



Special Olympics Basketball Coaches Quick Start Guide

Passing

A pass is a method of moving the ball between players. Most passes are accompanied by a step forward to increase power and are followed through with the hands to ensure accuracy.

Skill Progression – Passing

Your Athlete Can	Never	Sometimes	Often
Attempt to pass a basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pass the ball in any manner and in any direction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pass the ball in any manner to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a two-handed chest pass in any direction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a two-handed chest pass to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a bounce pass to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a two-handed overhead pass to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a lob pass to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a baseball pass to an intended target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participate in team passing drills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			



Catching

While catching is obviously part of the passing skill (it isn't a good pass if it isn't caught!), here are some tips to break down the catching skill for instruction.

Skill Progression – Catching

Your Athlete Can	Never	Sometimes	Often
Attempt to catch a basketball in any manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch the ball in any manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a bounce pass in arms and chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a bounce pass with hands only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a chest pass in arms and chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a chest pass with hands only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attempt to catch a pass in any manner while moving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a pass in any manner while moving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a pass with hands only, while moving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Teaching Catching

Key Words

- Get Behind the Ball
- Give a Target
- Catching the Egg
- Relax and Give with the Ball



Passing & Catching Drills

Partner Pass

Purpose

- Developing accurate and fast passes
- Teaches teamwork

Steps

1. Divide athletes into teams of two – keeping athletes of similar skill together.
2. One athlete has a ball and is positioned a set distance from a partner.
3. The first athlete chest passes the ball to partner.
4. The second athlete steps up to catch the pass and immediately passes it back to the partner.
5. The first athlete steps up to catch the pass and bounce passes it back to the partner.
6. This repeats as long as the athletes can keep the passes going while alternating pass types (bounce, chest, overhead, one-arm).



Passing under Pressure (Keep away)

Athletes with average to moderate ability – who can move to get behind the ball and can catch pass the ball – who are now ready for this drill.

Purpose

- Develop quick passes to avoid steals
- Teaches players to move to get open for a pass

Steps

1. The coach divides the group into pairs.
2. Partners stand the width of the lane apart, facing each other.
3. Passing and receiving are practiced using all passes: chest and one-handed bounce passes plus one-handed and overhead passes.
4. A defender is added to each group.
5. The ball starts with one teammate versus the defender.
6. The athlete with the ball looks for the OPEN DOOR and passes to his/her teammate.
7. If the pass is not deflected or stolen, the defender turns and moves to defend against the athlete who has the ball.
8. When the defender makes a steal or deflects the ball, he/she becomes a teammate passer.
9. The person whose pass was deflected or stolen becomes the next offensive teammate.

NOTE: For more Drills refer to the Full Basketball Coaching Guide at www.specialolympics.org