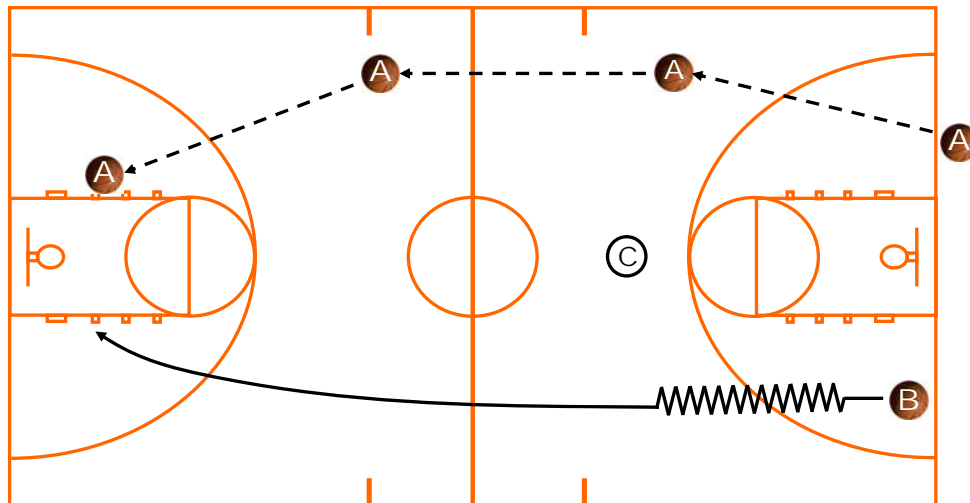


# Pass vs. Dribble?

**Demonstrate how passing gets the ball up the court faster than dribbling the ball up the court:**

\* Have players line up (3-4 players depending on ages) to pass the ball (A), and have 1 player line up with a ball to dribble (B). The coach should blow the whistle to start the demonstration. The players in line (A) should start passing the ball, and the player in line (B) should start dribbling. Then ask the players which ball got there first? This should make the point that you are trying to make.



**Even though there may be a player on your team that can single handedly dribble through a press – coaches must teach their players that it is the pass, not the dribble that is best for breaking the press.**