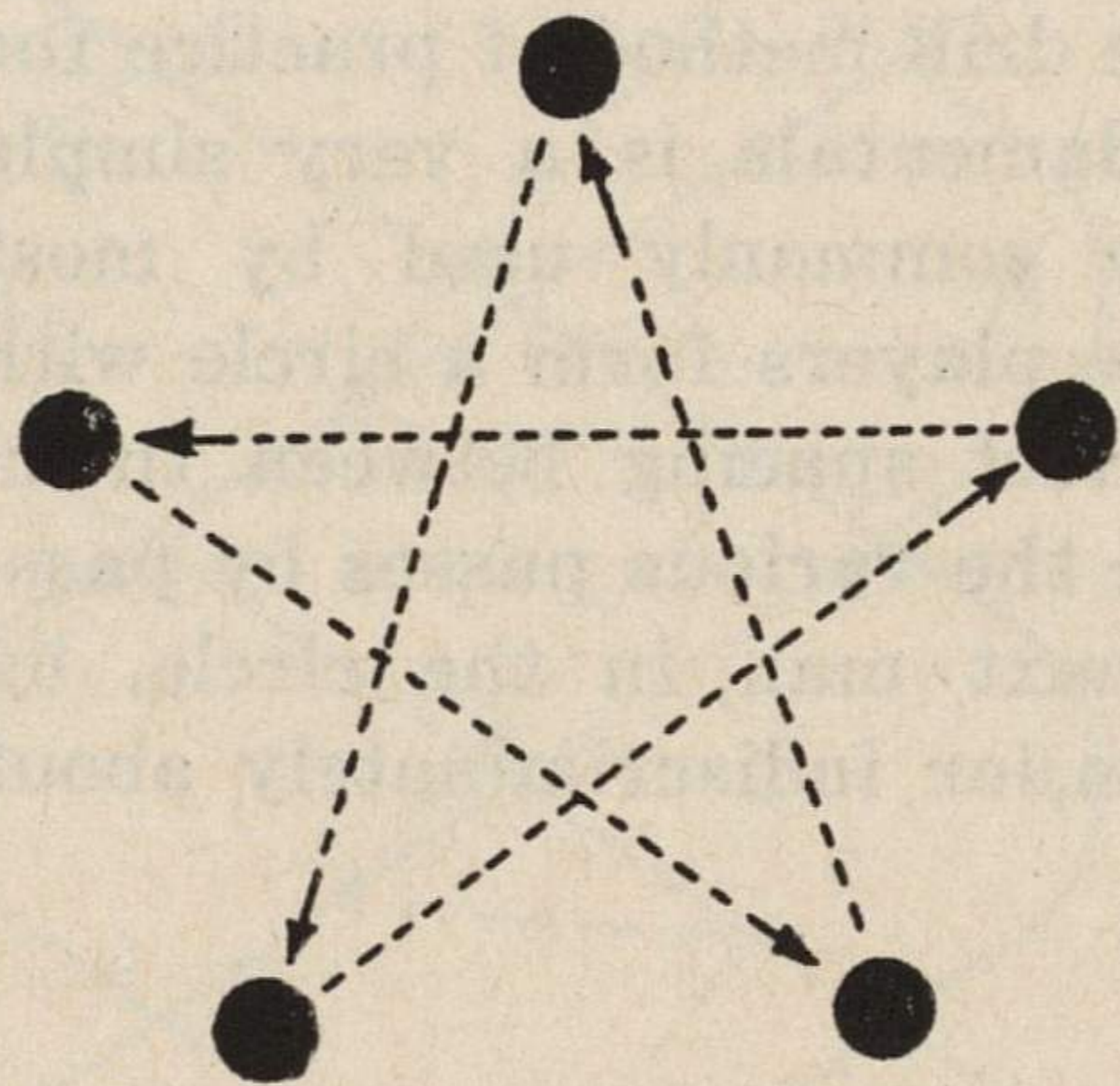


## STAR FORMATION FOR PASS DRILL



The five man or star drill is an effective drill for passing of all types. The advantages are that all passes are of the same length, and the passer has a definite man to whom he must pass. It may be used especially well in the drill for the two-handed, high, overhead pass. In this drill all passes are made high enough that the receiver must jump into the air and make his pass before coming down. The ball should not be batted, but caught and passed on with a definite wrist movement.

This is a splendid variation for use with the usual circle drills used by most coaches.

## PASS FOR SPEED

The drill may well be used where a smooth wall surface is available. A restraining line is drawn at a distance from this wall, depending on the type of pass to be used. The players retain their position behind this line and see which member of the group can execute the greatest number of passes in a given time. By varying the distance of the restraining line all types of passes may be used. The player may not cross the line.

## PASS FOR DISTANCE

The pass for distance is an excellent drill for the use of the long baseball pass. The player must throw from behind a restraining line across the gymnasium floor. The throw is measured from the line or from the line extended to the point where the ball hits the floor. This drill usually proves of interest to the players.

## LINE DRILL FOR JUMP-HOOK PASS

This is a simple line drill for the execution of the jump-hook or aerial baseball pass.

The front man in the line dribbles down the floor, jumps into the air, and returns the ball by a jump-hook pass to the next man in line. Some variation can be added to the drill by having the trailer cut to one side or the other just as the passer goes into the air. This makes the passer use the proper fundamentals in order to locate the receiver before making the pass.

