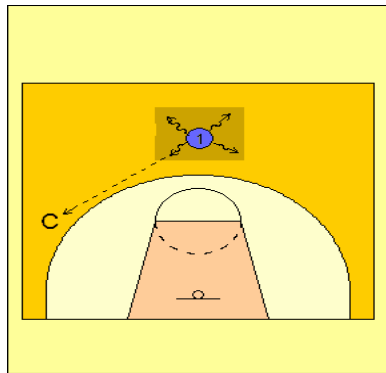


## Guard Skills – Passing & Decision Making on the Move

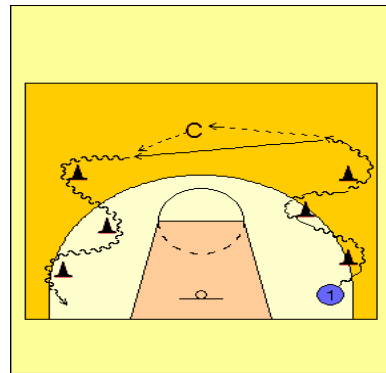
The skills of passing and catching on the move remain a significant area of deficiency with the junior ranks and are areas that many coaches find difficult to teach and drill.

The ability of guards and perimeter players to penetrate with their head up and make intelligent scoring or passing decisions is such an integral part of the game, yet often under-taught and rarely drilled.

This series of simple drills, involving 2 players and coach, provides some ideas for improving this area and expanding the skill package of perimeter players, in particular guards.



**Parker speed pass**



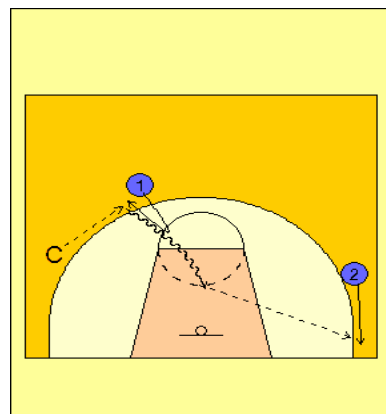
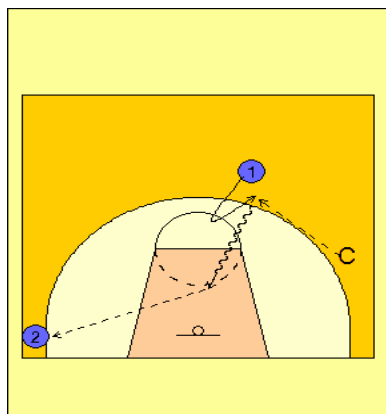
**Circuit to pass drill**

### **Drill One – Parker Speed Pass**

- ✚ Athlete has the ball in the middle of the floor, coach situated on the wing
- ✚ The athlete must handle to the ball at speed in an area one metre square, executing all crossovers in a low stance
- ✚ On the command of the coach, the athlete must make a firm, flat pass as quickly as possible to the coach
- ✚ Build to making a one hand pass straight from the dribble to the pass, drill right and left hand

### **Drill Two – Circuit to pass drill**

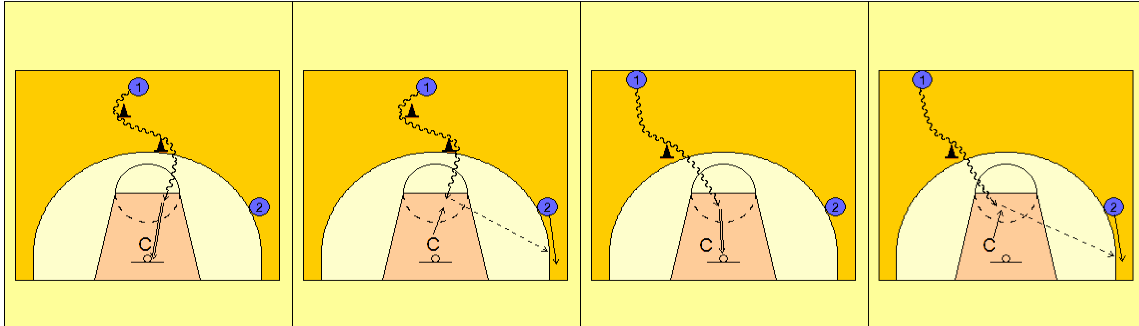
- ✚ Athlete starts at the base-line and dribbles at speed through the circuit, executing crossovers at each cone
- ✚ As the athlete gets to the last cone, make a firm, flat pass to the coach and sprint past to get the ball back
- ✚ Dribble through the second circuit at speed
- ✚ Emphasis on being quick from the dribble to the pass



**Middle penetration drive & kick**

### Drill Three – Middle penetration drive and kick drill

- ✚ Guard receives the ball from the coach and rips the dribble through middle
- ✚ As the handler reaches the “dotted D”, make the pass quickly from the dribble to a stationary player in the corner
- ✚ Drill with handler making firm, flat chest pass, build to one hand pass straight from the dribble
- ✚ Once the handler can consistently find the stationary target with a flat pass, have the receiver now making a cut
- ✚ Emphasis on having eyes on the rim on penetration, staying low and being quick from the dribble to the pass



Turn the corner command drill

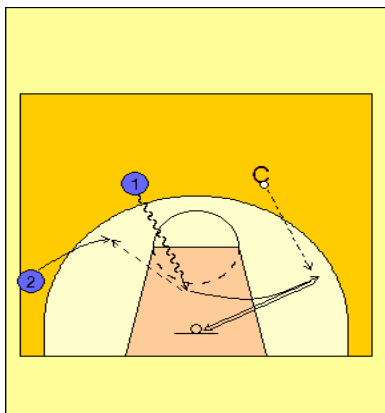
Middle flow command drill

### Drill Four – Turn the corner command drill

- ✚ Guard beats the first cone, then turns the corner around the second cone
- ✚ If the coach stays under the basket, the guard pulls up for a shot
- ✚ If the coach moves forward, the guard kicks out for the shooter opposite
- ✚ With younger players, the coach can simply yell a “command” for the guard to react to
- ✚ Works on penetrating with the eyes up and assists with decision making

### Drill Five – Middle flow command drill

- ✚ Similar to above, with the guard now beating the cone to the middle after a hesitation move off the “live” dribble
- ✚ Again, the coach makes a movement to force the guard into a shot or pass decision OR the coach can yell a command



Drive, kick and cut drill

### Drill Six – Drive, kick and cut drill

- ✚ Guard penetrates middle and passes to shooter filling behind
- ✚ After the pass, guard cuts to an open area to receive 2<sup>nd</sup> ball from coach for the catch and shoot
- ✚ Drills moving after penetration
- ✚ Emphasis on “what’s next?” – second efforts and continual movement