



# Coaches' GAME PLAN



## Skills

### Bounce Pass



01



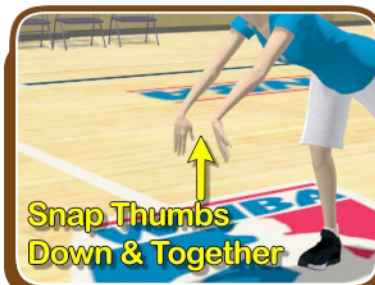
Get in ready position and step toward target.



02



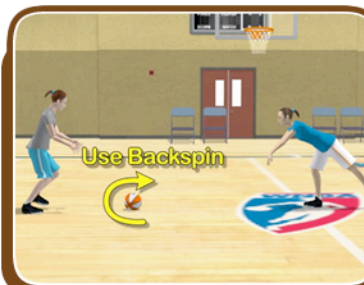
Place hands on outside of ball.



03



At release, snap thumbs down and together.



04



This provides backspin, which slows the pass as it hits the floor and makes it easier to catch.



05



Bounce the ball 2/3 of way to teammate, with target being the waist.



06



If thrown properly, the ball is easy to catch.



07



If thrown with "overspin," the ball is more difficult to catch.

## Notes: