

# Basketball Drill

**Drill Number:** 10      **Name:** Full Court Four Line Passing  
**Type:** Passing, Transition

## Description:

Players get into four lines at baseline as shown in diagram.

Players progress the ball down the court by passing and moving in their lines only.

Note that to create traffic and make job harder, players in line 1 are passing across to line 3 and back. Players in line 2 are passing to line 4 and back.

As players get to free-throw line extended at opposite end outside players cut to basket for pass and lay-up.

Inside and outside players exchange lines and players return back down court in similar fashion.

## Variations:

For younger players you may decide to make it easier and remove the traffic option and have players pass to lines next to them.

Alternatively, you might like to have lines 1 and 4 exchange longer passes and lines 2 & 3 exchanges shorter ones.

## Points of Emphasis:

1. Do it a full speed, on the run, not stop and go.
2. Pass in front of a moving player.
3. Show ten fingers and call a name to receive pass.

