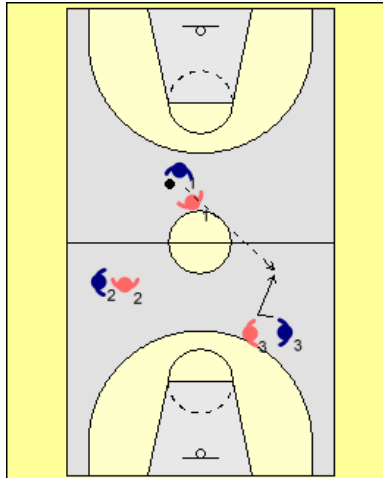




Keep Away

This is an age old drill that has been run by coaches for generations. It is effective in teaching players how to pass and move without the ball. Here are some various versions of keep away.



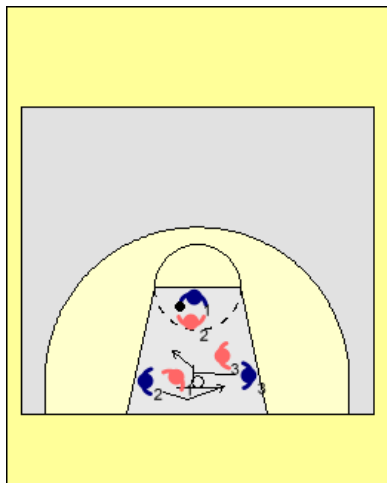
Warm up games

20 passes

Divide the players into two teams. The team must complete 20 passes in a row without a fumble or turnover. If the defense knocks the ball down or the pass is incomplete it becomes their ball.

Load the drill

- Have the players call out the number of the shot
- String together dribble-pass-pass sequence. Each sequence counts as one point.
- Everyone has a ball. Use another ball to pass. Works on dribbling with the head up.



Keep Away in a Small Space

Two teams of three plays keep away inside the key.

Players must work on passing in tight spaces. Pass opposite the defense. Make use of screen and face ups. Defense works on defending screens.

