

# V-Hawk Passing & Communication Drills

## **Stationary Passing Series w/ Partner – Lane Line Apart**

Hand to Hand Passing – 10 Times  
One Hand Passing Around One Left (Right/Left Each) – 10 Times  
Figure 8 Passing (Start Right/Left Each) – 10 Times  
Hand to Hand Passing with One Dribble (Start Right/Left) – 10 Times  
Hand to Hand Passing w/ One Dribble Crossover (Start Right/Left) – 10 Times  
Hand to Hand Passing w/ One Dribble Between Legs (Start Right/Left) – 10 Times  
Hand to Hand Passing w/ One Dribble Between Legs (Start Right/Left) – 10 Times

## **Stationary Passing Drills**

### **Circular Passing with a Partner (10 Passes Each)**

Drill: Stand 10-15 Feet Apart, As Partner Dribbles, Go Same Direction to Keep Separation – Work on Jab Steps, Pass Fakes, Both Hand Passing

### **Man in the Middle Passing – 3 Man Groups**

Key: Ball Toughness, Pass Fakes, Accurate Passes, NO TURNOVERS

## **Full Court Passing Drills**

Full Court Running Chest Pass  
Full Court Running Bounce Pass  
Full Court Sliding Chest Pass  
Full Court Sliding Bounce Pass  
Full Court Sliding Outside Hand Bounce Pass

Key: With Partner, Lane Line Apart, Stay Low, Deliver Pass in Perfect Spot (CONCENTRATE)

### **Inter-Change Passing – 3 Man Groups**

Drill: Man in Middle, Outside Players Against the Sidelines – Hand to Hand Passing Back and Forth the Length of the Floor, Outside Players Dribble When NOT Passing

### **Inter-Change Passing – 4 Man Groups**

Drill: 2 Players Inside (One High/One Low), 2 Players Outside Against the Sidelines – Hand to Hand Passing Back and Forth – Ball Does NOT Touch Floor

### **3 Man Weave – Regular, Tight, Overhead**

### **5 Man Weave – Regular, Tight, Overhead**