



PASSING WORKOUT

NAME:

DRILL	TIME	SCORE
Chest pass	1 Minute	
Bounce pass	1 Minute	
Overhead pass	1 Minute	
Step around pass (right)	1 Minute	
Step around pass (left)	1 Minute	
One hand push pass off dribble (right)	1 Minute	
One hand push pass of dribble (left)	1 Minute	
Baseball pass (preferred hand)	1 Minute	
Behind the back pass (right hand)	1 Minute	
Behind the back pass (left hand)	1 Minute	

