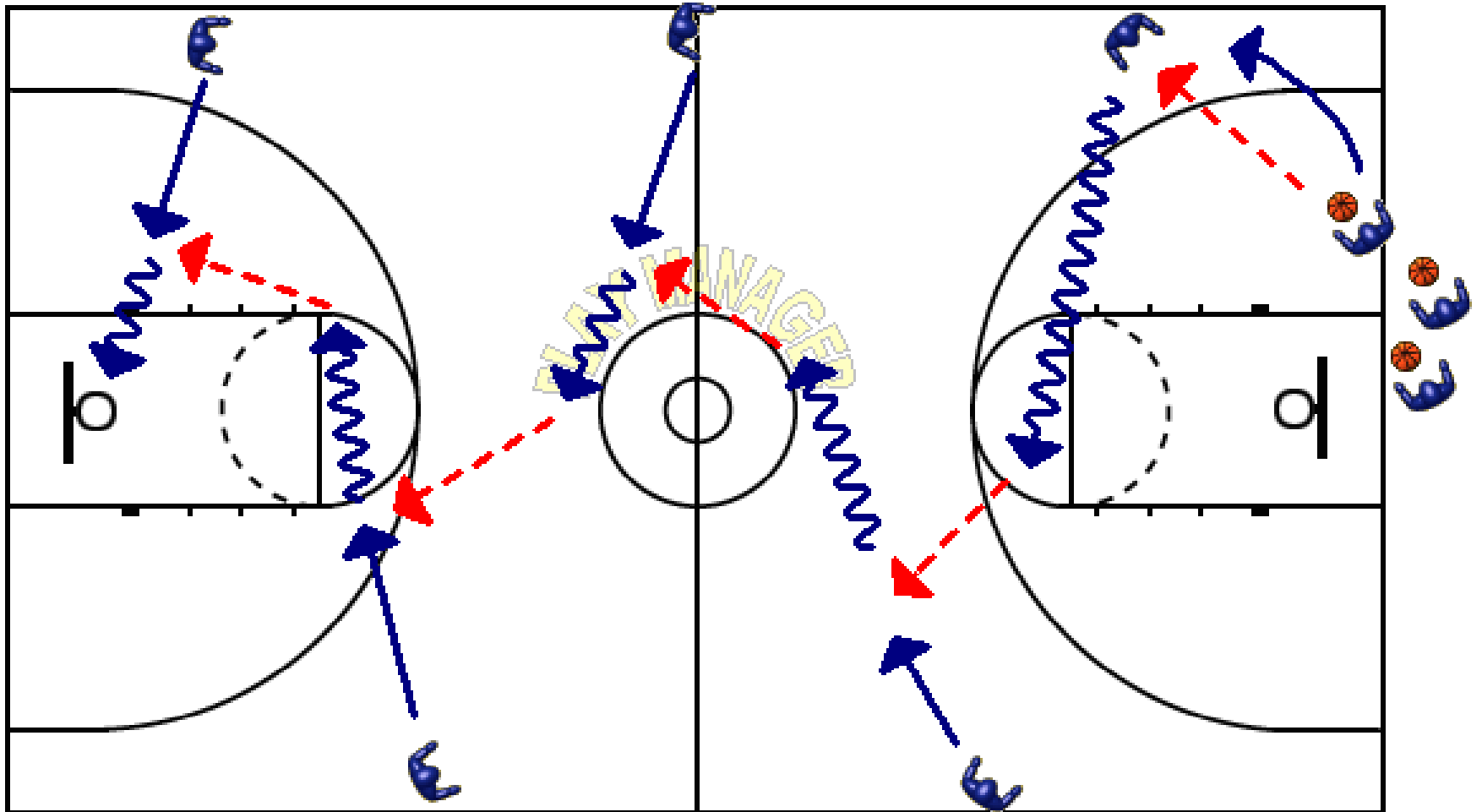


Basketball Sample Plays

Head Man Passes

Players keep moving up the court until all are down at one end. At this point, repeat the drill in the other direction adjusting players initial starting positions.



#1 - [0.00]

Continuously pass to the next player in front of you, and run to take their position. Turn to get pass from player behind you if applicable.