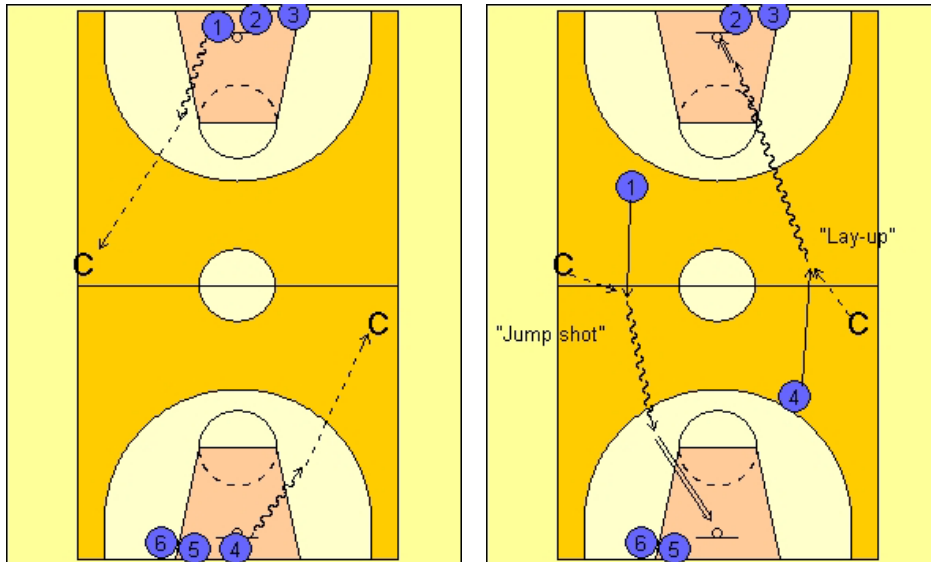


Carolina Catch & Pass Full Court Conditioning & Warm-up Drill



- Groups at either end, up to 3 balls at either end
- Coaches on both sides of the court, around the time-line
- Players with ball dribble hard and make firm flat pass to the coach
- The player then runs hard to receive the ball back from the coach, showing a target hand
- As the pass is thrown, the coach will nominate a shot or move for the player to execute at the other end
- These can include a lay-up, reverse lay-up, bank shot, foul line pull-up, 3 point shot or move off a crossover dribble down the middle
- Emphasis on firm flat passes, showing a target hand, catching the ball at speed and staying low throughout
- Can be used as a warm-up or conditioner, 6 minutes at speed is about optimum, 3 minutes each way