

Mike MacKay - Manager of Coach Education and Development
Hot Potato



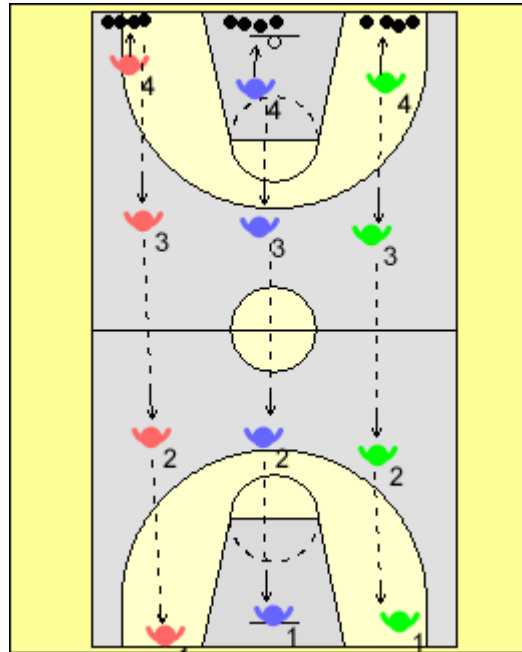
This is a progressive passing relay that works very well with young children, but can be quickly advanced into an excellent passing drill vs. pressure for players of all ages. The game's approach adds a sense of urgency.

Divide the team into four groups and line them up as shown in the diagram. You may find with younger players that the distance is too great and you may want two lines of six players. Each team has four balls on the baseline. The object is to see how quickly the four balls can be passed to the other end of the floor.

This will take communication and teamwork. The first player will often want to pick up a ball and pass it without waiting for the next player to be ready. The middle people must remember to quickly pivot and look for the next pass.

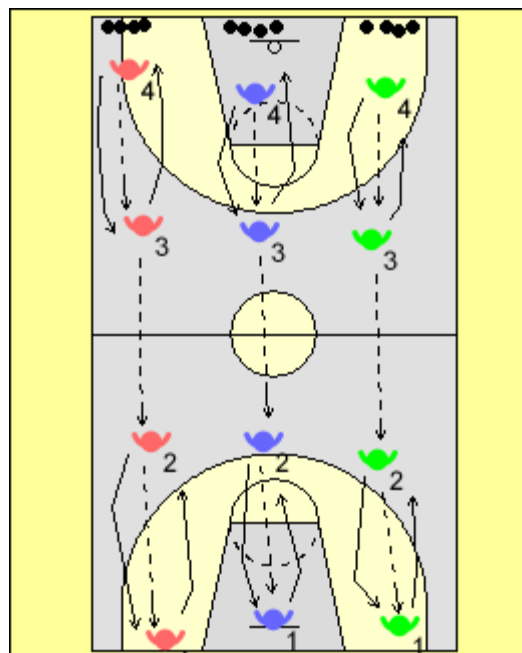
Load

- ❑ pass down and back
- ❑ use different types of passes



Pass and move

This time after passing #3 and #4 must trade places as do #1 and #2. This builds the concept of moving after passing. It also adds to the timing and communication.

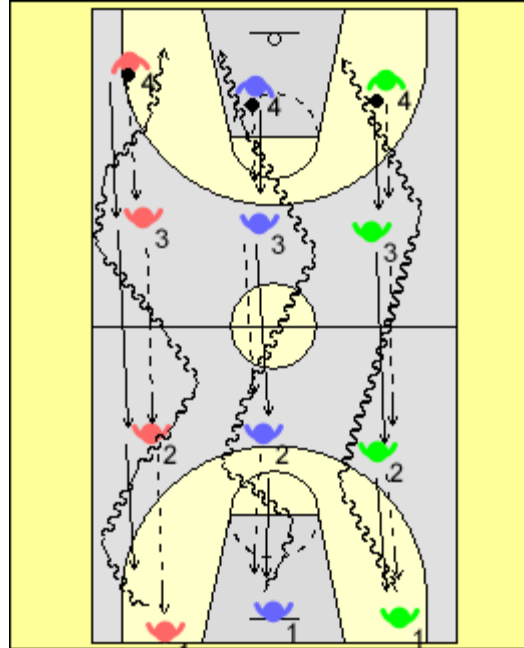


Pass move dribble weave

The players only need the one ball per group for this activity. The ball is passed and the players follow their passes to fill the spot of the person they pass too. When the last person receives the ball he /she dribble weaves back through the other players to the first spot. Go until the first passer returns home.

Load

Make it live defense on the dribbler. The players guard in the ball handler in their zone of the grid.



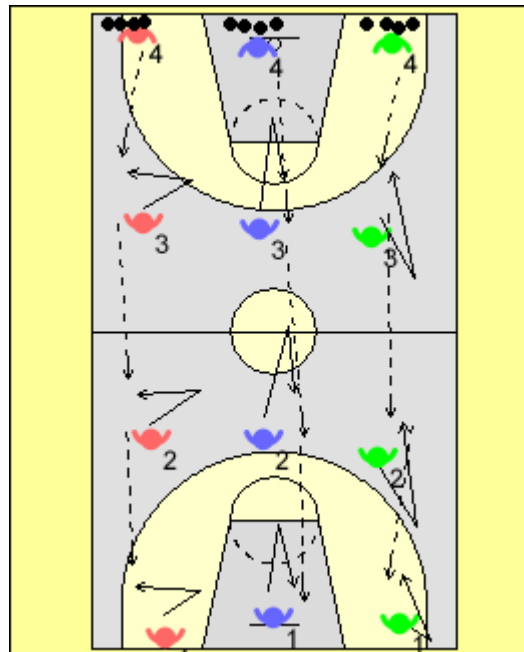
Misdirect

Now the players must do a miss direction cut before receiving the pass. This builds in faking, leading, stopping and pivoting.

There are four beginning miss directions the players can make:

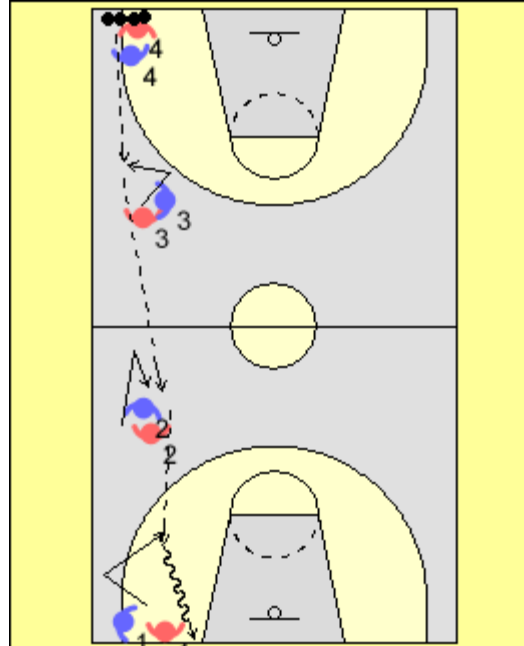
- ❑ fake left go right
- ❑ fake right go left
- ❑ fake long come back to the ball
- ❑ fake coming back go long

Have the players use a different misdirection for each of the four balls.



Hot Potato vs. Defense

Now one of the teams comes over and plays defense (the spare team can practice or give energy to the group). The coach times the time and number of balls the team can get to the other baseline. The last player must dribble the ball across the baseline and set it down. Call travels and five second counts as turnovers. You decide if you want to allow dribbles.



Use the grid

Now the players use different areas within the grid. The balls must still be advanced down the floor. This creates different angles and timing problems.

