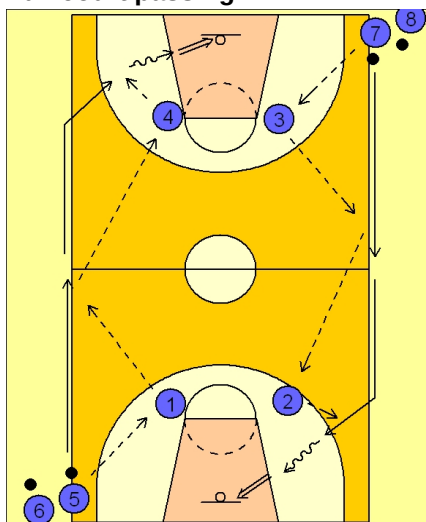


Full court passing



*4 or more players with a ball in two corners of the court.

4 other players at the elbows of the buckets.

Goal controlling the pass and pass distance at various speeds and passing distances.

Player 5 passes to player 1, 1 passes back to 5, 5 passes to 4 and receives the ball back.

At the end player 5 makes a shot or lay-up, rebounds his/hers own ball and starts the same drill on the other side.

Player 1 to 4 stay at their place at the elbow for 1 minute after that they rotate with the other players.