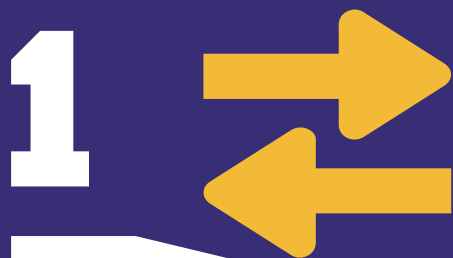




SKILLS PROGRAMME

PASSING with Stefan Zecevic



CHEST PASSING

Hold ball in 2 hands and select a target on the wall, step forward as you extend arms and push through the ball, snapping your wrists so thumbs end up pointing at the ground.



BOUNCE PASSING

Similar technique to the chest pass except pass ball into ground so it bounces and hits your target on the wall.



ONE HANDED PASSING

Select target on the wall and try to pass and receive ball back using only one hand. Try go as fast as you can then switch to your other hand and do the same.



POST ENTRY

Have a cone or chair to act as a defender and work on protecting the ball as pivoting around the defender and throwing a bounce pass to your target on the wall.



PASSING ON THE MOVE

Start 10-15 feet behind the cone, dribble towards the cone and make a move to beat the defender going right or left then completing a pass off the wall where you selected a target



ONE HANDED PASSING OFF DRIBBLE

Dribble the ball for a few steps then grip and pass the ball off the wall using only the hand you were dribbling with. Try to make it one smooth motion from the dribble into the passing action. Try it with right and left hand!

Check out Stefan Zecevic's video tutorial for all the drills here:

www.youtube.com/BasketballIreland

Download all 3 full Green Shoots books at www.BasketballIreland.ie

All those taking part are reminded to adhere to the HSE guidelines on social distancing. These challenges are for young players to try in their own home/place of residence.