



TRAINING ZONE

PRESENTED BY



PASSING

► DRILL OVERVIEW

- Proper passing fundamentals are key so that you can be the best teammate possible. You will need a basketball and a wall you are able to practice off of. The passes fundamental to wheelchair basketball are: chest passes, bounce passes, baseball/overhand passes, and hook passes. Remember it is equally as important to practice catching, as well!

● BEST PRACTICES

- Follow through with power on passes.
- Hands should be pointing at the target when the ball is released.
- Practice passes with both hands.

★ MODIFICATIONS

- If you don't have a partner, use a wall and create a target.
- If you don't have a basketball, use a different ball to work on your passing accuracy.