



Passing and Pivoting

Skills and Drills

Passing & Pivoting fundamentals

Chest pass <https://youtu.be/Eclsfy94tDE>

Bounce pass <https://youtu.be/JOMzkwkY-BY>

Jump stop https://youtu.be/Jv7oFJ_VCxs

Forward Pivot <https://youtu.be/3GPNfqlzs9Y>

Reverse Pivot <https://youtu.be/5DgXrx7ZkHU>

Passing & pivoting drills for beginner players

Stationary Partner passing <https://www.youtube.com/watch?v=HL6KBD31-zQ>

Partner passing chest pass <https://www.usab.com/basketball/media/videos/2014/12/partner-passing-chest-pass.aspx>

Partner passing bounce pass

<https://www.usab.com/basketball/media/videos/2014/12/partner-passing-bounce-pass.aspx>

Pass and follow drill 1 <https://www.youtube.com/watch?v=UxN-i7WnOGs>

Pass and follow drill 2 <https://www.usab.com/basketball/media/videos/2014/12/pass-and-follow.aspx>

Line passing chest pass <https://www.usab.com/basketball/media/videos/2014/12/line-passing-chest-pass.aspx>

Line passing bounce pass <https://www.usab.com/basketball/media/videos/2014/12/line-passing-chest-pass.aspx>

Pivot drill <https://www.usab.com/basketball/media/videos/2017/02/pivoting.aspx>

Jump stop, pivot and pass drill <https://www.youtube.com/watch?v=jgqdv9ySjYM&t=40s>

Dribble pivot pass <https://www.usab.com/basketball/media/videos/2017/02/dribble-pivot-pass.aspx>

Passing drills for developing players

Overhead pass <https://www.usab.com/basketball/media/videos/2017/02/stationary-passing-overhead-pass.aspx>

Wrap around bounce pass
<https://www.usab.com/basketball/media/videos/2017/02/stationary-passing-wrap-around-bounce-pass.aspx>

Partner passing one hand pass
<https://www.usab.com/basketball/media/videos/2014/12/partner-passing-one-hand-pass.aspx>

Line passing one hand pass <https://www.usab.com/basketball/media/videos/2014/12/line-passing-one-hand-pass.aspx>

Baseball pass <https://www.usab.com/basketball/media/videos/2014/12/baseball-pass.aspx>

4 corner passing/pivot drill <https://www.youtube.com/watch?v=TZUJYK7i8bA&t=50s>

Star passing drill <https://youtu.be/2CdWPEiEJlY>

Pivoting drills for developing players

Ball security drill – square up, rip & pivot <https://youtu.be/PMrRpbq4OnI>

Pivot with a step out <https://www.usab.com/basketball/media/videos/2017/02/pivot-with-a-step-out.aspx>

Pivot with a step through <https://www.usab.com/basketball/media/videos/2017/02/pivot-with-a-step-through.aspx>

Passing on the move

2-line chest pass <https://www.usab.com/basketball/media/videos/2014/12/full-court-passing-chest-pass.aspx>

2-line bounce pass <https://www.usab.com/basketball/media/videos/2014/12/full-court-passing-bounce-pass.aspx>

Side centre side <https://www.usab.com/basketball/media/videos/2017/02/passing-with-two-players-on-the-move-side-center-side-passing.aspx>

3 lines 2 balls with dribbling <https://www.usab.com/basketball/media/videos/2014/12/3lines-2-balls.aspx>

3 player weave <https://www.usab.com/basketball/media/videos/2014/12/3person-weave.aspx>

Four corner passing <https://www.usab.com/basketball/media/videos/2017/02/passing-with-one-player-on-the-move-four-corner-passing.aspx>

Passing in transition

Full court 3 on 2 <https://www.usab.com/basketball/media/videos/2017/02/passing-in-advantage-situations-full-court-three-on-two-blitz.aspx>

Full court 2 on 1 <https://www.usab.com/basketball/media/videos/2017/02/passing-in-advantage-situations-full-court-two-on-one.aspx>

Half court 2 on 1 <https://www.usab.com/basketball/media/videos/2017/02/passing-in-advantage-situations-half-court-two-on-one.aspx>

Half court 2 on 1 (2) <https://www.usab.com/basketball/media/videos/2017/02/passing-in-advantage-situations-two-on-one.aspx>

Half court 3 on 2 <https://www.usab.com/basketball/media/videos/2017/02/passing-in-advantage-situations-three-on-two.aspx>