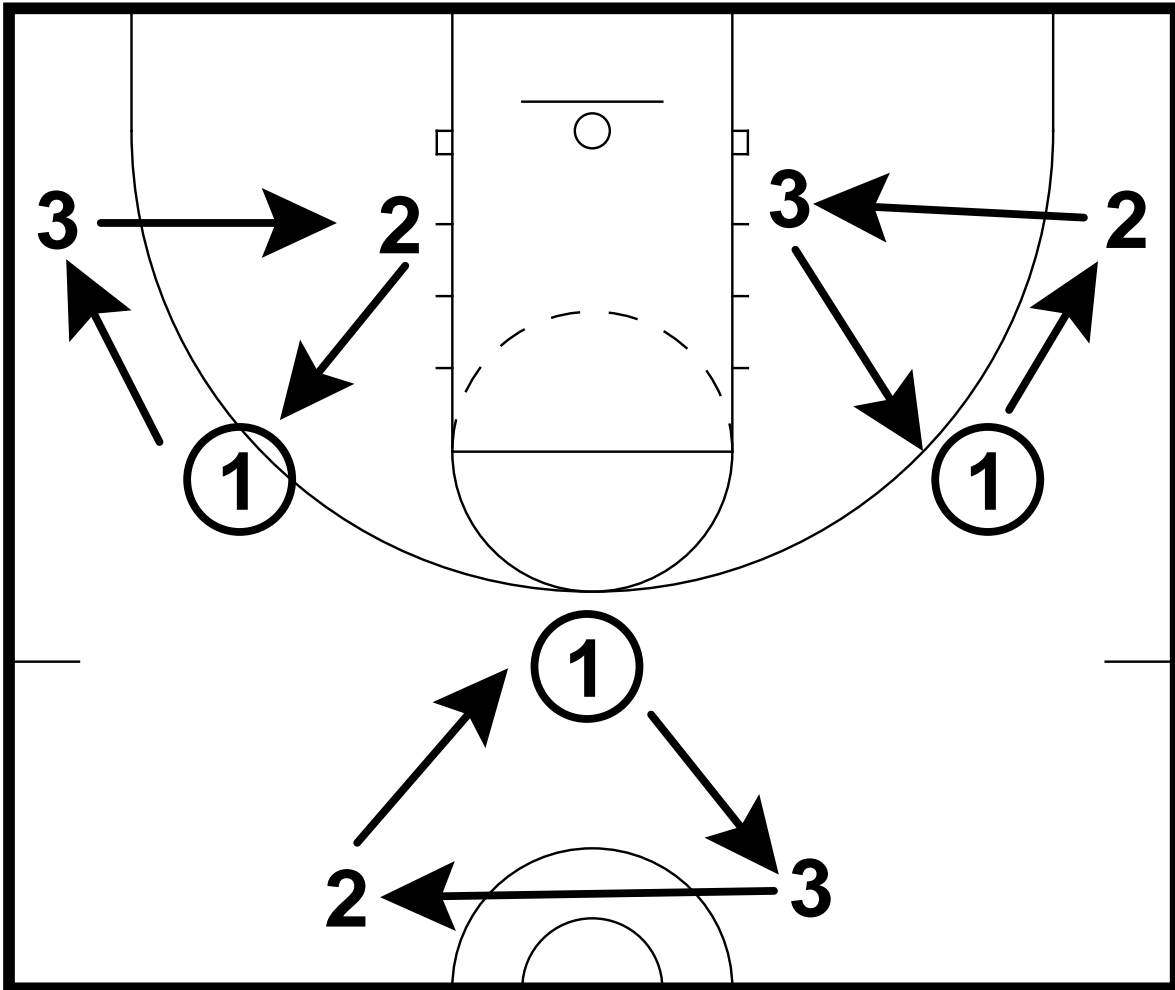


Triangle Passing



- * 15-18 Foot Spacing
- * Catch the ball with your feet in the air(Catch on a hop)
- * Step into your pass and step into the catch
- * Hand Targets
- * Bounce Pass, Chest Pass, Wrap Around Pass
- * Fake a Pass, Make a Pass
- * Dribble At - At any time, a player can dribble at another player. All players must move to keep the spacing in the triangle.
- * **Pass and Play Defense**
 - a. Pass, follow your pass and play defense against the person you passed it to.
 - b. After the pass, the passer follow and plays defense.
 - c. Start out no dribbles then let the offense have 1-2 escape dribbles.
 - d. This is basically pig in the middle but you are always switching defenders.
- * **Read and React Build Up**
 - a. Pass, Cut and go opposite
 - b. Dribble At
 - c. Power Dribble(Dribble Hand Off)
 - d. Pass and receive a Pin Screen