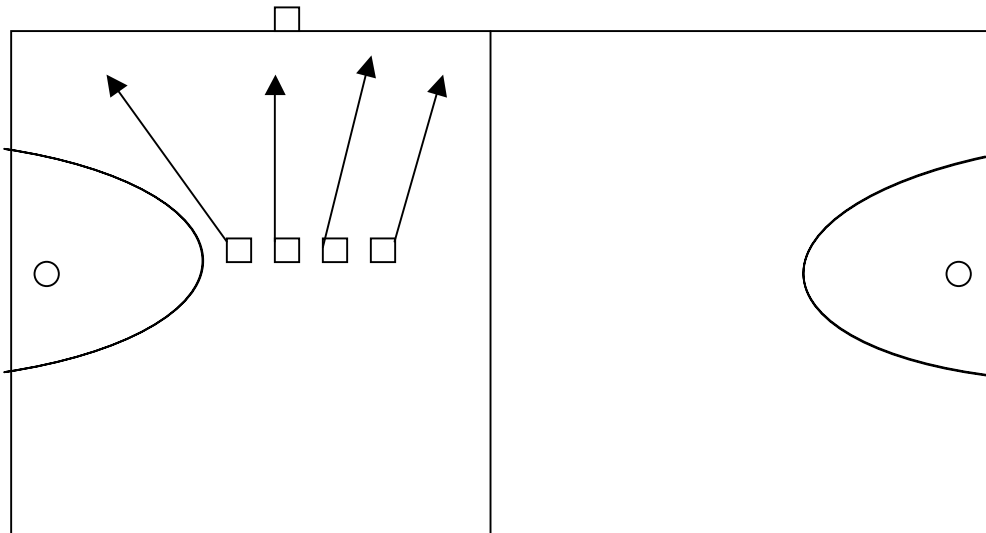


PLAY OF THE WEEK – Inbound pass:

As with most plays I suggest, they are not so much a play as an applied concept.

So many young teams I see struggle to receive an inbound pass. Often players are jostling for position an inch away from the line calling for the ball. This is my solution:

Many of you will know that to receive a ball from a sideline pass, start away from the ball and come closer – this is the concept for the first play.



N.B: Yes, that's a basketball court.

In this instance the player is passing the ball in from the sideline. All four players are standing at the opposite end of the court. When the coach on the sideline yells "GO", the four players run towards the passer to receive the ball...as I said, simplicity.

It seems basic, but nine times out of ten, it results in an inbound pass. Your players go from standing still whilst waiting for the referee, to all of the sudden sprinting towards the passer. This catches defence of guard every time.

The play will work for an end ball pass also. Get your players to start at the half court line (they will never stand that far back in a game but if you tell them to stand at the 3-point line, they will creep forward spoiling the play) and run towards the passer when you yell out "go". If you are lucky enough to have an end ball under your own basket, I guarantee you an open shot. I continued to run this play for an under 16's side and it never failed.

Once you have taught players the play, let them decide on a name for it. On Saturday's, call out that name and they will be able to set up the play as rehearsed. For players to master the play, run it at training every week and in about three weeks it will become second nature to them. This weekly rehearsal will only take two minutes or so.