



# LESSON #6

**FUNDAMENTAL SKILL:** Passing and Receiving

**LIFE SKILL:** Communication

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

## Warm Up Activity:

### *Flinch*

- Players form a circle and the coach (the flinch master) stands in the middle with a ball
- The players making up the circle should stand about 8-10 feet away from the flinch master
- The flinch master passes the ball to each player in the circle in no particular order
- This is an elimination game and the flinch master gets players out by pump-faking a pass
- All players stand with their hands by their side and are eliminated if they flinch when a pass is not made, or if they drop the ball when it is passed
- The last player standing becomes the new flinch master

## Lesson #6 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Explain the importance of communication in basketball and in day-to-day life, discuss different methods of communication
- **Fundamental Skill:** Passing and Receiving
- **Goal:** Pass the ball to a target using proper chest, bounce, and push pass; Control the ball on reception

## Teaching Progression: Passing

### *Chest Pass*

- Start in triple threat position, identify target, call name of receiver
- Hold ball close to chest with two hands
- Fingers point to target, keep elbows close to sides, take one step towards receiver
- Extend arms forward at chest level, snap wrists
- Follow through so palms face outward and thumbs point to floor

### *Bounce Pass*

- Start in triple threat position, identify target, call name of receiver
- Hold ball close to chest with two hands
- Fingers point to target, keep elbows close to sides, take one step towards receiver
- Extend arms forward at chest level, snap wrists
- Follow through so palms face outward and thumbs point to floor
- Bounce ball 2/3 of the distance to receiver

### *Push Pass*

- Start in triple threat position, identify target, call name of receiver
- Ball in front of lead foot hip
- Shooting hand is behind ball, non shooting hand on side of ball (same as shooting)
- Step forward on to front foot, push ball towards target with shooting hand
- Wrist snaps and follows through, fingers and thumb point at the floor



*Overhead Pass*

- Start in triple threat position, identify target, call name of receiver
- Hold ball over the top of head with two hands
- Take one step towards receiver, extend arms forward over head level, snap wrists
- Follow through so palm face outward and thumbs point to floor
- Return to triple threat position

*Receiving*

- Receiver gives a target hand
- Hands move to a position to receive ball, fingers pointing upwards with hands close together
- Eyes trace flight of ball, see ball into hands
- Hands cushion ball on reception, bringing ball in towards body
- Player gets into triple threat position on completion of reception

**Activity:**

*Partner Passing*

- Players in partners, 6 ft apart, one ball
- Players in Triple Threat Position facing partner
- Player with ball calls name of receiver, receiver gives target
- Player with ball passes to receiver
- Repeat, with partners passing back and forth 10 times
- Start with chest pass, then repeat passing with a bounce pass, overhead pass, and one-hand push pass (right/left)
- >> **Load:**
- Repeat, increasing distance between partners by 2 ft

*Two Man Passing on the Move*

- Players in partners, 6 ft apart, one ball
- Facing each other, partners chest pass the ball back and forth while shuffling down the court
- Repeat with bounce pass, overhead pass, push pass (left/right)
- >> **Load:**
- Use 2 balls

*Keep Away*

- Players spread out on court
- Two players are defense and their goal is to get the basketball
- The other players must use all 4 passes to try and keep the ball away from the defense
- There is no dribbling allowed
- If defense intercepts the ball, they switch with the player who passed it

**Introduce and Play Modified Game:**

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

**Wrap Up:**

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

**Post Lesson Tasks:**

- Coaches debrief