

Basketball

**Seminar: Passing and catching
without moving**

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Since this is the seminar about ways of passing in basketball, we would like you to show you how much is passing actually important in teamplay during a basketball play through one simple quote:

„Passing and catching are offensive team skills, while dribbling is an individual offensive skill; therefore the pass should be the primary offensive weapon.“ , Ralph Miller, Hall of Fame Coach

Although this quote is not primarily just for passing but for the whole meaning of ballhandling, you can still put out the importance of good passing.

In this seminar we won't try to explain all ways of passing, just passing from the place, without moving.

In order to make this seminar simpler as we can, we will try to follow some sequence of explaining „new“ things.

So sequence should look like this:

1. Importance of passing and catching (because catching comes along with passing)
2. Passing principles
3. Types of passes (the ones we learned during our theoretical practical lectures : chest pass (chest bounce pass), overhead pass, push pass and finally baseball pass)
4. Catching principles
5. Mistakes while learning new passes
6. Methods of learning new passes

1. Importance of passing and catching

So why is a good passing knowledge that important in basketball play? What advantages does it brings? Who is the worlds best passer in basketball today?

All that we will try to explain here. To some world experts in basketball, passing and catching are *neglected fundamentals*, in other meaning, coach don't work that much on those skills with their teams. What are the problems that are coming with untrained passing and catching?

As they say, player have to develop these skill in order to mount a successful team offense. They are also the best tool for controlling then game tempo in offense. If you can control tempo of the game, you have a big advantage against opposite team.

Also we could say that assists and final score are closely connected with passing.

Example. If you score points with assist, it is called scores from assist. Then if you compare the numbers of scores during basketball game between assist scores and a scores from dribble drive (individual plays) you'd see the big difference.

In other meaning, the team scores should always exceed individuals scores!

What we get in offense of passing that helps us to score easier?

The main thing we get is quickness. Quickness of moving the ball in order to break down the opponents defense. If you are able to break down opponents defense you should be able to score easy points. So we could call passing and catching the primary weapons of basketball play.

Who do we count as best pass players during last one, two or three decades, and why are their names so important?

They are important for history of basketball because with their knowledge they weren't good only as individuals, they were or still are the ones that make best teamplay. There are few names like Earwin „Magic“ Johnson, John Stockton and Steve Nash but can look more of them in the different literature.

2. Passing principles

There are some principles that can make our passes much more efficient. They are also counted as fundamental elements of passing, and we can count there here:

-Feet on the floor: Pass with the feet on the floor in most situations. Pass with a quick step for quickness

-**Quickness**: The ball must be passed quickly, before defender has time to react. The pass should be snappy and crisp, but not too hard or too easy.

-**A target**: Each pass must be thrown accurately to a spot target

-**Timing**: The ball must be delivered when the receiver is open, not before or after

-**Deception**: The passer must use deception to confuse the defender, who is reading the passer and anticipating the pass

-**Shorten all pass**: by meeting or coming toward the ball

Furthermore, player should always visually locate teammates as well as defenders. While in triple-threat position players should survey the whole court in order to know which pass should be the best.

3. Types of passes

There are four types of passes that we learned on our theoretical practical lectures, and those are:

- Chest pass (chest bounce pass)
- Overhead pass
- Push pass
- Baseball pass

Now few words about each pass that are significant for this passes.

Chest pass – This is a basic air pass, usually the most used pass even in the NBA. Firstly, we are in basic stance position holding the ball in front of us but close to the body. Our ring finger, or the fourth one counting from thumb should be in the center circle of the ball and thumbs should point up. After that we make circular movement to the body and then comes

extension of the elbows and pronation (rotation inward) of the arms to a thumb down ending position. Last contact with the ball should be with our fingertips. Players should also take a short and fast step forward, although pass without step is quicker.

Overhead pass – very useful pass if we are try to pass ball to the other side of floor and it is especially efective against zone defense. In order to make the pass correctly we are in basic stance position again, same as in the chest pass and then we are moving our the ball over our head, but not behind, but little in front of our head. Arm should be extended and thumbs pointing back and then we push the thumbs through the ball and finishing with them forward. In this pass ball should be thrown to a higher targer, usually the targets head. For more power player should take a step forward.

Push pass – the most important offensive pass, it's a quick pass used to pass through or by a closely guarding defender. It is also suitable for fake passing to confuse defender. Biggest gaps we can find for this pass is past the ear for air pass and below defenders arm for bounce pass. We can make fake by looking high and passing low and vice versa. There are also many other solutions for fake passing. How to demonstrate this pass? Now we are first in triple-threat position. Since elbow is bent we have a power for fast pass. Hand is flexed in the wrist so fingers of throwing arm should point up. That leads then to the extension of throwing arm forward while other arm is following. Last contact with the ball is with fingertips and fingers should point down in the end. For more power players should step forward but with the same foot as the throwing hand.

Baseball pass – This kind of throw is usually used for a long pass (usually over half-court lenght) with the dominant throwing hand. We are in basic stance position and then we drag the ball with both hand half of the way and then we throw the ball from the ear. While performing this throw body and feet should be parallel to the sidelines. Proper follow-through includes carrying out full pronation and extension of the arm, ending with the thumb down. Other hand is here to catch fake pass and for stabilization.

4. Catching principles

Player must be ready in order to catch a ball. There are a few details that are very important for catching the ball effectively without any possible finger injuries. If we are waiting for the ball, in other meaning catching without moving we should have:

- our hands extended forward for good amortization (somewhere in height of our head, place where we expect ball)
- fingers pointing up and inward, and our thumbs down (like making little „basket“), that is the way to avoid finger injuries
- our pivot foot should be forward so when we catch the ball we can go to basic stance or triple threat stance

5. Mistakes

Since we are learning new elements, we should always expect mistakes. If we see a mistake we should correct it as fast as we can, in order these mistakes don't become trained.

We will go through all four passes to see which mistakes are expected in each of them. First...

Chest pass – elbows high

- no circular movement
- thumbs don't point down in the end

Overhead pass – putting the ball behind our head

- elbows bent
- aiming low
- fingers don't point down and thumbs don't point forward

Push pass – standing in basic stance

- not stepping with same foot as throwing hand
- other hand don't follow the throwing hand while extension
- fingers don't point down in the end

Baseball pass – holding ball with both hands all the way up

- not stabilizing with other hand at all
- wrong position of hand before the throw (fingers should point up)

- fingers don't point up in the end
- stepping forward with same foot as throwing hand

6. Methods of learning

The purpose of methodic learning is to teach kids the new basketball element on easiest way. If we separate one move or element in basketball to few parts and think of some drills any child will learn it fast with connecting all the moves.

So what is the procedure of learning?

The easiest way is to form two lines of kids which are facing each other and there is few meters distance between those lines. Every child has his pair in other line every child should have enough space for undisturbed work. On that way professor has the good view on each of them and he can easily correct possible mistakes. Now to some drills: (best to do first without the ball, then take the ball)

Chest pass: practicing circular movement which is required for power in throw
 practice extending you arms forward on right way
 connect last drill with step forward
 doing whole move

Overhead pass: dragging the ball from basic stance above head on right spot
 practice the right way of throwing the ball
 connecting last drill with step forward
 whole move

Push pass: making the correct triple-threat position
 making the „push“ with throwing hand while other hand follows
 connecting last drill with step with same leg as throwing hand
 whole move

Baseball pass: practice moving the ball up to ear
 connecting step forward and throw because ball needs continuous motion
 whole move

Each of these passes can be move to a higher level with drills that include:

- passing between 3, 4, 5 or more people
- passing in fives to every second person
- passing in lines that form triangle: changing direction of passing and moving, passing with different techniques on coaches or professors whistle and more...