

Passing Workout

Name:

Drill	Time	Score
1. Chest pass	1 min	
2. Bounce pass	1 min	
3. Overhead pass	1 min	
4. Step around pass (right)	1 min	
5. Step around pass (left)	1 min	
6. One hand push pass off dribble (right)	1 min	
7. One hand push pass off dribble (left)	1 min	
8. Baseball pass (preferred hand)	1 min	
9. Behind the back pass (right)	1 min	
10. Behind the back pass (left)	1 min	