



General: Caterpillar Passing

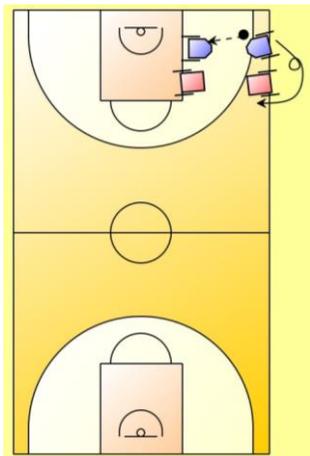


FIGURE 1

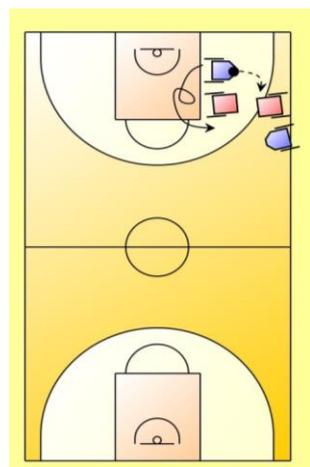


FIGURE 2

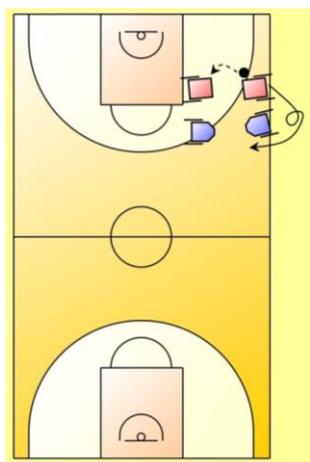


FIGURE 3

OBJECTIVE: To develop passing and receiving skills, and the U-turn movement skill.

Setup: Players form 2 lines about 2-4m apart facing each other. Use 4 – 6 players.

Instructions:

1. Player at the end of line by the baseline starts with the ball.
2. Start by passing the ball across to the player closest to the baseline in the other line. (Figure 1)
3. After passing the ball, back up and do a U-turn then sprint to the front of the line.
4. The receiver of the pass now passes across, does a U-turn and sprints to the front of their line. (Figure 2)
5. Continue until the far baseline is reached, then repeat coming back in the other direction.

Activity Rules / Games Approach:

- Passer and receiver must call each other's names.
- Coaches should have a spare ball in case a pass goes astray.

Coaches Key Points:

Passing:

- Players should call names of receiver and passer on each pass.
- Receivers should absorb the ball with full hand and finger pads.

U-turn:

- Players should pull back on an angle until axle is in the back of player beside you. Spin out and drive forward aggressively.

Variations/Loading:

- Add a second ball to speed up the passing pressure.
- Require a certain type of pass (e.g. one hand, push pass, hook pass, overhead pass, etc.).
- Race against another group to complete a certain number of passes.
- Time how long it takes to complete a certain number of passes, then go again to try and beat that time.

Mental:

- Players should maintain a broad external focus to call names and manage the basketball.
- Use energy cue word for powerful U-turns.