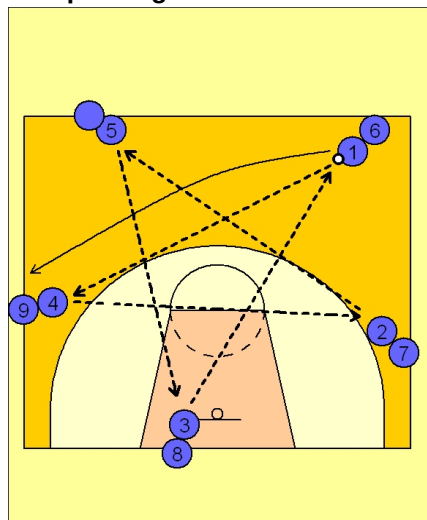


Star passing



*A great warm up to drill to get players moving, talking and lots of passing repetitions.

Players are in 5 short lines spread across a half -court as shown. Players can start the drill by passing to one of the two lines directly across from them. After each pass, the player should follow their pass and sprint across the floor to that line. The ball follows a star pattern across the floor. Coaches may choose to focus on any type of pass. Try to start with a standard chest pass and move to overhead passes, or one handed pass or the dribble.

Key habits to emphasize:

1. Stay low and step into each pass.
2. Passes should be crisp and on target.
3. Receivers should step toward the ball on the catch.
4. Receivers give a target with their hands and call for the ball.
5. Passers call the name of their teammate.

Variations:

- A. Gradually add more balls and up the pace of the drills.
- B. Begin with a certain dribble move before passing the ball
- C. Have one player be the "leader" and the others copy the exact pass or move they do with each pass.
- D. Keep score of perfect passes within a certain period.

