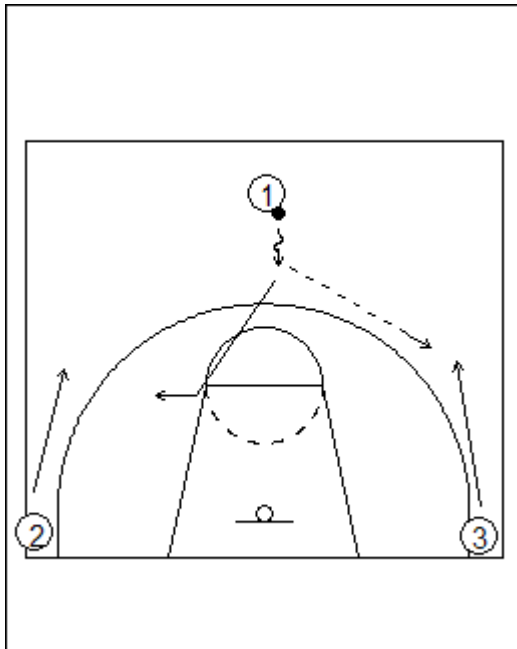
Be sure to cut through the shoulder of the defender blocking their recovery angle.

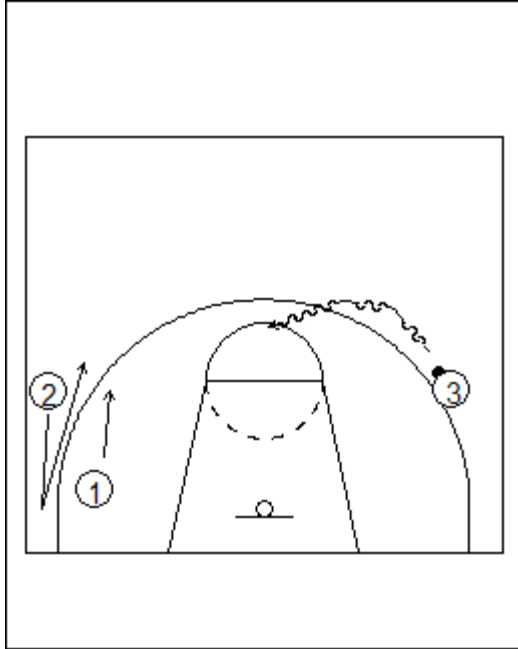


Drill

2 on 1

#1 dribbles the ball and makes a side pass to either #2 or #3. After passing he/she goes away and becomes the defense opposite the pass.

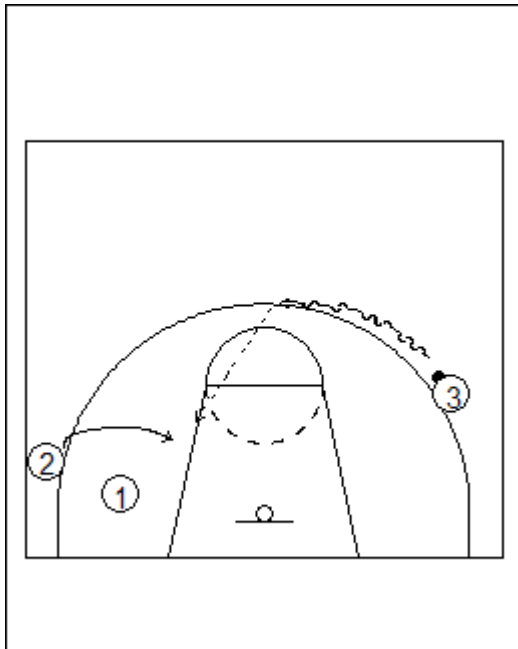




#2 returns to the corner to set up his/her blast cut. Read the defense. The key is to move at the ball. If you read fingers denying expect the pass to the outside. If you read and elbow back cut to the rim.

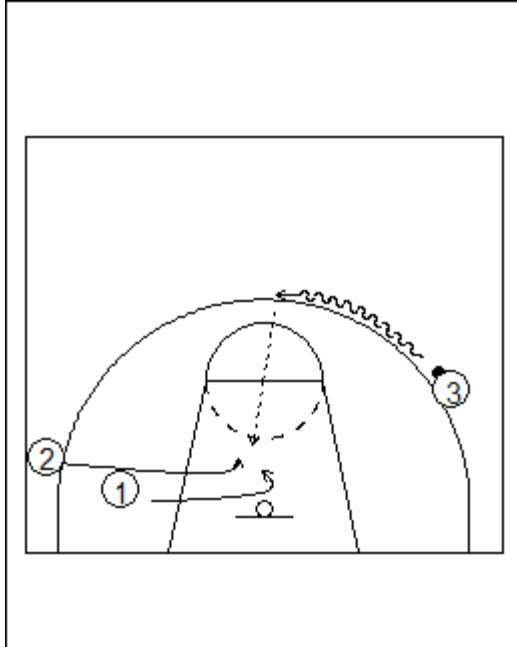
Sag

Another option you can add is to have the defense sag. In this case banana cut hard to the rim and expects the overhead pass.

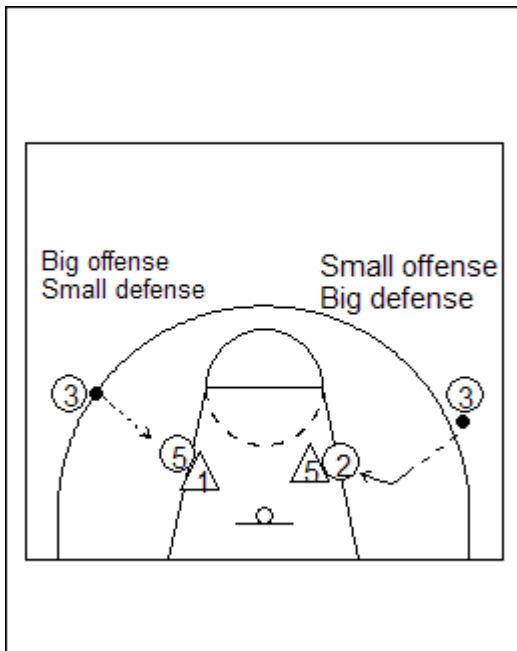


Post up

Another option is to take your defender into the basket and post up at the front of the rim. The passer must read the side the defense is playing and pass opposite.

**Passing inside**

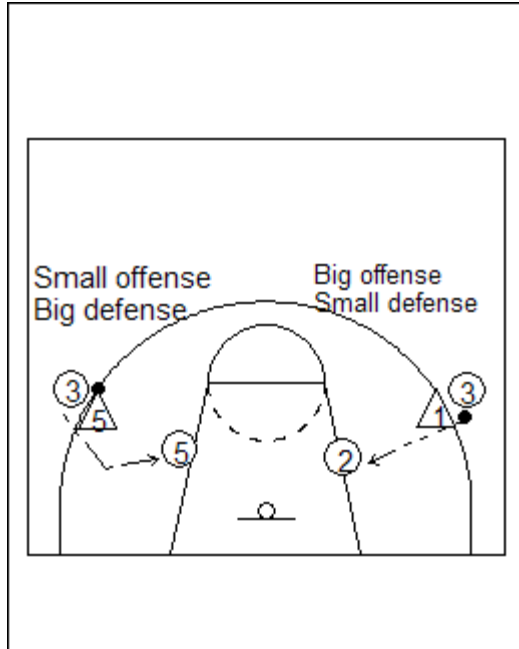
As a general rule when the defense is smaller than the offense throw the overhead pass. When the offense is smaller than the defense throw the bounce pass.



Passers

The same general rule applies to the passer. When a small passer defended by a big defensive player bounce pass. When a tall offense player is being defended by a small defensive player bounce pass.

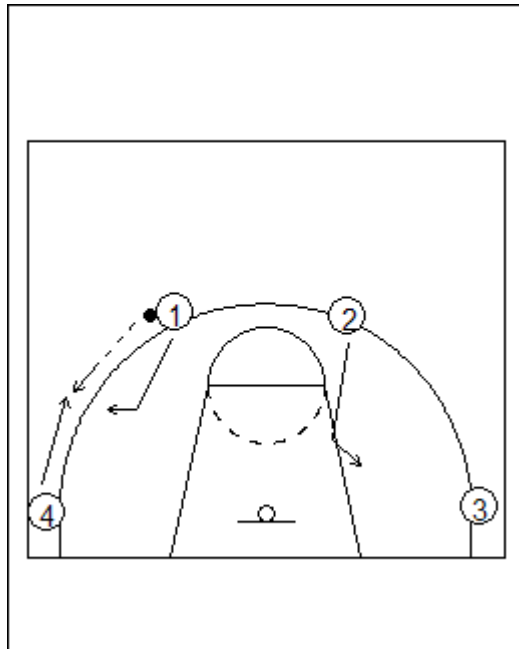
These are just general rules. Coaches must ensure that players experience a variety of situation in practice. By always pair players up by size the players may never have this valuable learning experience in a practice situation.



Drill

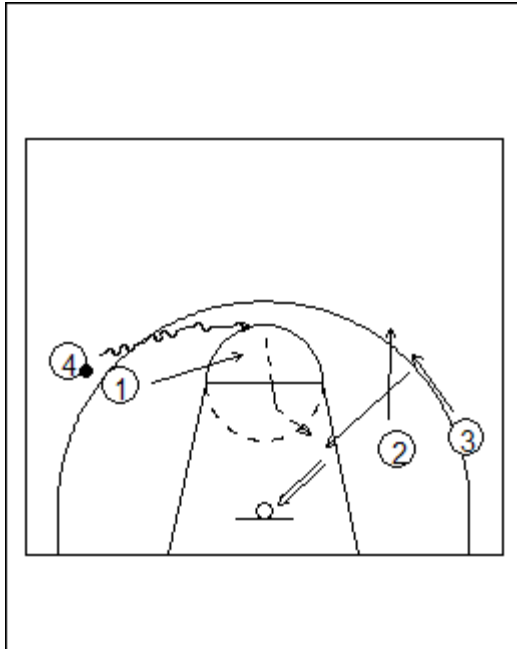
2 on 2

The players start in the 4 perimeter positions. #1 passes to #4 and plays defense. #2 plays defense on #3.



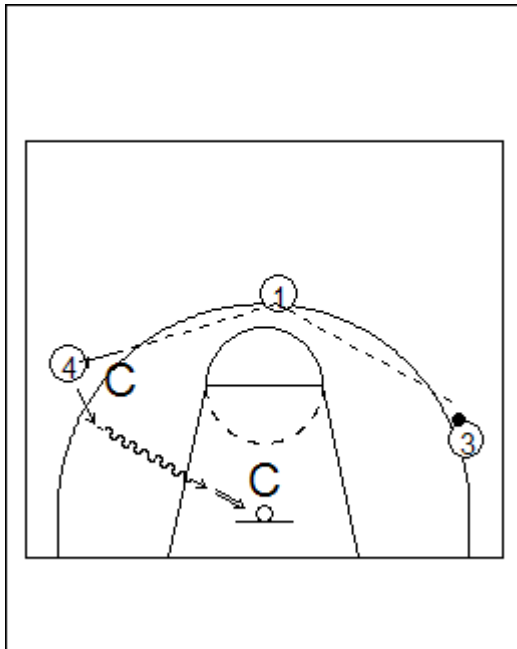
The drill now continues as before.
The offense must read the
defense.

Remember to guide the defense so
that the offense will experience
many different options. Stay on
offense for at least three
consecutive possessions in order
to optimize learning.

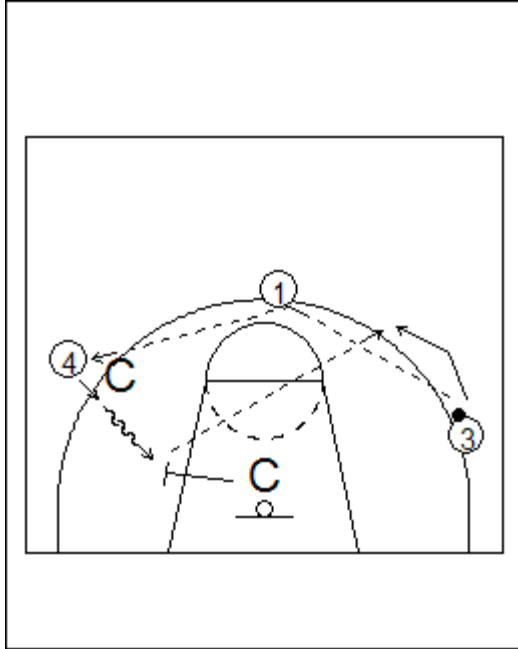


Reversal pass (shoulder pass)

This is an excellent drill that
combines many of the different
elements of the game. The is
quickly reversed from #3 to #1 to
#4 who attacks the baseline
because give a guided defense
read to take away the middle. At
the basket the second coach does
not help therefore the proper
decision is to score the lay up.

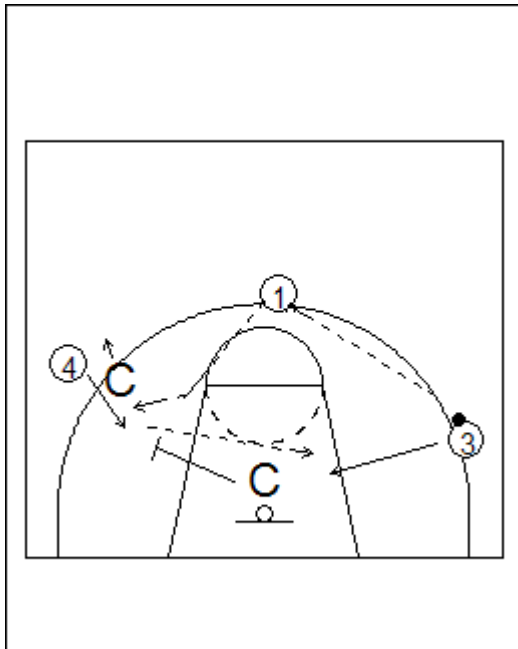


In this situation everything is the same except that the help arrives on the drive. #4 must make the pass to #3 in the diagonal. Note: sometimes has this player step to the rim so that an inside pass must be made.



Back cut

If the coach denies the wing entry #1 must throw the bounce pass from the shoulder. Note: this is a two piece pass. The first action is to fake the shoulder reversal pass. The second is a crisp bounce pass from the shoulder. #4 must still read the help defense. In this case he/she sees the help and throws a quick touch pass to #3 cutting to the basket.



Again, allow the players numerous repetitions in the same positions before switching.

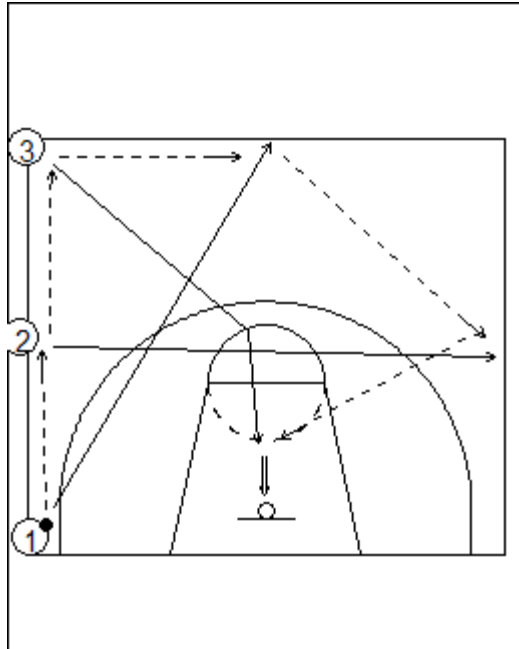
Shoulder pass

Drill

This is an excellent drill to work on quick shoulder passes. The players follow the pattern shown on the diagram.

Keys

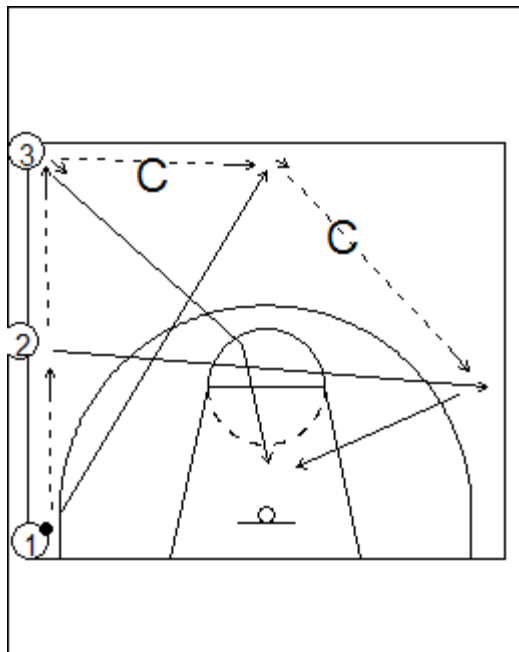
- Feet to basket
- Wait until the receiver has his/her feet facing the basket
- Do not pass to a back
- Have your elbow under the ball and above the head at the release. It is not a shot put.

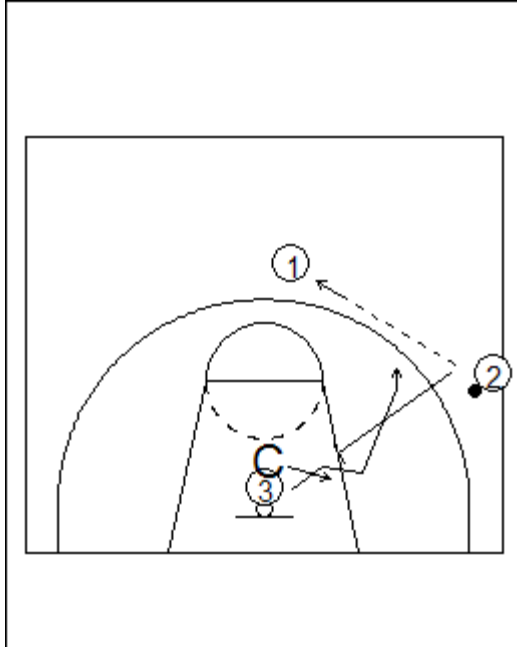


In the first example the players are going for a lay up.

Shoulder pass with a coach in the passing lane.

Coaches can step in-between any pass. If a coach is in the lane. Pass fake. Bring the other hand up to the ball.



Shoulder pass - read the screen

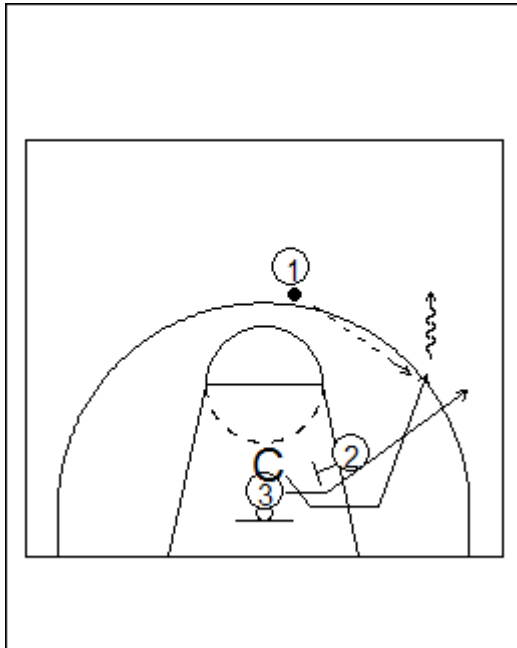
The drill begins the same way. On the finish #2 passes back to #1 at the top instead of #3 on her cut. #3 waits under the basket showing hands and eyes. (catch fake) #2 comes in and pins. The coach provides a read.

Keys

- The cutter watches his/her man to read the defense
- Go tight shoulder to shoulder off the screen
- Show catch fake and eye fakes

Reads

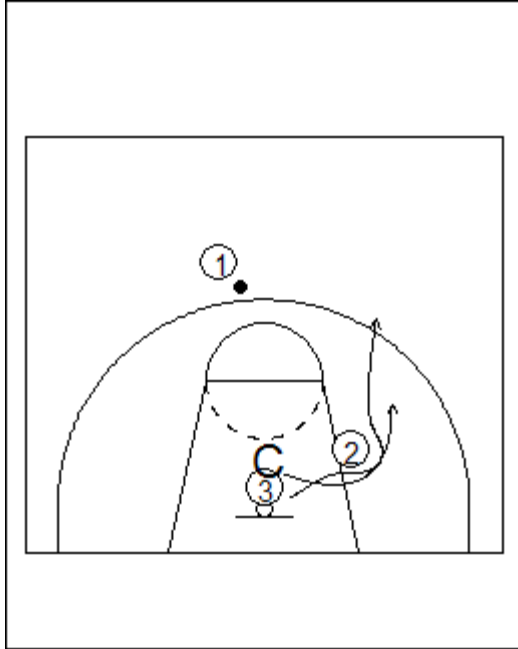
- a) the coach chases - curl elbow shot / drive
- b) coach goes over top - fade shot / fake drive

Wing cut

We do not want this action. It is very easy for the defense to recover to this spot. Also it is the most difficult action for the wing player to catch quickly and read from.

Wing curl bump

This is the preferred action. Much more difficult to defend.



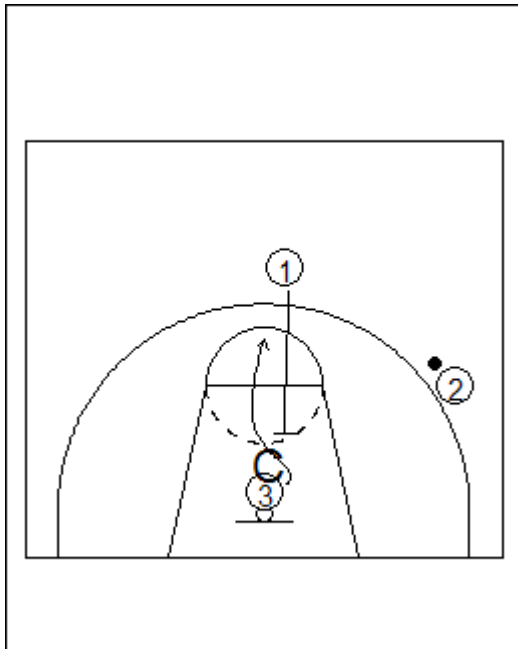
Pin down from the top

The drill starts the same. Only this time #1 continues down and pins for #3. The coach provides a read.

Coach chases - shot / fake drive
 Coach cheats early - reject the screen go to corner for shot / fake drive

Be sure to run the drill to both sides of the floor.

Can add guided defense
 Can play transition



Post Pass

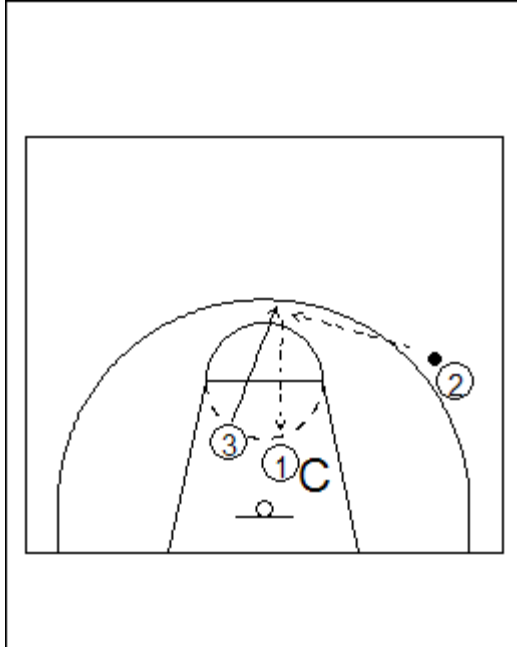
Run the drill the same as pin from the top.
We are now looking to hit the player sealing on the screen.

Keys

- If the defender is taller than the man sealing pass low.
- If the defender is smaller than the man sealing pass high.
- Work on a good seal.

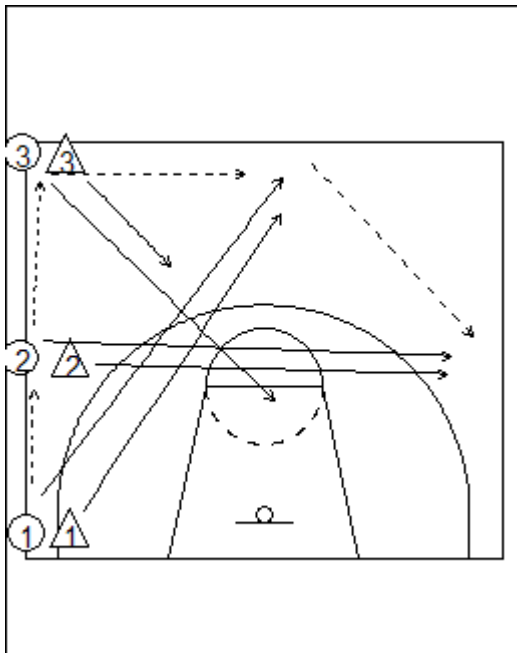
Defense can play:

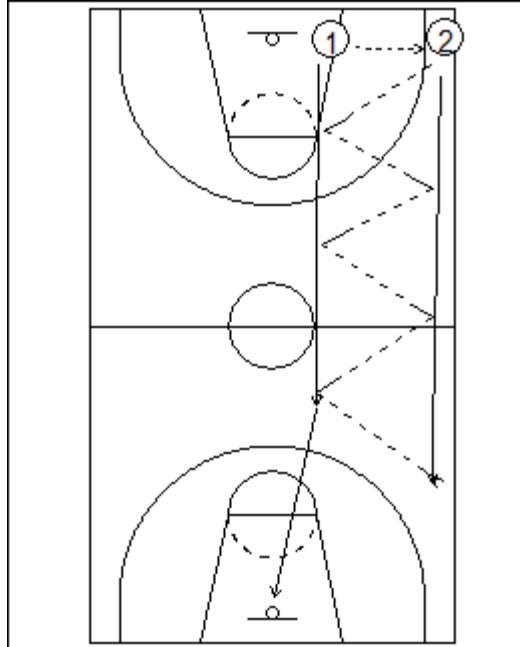
- Left side
- Right side
- Behind
- Front.



3 on 3

The drill starts the same way as before. The defense mirrors the offense and allows the passes to be completed until the wing entry. Work on the different options.



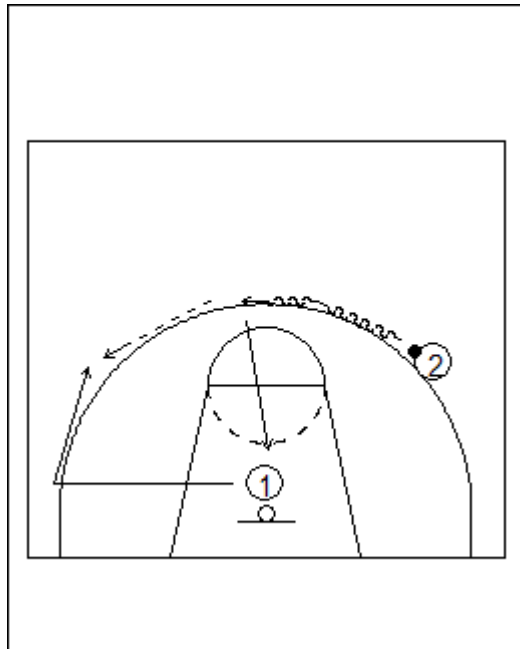


Two players passing

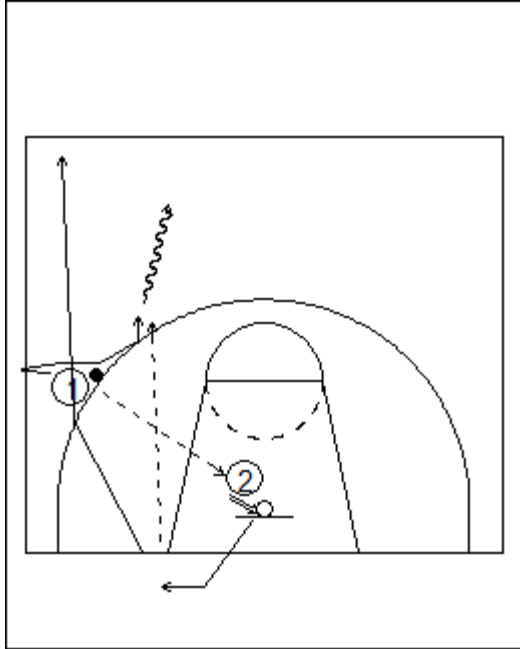
This is a good warm up drill to get the players reviewing all of their passes. The players start by going full court working on quick partner passes (the coach can mix these up). When they reach the other end #1 passes to #2 and makes a hard aggressive give and go, stops at the basket and post up.

Key

- All one hand passes
- Timing of cuts. There is a specific moment in time when each cut should occur.

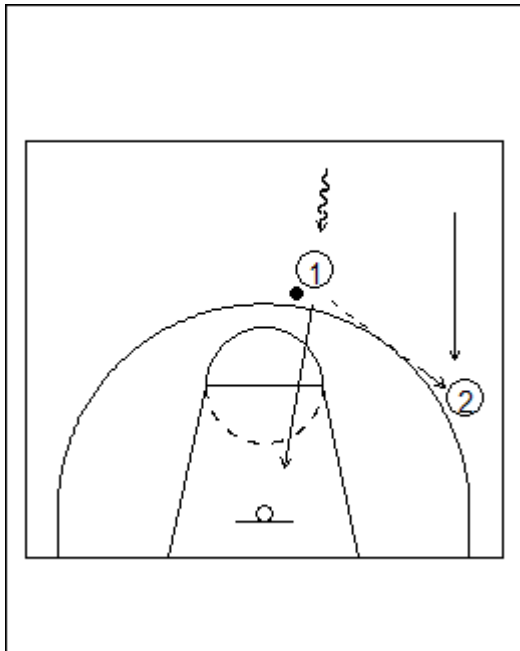


As player #2 starts to dribble #1 bust to the corner and then blasts to the wing. After passing #2 cuts to the basket.



39

#1 passes inside to #2 who scores the ball. #1 touches the sideline and then runs a banana cut to receive the inbounds pass. He/she pushes the ball to the middle with a dribble. #2 must sprint to fill the outside lane.



40

The drill now continues to the other end of the floor.

#1 may have to hesitate to allow #2 to get in front.

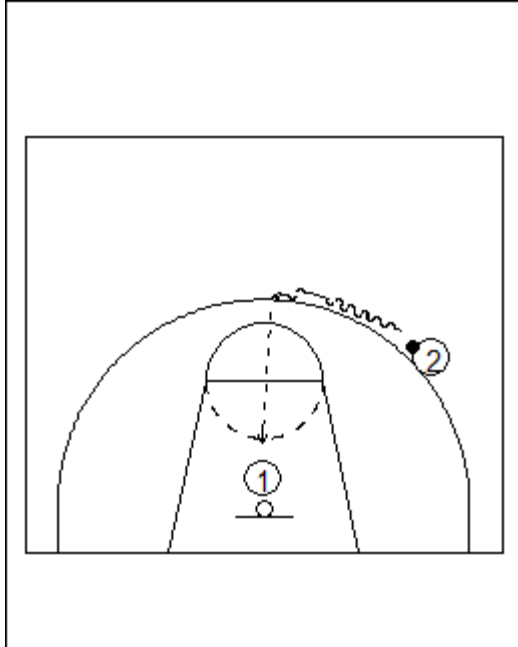
Inside pass

#2 has no pass so he/she dribbles to the middle to make a better pass angle. Use the overhead pass off the dribble.

Add guided defense.

- Defend the give and go - force offense player to make contact on the cut
- deny the wing pass

Note: The coach must switch sides of the floor so that the drill is done on the left and right hand side of the floor.

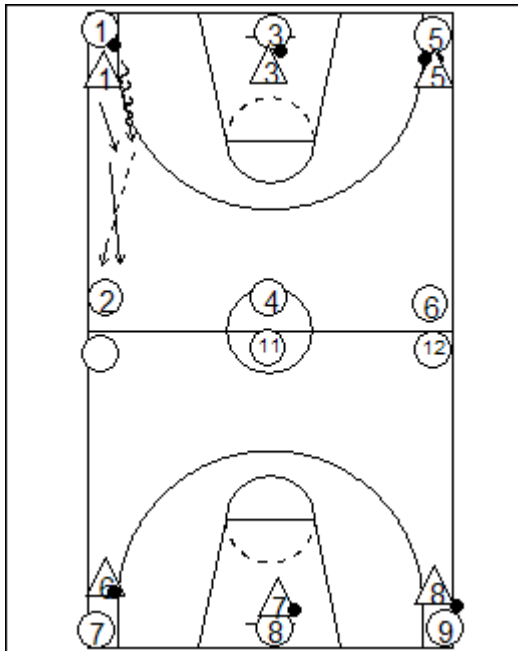


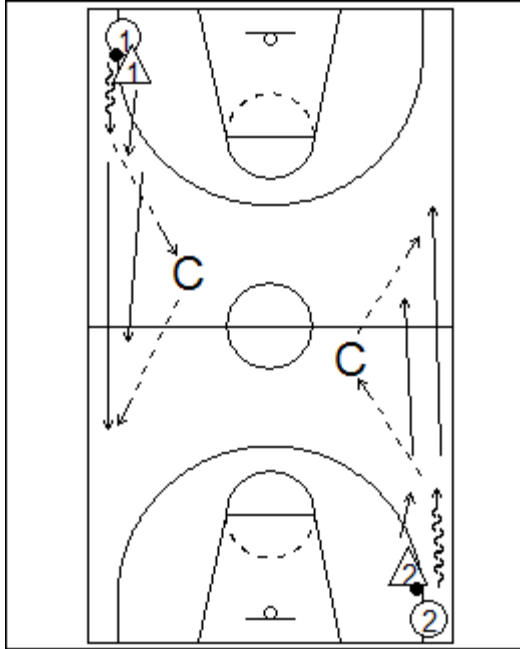
OXO dribble pass

The offensive player is working to beat his man off the dribble. When his/her partner puts his hands up pass to the player at centre. Switch and go back in the other direction.

Key

- No zigzags
- Pass when the player at centre put his/her hands up.
- No cross over vs. pressure.
- work pull backs, inside out, between the leg, behind back





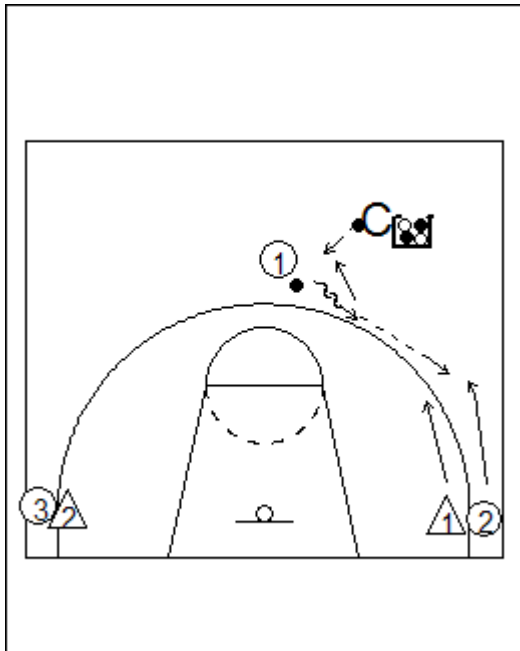
43

Full court oyo

#1 goes 1 on 1. Pass to the coach when the hands go up. Always run a hard give and go vs. pressure.

The play continues back up the other side switching offense and defense.

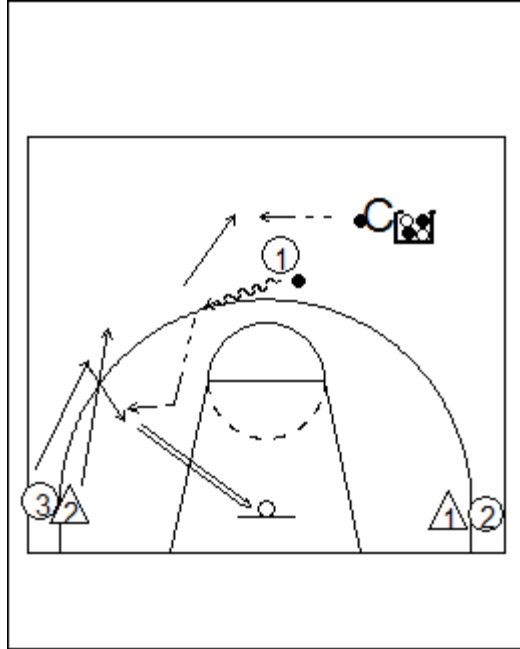
Give and go - run by the shoulder-go north south, not east west. Make shoulder to shoulder contact.



44

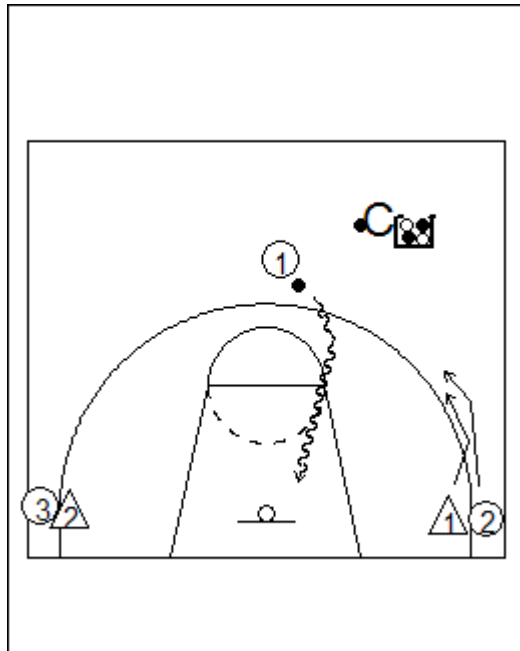
Guard passing

The guard penetrates. If the pass is open to #2 make the pass. Immediately after making the pass return to receive the ball from the coach and attack the other side.



45

In this sequence the wing is denied so the player goes back door. The guard returns to receive another pass from the coach.



46

In this situation the guard reads the wing is denied but there is an open lane to the basket.

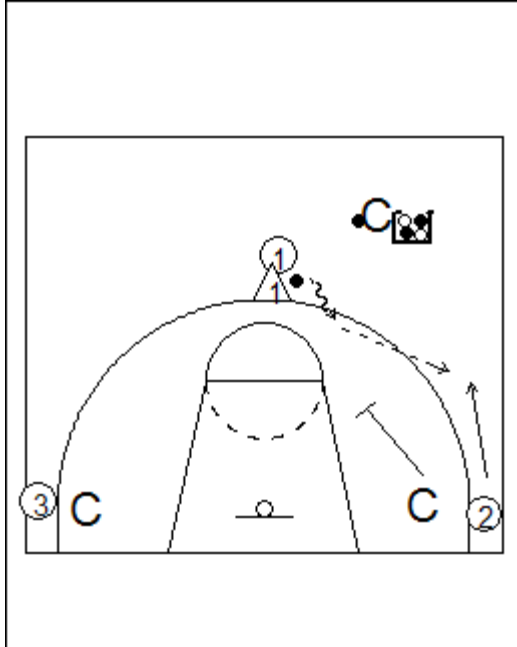
Keep the same positions for a number of rotations.

Progression

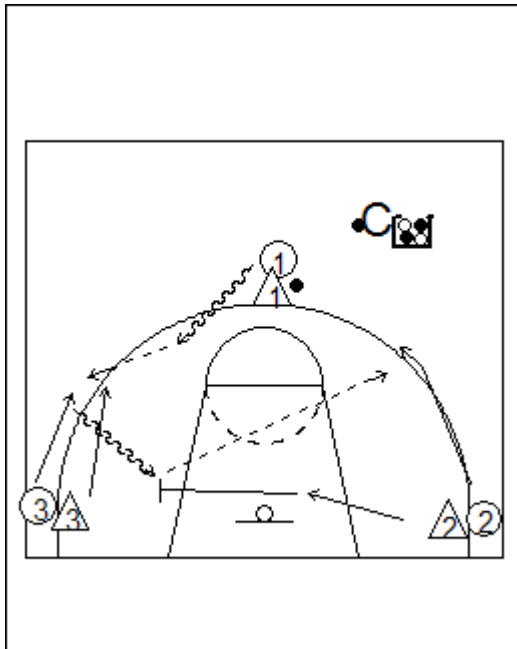
We now add a defender to the guard and guided defense to the wings. Keep the same number of repetitions before switching.

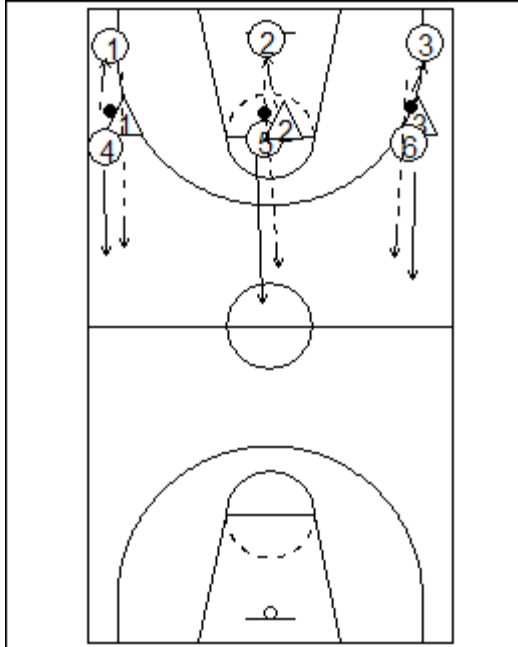
Reads:

- wing entry if early help
- back door if see elbow
- Drive if wing denied and can beat your defender.

**Progression**

Now play 3 on 3. #1 keeps returning for the ball from the coach. Stay on offense for at least 3 possessions.





Long throws

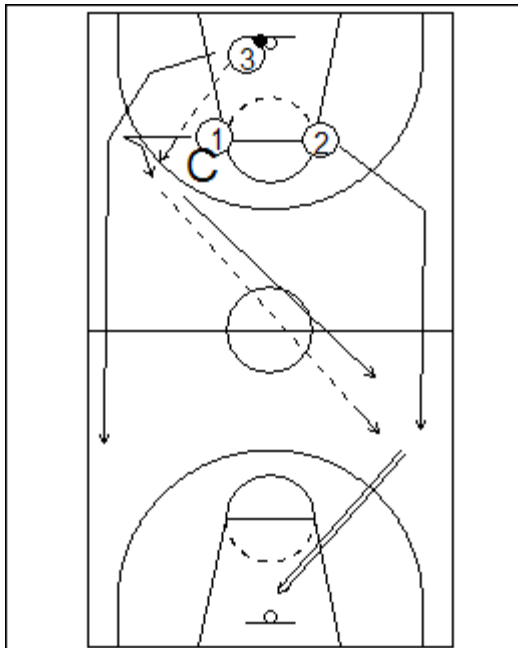
The defender starts with a pass to the long passer. The offense and defense start to run long. A long one hand pass is completed.

Keys

- The ball must be over the shoulder.
- Only one arc in the pass. If thrown from below the shoulder the ball will arc up and down making it a slow pass.
- There should be an angle to the pass. It is difficult to throw over the top and catch.

This drill is done from a standing still and then from the dribble.

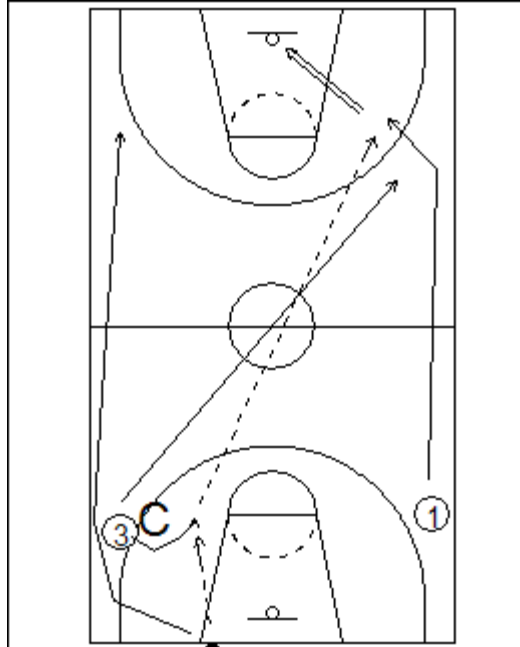
For younger players they can throw the football pass (two hands) on the left side.



Outlet pass and long diagonal

#3 starts by touching the ball off the backboard (forces him to extend). Throw an outlet pass to #1 who throws the long pass to number #2 who scores the ball.

#3 sprints to become the next outlet, #1 cross the court to become the next scorer.



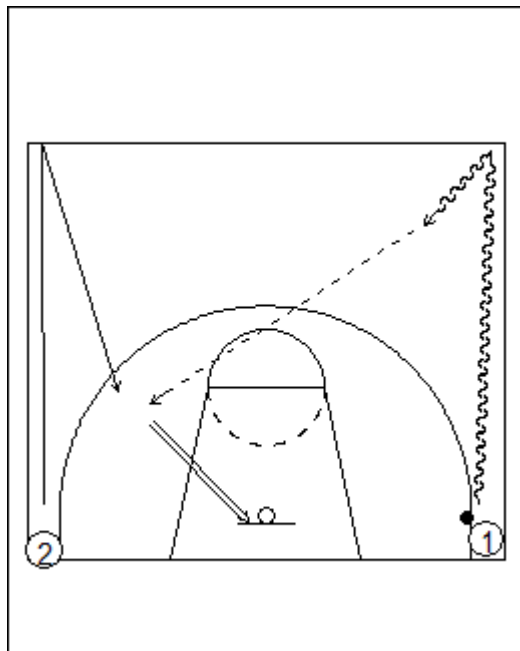
51

#2 inbounds the ball to #3 who passes long cross court to #1 who scores the ball.

The players rotate one more time so that each player has played each position once.

Add guided defense.

- An assistant coach who plays in the passing lanes. Sometimes up, sometimes back. Force fakes or put it on the floor.
- Deny the outlet or inbounds pass
- Play defense on the scorer, sweep and go, stop and shot



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Dribbling passes

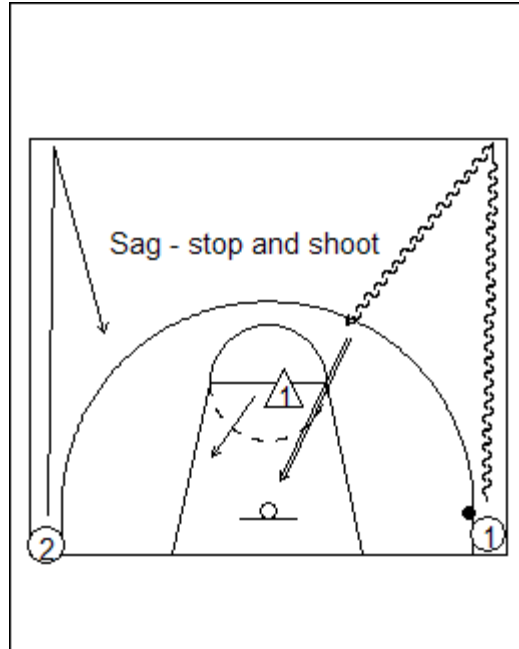
One hand shoulder pass

#1 dribble to half, reverses direction and attacks the elbow. #2 mirrors the movement and runs the outside lane. The pass is made with one hand off the dribble. Take the ball quickly to the shoulder and pass. The elbow must be up to prevent a low pass.

Reason

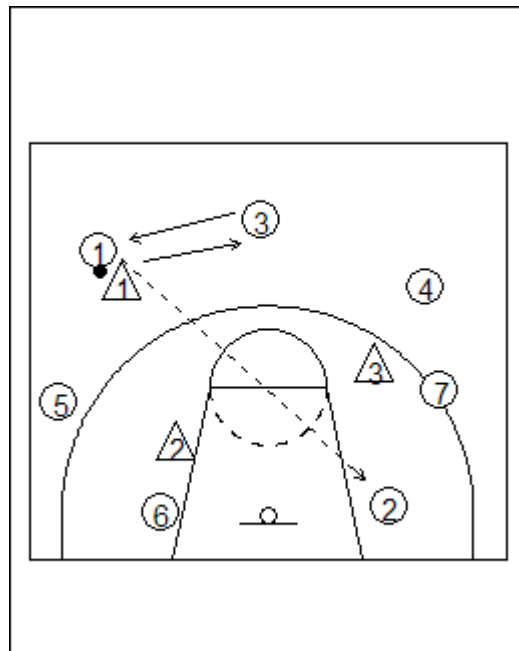
Teams are taught internationally to close hard when they see the second hand move to the ball. This allows a quicker pass without pressure. Also help defenders can start to recover when they see the second hand move to the ball.

One hand shoulder pass with defense



X1 now give a read. If defense comes make the pass. If sags stop and shoot.

Bull in the ring



Spread out the team in a big circle. Can vary the number of defenders. Could also use two smaller circles. If 5 players on the outside of the circle 2 defenders. If more than 5 can have 3 defenders.

Rules

- cannot pass to someone beside you
- after passing immediately trade places with someone beside you.
- Turnover or violation of rule one and two switch with the defense.

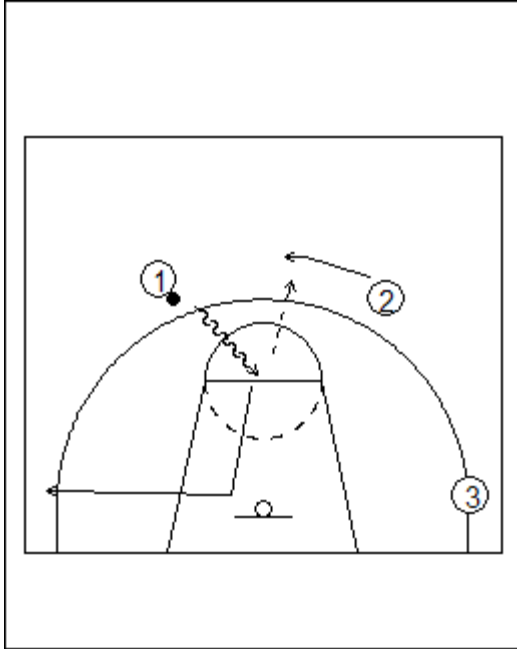
Good fun drill for the whole team. Works on fakes and passing against pressure.

Rugby passes

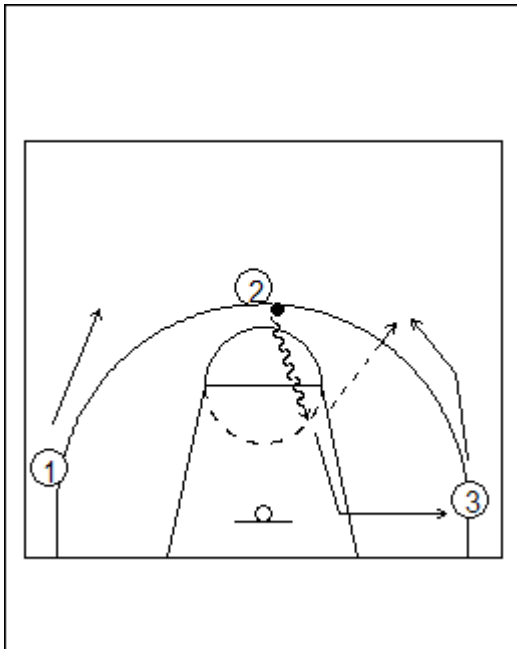
3 on 0

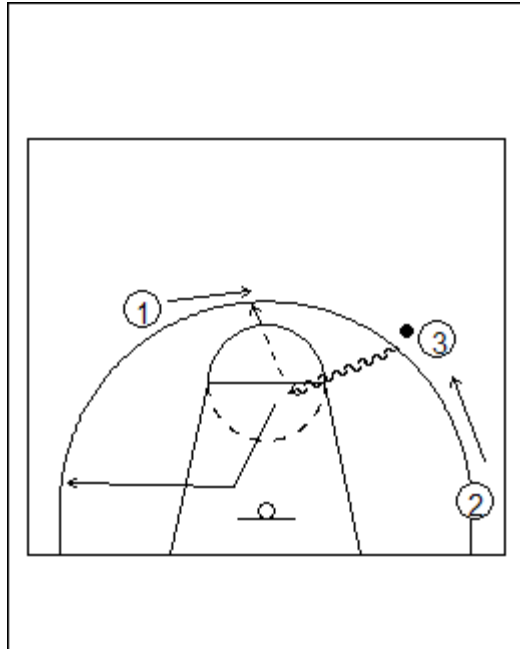
Start with a two guard front. Punch to the middle draw the help defense. The other guard I-cuts behind.

After passing #1 cut to the basket and then out to the opposite corner. (enlarge the defense)



#2 now punches the middle. #3 I-cuts behind the defense. After passing #2 cuts to the basket.





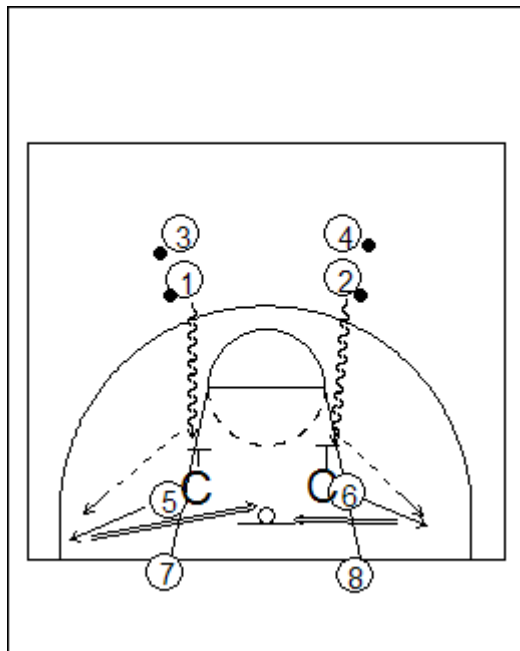
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#3 now penetrates the middle. #1 rotates behind. After three weaves look to score.

To make it conditioning have the players outlet the ball and transition to the other end of the floor.

To teach rebounding. Anyone above the foul line stays for defensive balance. People below go for the boards. (Another reason for rotating behind on penetration. If you slide to the corner you can end up with your entire perimeter too low.)

The next progression is to add guided defense and then live defense.



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Advanced penetration passes

These passes are for advanced players.

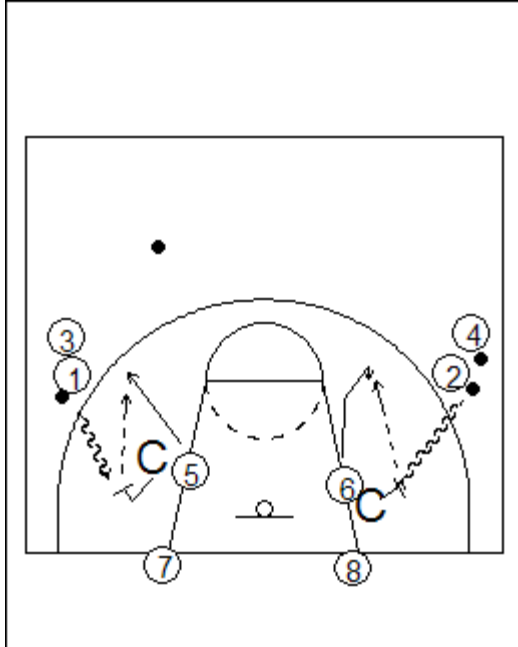
Side penetration

The top player attacks the wing. When help comes #1 throws a behind the back pass to the post stepping to the short corner or throws a high hook if the hands are down.

Baseline penetration

On the penetration throw the behind the head pass or high hook.

Concept:
Bounce passes are too slow and allow quick recovery by the defense. Only bounce pass to a player going directly to the basket.



2 on 2

Play 2 on 2 with guided defense. Start by passing the ball to the offense and taking one step to get beaten.

The penetrator must also read when is the time to stop and shoot or continue to drive for the basket. The post player can enlarge by stepping to the corner or shorten by going to the rim on the other side. Read the defense. The coach should guide the defense.

