



Passing/Defense Drills

Passing



- **1. Two-Hand Chest Pass:** Player may work with another player or pass against the wall. The hands are placed on top of the ball and thumbs must be rotated under to get backspin rotation on ball. Good follow-through, stepping into the pass and good speed on the ball are important fundamentals to develop in passing.
- **2. Bounce Pass:** Similar technique to chest pass, but the ball bounces up to teammate. Pass should be caught just below the waist.
- **3. Two-Hand Overhead Pass:** Player puts ball over head and snaps off the pass. This pass is used to outlet the ball long down the court.
- **4. Baseball Pass:** Player steps and throws a long pass just as she would throw a baseball.
- **5. Post Entry Pass:** Player steps around defender and uses low bounce pass to enter the ball into post. This pass also is used without bounce. Use ball fakes low and high to "sell" this pass.

Defense

Stance & Slide

- **Stance**
 1. Feet approximately shoulder-width apart.
 2. One foot slightly ahead of the other -- a straight line drawn from the front of back foot should intercept the arch of the front foot.
 3. Weight evenly distributed on balls of feet.
 4. Knees flexed
 5. Butt down so that chin is directly above the knees (stay low)
 6. Head up
 7. Elbows slightly flexed with arms just outside the body line
 8. Hands positioned with palms up
 - Hands are used to harass player with ball but head should stay up and not dip forward
 - Hands should move in upward direction when harassing (officials are more apt to call a foul if 'slapping down' action is used)
- **Slide**
 1. Feet never touch
 2. Feet never cross
 3. Lateral movement -- defensive shuffle
 - Step with foot in the direction in which you are going (if you are shuffling right, step with the right foot)
 - Opposite foot is used to push off, kept close to the ground, and moved no closer than 12 inches toward the other foot



- **Zigzag Drill:**
 - The player start in a defensive stance, without a ball, at the corner of the baseline and will shuffle towards the foul lane.
 - When they reach the foul lane line they plant their foot nearest the foul lane and open up with the other leg and shuffle toward the sideline.
 - They will continue the process going to the opposite baseline, then sprinting across the baseline and repeating the process going back down the court.

- **Lane Drill:**
 - Player begins at box on the lane
 - He slides up the lane, pivots at free throw line, slides across the lane, back pedals to the box and slides back across the lane to the box he began at.

- **Wing Deny Drill:**
 - The offensive player may only use half the court to try to get open.
 - The defensive player is on the right side of the court, right hand up in the passing lane and left arm up with forearm blocking offensive player and any attempts at offensive backdoor move.
 - Defensive player makes the offensive player run into the forearm in order to slow down the backdoor move.
 - If offensive player gains possession of the ball, then the pair plays one-on-one on that half the court.
 - When the offensive player is on the left side of the court, then the defensive player should have the left hand in the passing lane and right forearm up.