



Passing

Bounce Pass Drill



Organizational Set Up

Divide group into pairs
One ball between two
Full court



Coaching Points:

In this drill coach Elliott and coach Popovich demonstrate the technique of the bounce pass. Divide your group in pairs. Partners face each other approximately 10 yards apart. On the coach's command, the player practice passing the ball back and forth using the bounce pass.

Coach's Comments:

Now we're going to learn the bounce pass. It's basically the same thing as the chest pass, except you want to hit it about three quarters of the way to the player that's going to catch the pass. And you want to bounce it just right so it will be in a good position to catch it. Your hands should be on the side of the ball, and don't put your hands flat on the ball. It's hard to control it that way.