

2 BALL PAIR PASSING

Setup:

This is a great warm-up drill. Have the players pair up and align them along the baseline and the foul line extended facing each other. Each player has a ball.

Execution:

Players start simultaneously passing the balls to each other. They pass and immediately after receive a ball! Use certain types of passes that complement each other in this setting:

- (1) 1-Handed push pass (right / left)
- (2) Chest pass & bounce pass
- (3) Overhead & chest pass
- (4) Wrap around bounce pass (hook pass)
- (5) Off-the-dribble pass (right / left)

Purpose / Objectives:

- (1) Passing and catching
- (2) Quick hands and accuracy
- (3) Communication
- (4) Concentration

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