

## Two-Line Passing

### *Purpose*

- Breakdown the fundamentals of passing and catching

### *Instructions*

- Half of your players line up, single file on the baseline – the other half line up single file at the free throw line
- A player passes the ball to the teammate in front of him and sprints to the end of the line he just passed to
- Go through different types of passes (20 seconds each)
  - Chest pass
  - Bounce pass
  - Overhead pass
  - Fake low, pass by the ear right hand
  - Fake low, pass by the ear left hand
  - Fake high, bounce pass right hand
  - Fake high, bounce pass left hand
  - Fake chest pass to the left or right, bring it back, over head pass

### *Players*

- All

### *Tips*

- Depending on the number of players, you can have 2 or 4 lines
- Emphasize sharp passes to target hands
- Make sure the receiver is catching the ball in a triple threat stance and calling out the passer's name
- Watch passer's footwork, especially during the pass fake portion to make sure pivot foot doesn't move
- Watch receiver's footwork, making sure feet are shoulder-width apart and catching in a low and wide stance