

# Four-Line Passing Drill With Defense

Coach Jody Runge

## Purpose

To teach players to pass by a defender.

## Organization

Four lines each with four players; four balls.

## Procedure

1. The first player in each line spins a pass to herself above the free throw line.
2. The second player in line follows the first player out and defends her.
3. The third player in line posts up and calls for a pass.
4. The offensive player ( $O_1$ ) must pass by the defender and may dribble to improve the passing angle. Player ( $O_1$ ) then passes to player ( $O_3$ ).
5. The offensive and defensive players go to the end of the line, and the next two players depart.

## Coaching Points

- The offensive player jump stops, turns, reads the receiver, and passes by the defender.
- The offensive player can dribble to improve the passing angle.

