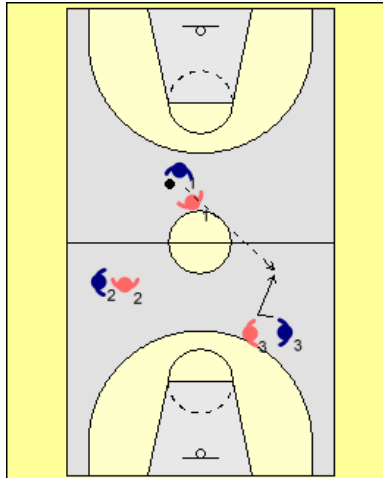




Keep Away

This is an age old drill that has been run by coaches for generations. It is effective in teaching players how to pass and move without the ball. Here are some various versions of keep away.



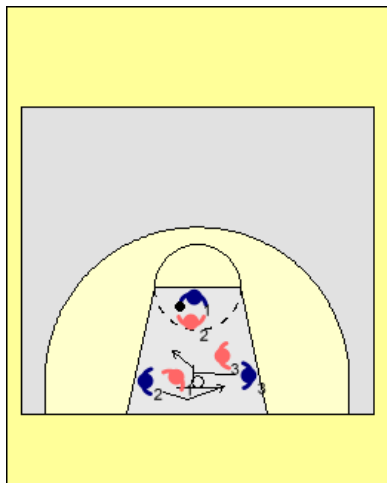
Warm up games

20 passes

Divide the players into two teams. The team must complete 20 passes in a row without a fumble or turnover. If the defense knocks the ball down or the pass is incomplete it becomes their ball.

Load the drill

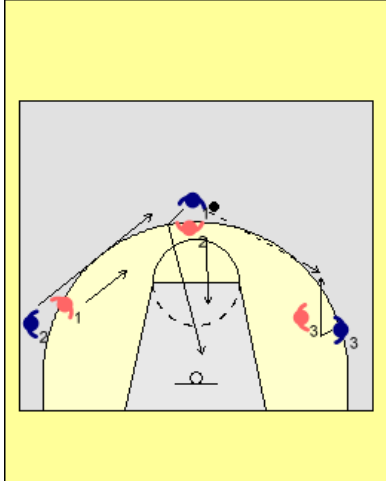
- Have the players call out the number of the shot
- String together dribble-pass-pass sequence. Each sequence counts as one point.
- Everyone has a ball. Use another ball to pass. Works on dribbling with the head up.



Keep Away in a Small Space

Two teams of three plays keep away inside the key.

Players must work on passing in tight spaces. Pass opposite the defense. Make use of screen and face ups. Defense works on defending screens.

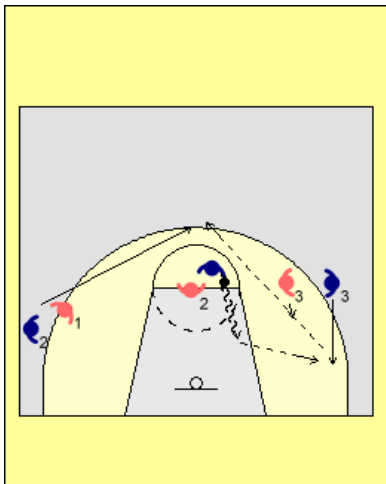


Keep Away in Big Space

All passes must be caught in the key or outside the three point line.

Load

- Only counts when you square to basket.
- Catch in paint play live



Penetrate Rotate Pass Pass

How many penetrate-pass-passes can you string together? Score a point for each sequence.

This is very difficult because the player driving is not allowed to score; therefore the defense does not have to help on the drive. The dribbler does not pick up the ball until someone is open for the pass. The players without the ball must work to get open:

Full Court Passing Game

Play the game of basketball in the full court with no dribbles.