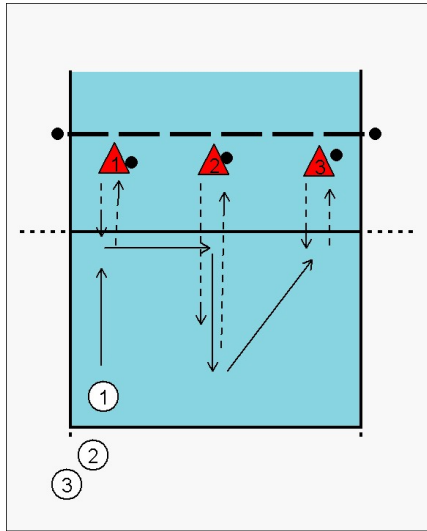


Ball handling

Short-long-short!

1



"Short, Long, Short!"

3 balls, 3 feeders, 3 passers

Movement and passing/diving

Feeder 1 slaps ball to indicate "ready".

Feeder tosses short-medium ball for Passer 1.

Passer 1 passes ball back to Feeder 1, moves **SIDEWAYS** to Feeder 2.

Feeder 2 throws **LONG** ball deep into the backcourt.

Passer returns pass using **OVERHEAD** technique.

Passer dashes to Feeder 3, who throws a "tip" or short ball.

Reset.

Variations: use higher/lower passes depending on the player level. You can also use drives. Add compulsory pushup **BEFORE** "Long" for added difficulty.