



PASSING TEACHING POINTS

PUSH PASS:

- Protect the ball in Triple Threat position
- Create a passing lane with ball fakes and using your pivot foot
- Step or twist for more power
- Push the ball w/ same arm action as a shot
- Finish with fingers down
- When making a bounce pass, push the ball 2/3 of the way to the player receiving the pass.



OVERHEAD PASS:

- Protect the ball in Triple Threat position
- Create a passing lane with ball fakes and using your pivot foot
- Step or twist for more power
- Pass by extending the arms and finish with flexing the wrist
- Overhead pass could be for a lob or straight pass.

