

Four Corners Passing

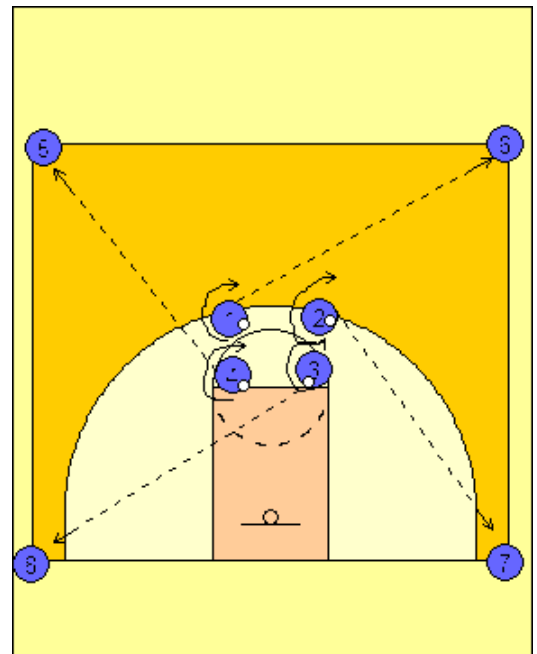
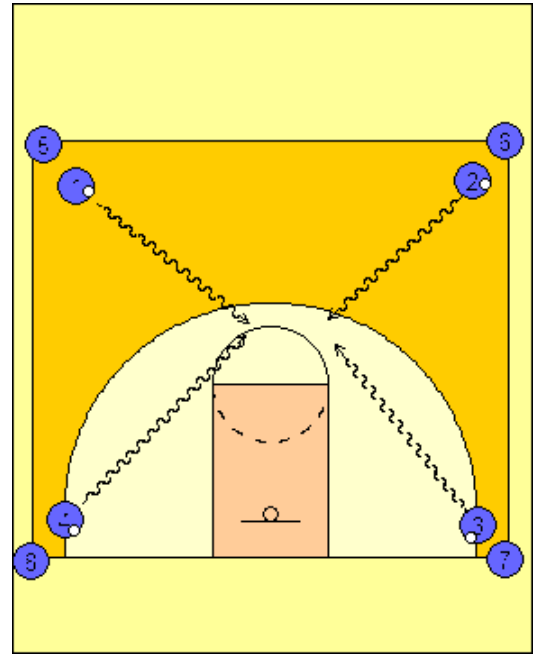
(Age Level – Junior High +)

Drill Purpose

This drill is designed to help your players develop great footwork while incorporating some passing into the drill.

Instructions

1. Have your players split up and go to all four corners of one half of the court.
2. Before the whistle, the coach will call out which pivot he/she wants (right, left).
3. On the whistle, the first player in each line will dribble a basketball towards the middle of that half of the court.
4. Then the players will execute the pivot the coach said to use.
5. After completing the pivot, the player should be facing one of the four corners. The player will then pass the ball to the next player in line and follow the pass to the back of that line.
6. Continue this drill until you feel it is being performed correctly. Ideally, the players will be in sync throughout the drill.



Points of Emphasis

Continually tell your players to...

- Make sure they are pivoting and not traveling. One foot must be planted at all times!
- Make a crisp pass to the next person in line – bounce pass or chest pass.

Motivation / Teaching Tips

Tip #1 – After the players get the hang of this drill, you could see how many passes they can make in 30 seconds to keep the drill competitive and fun. You can also see how long they can go without dropping the ball and reward the winning group.



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