

Shooting drills for elementary/middle school aged kids
Circle Passing Drill: Players form circle, pass across to random teammates, calling names. 3 minutes
Wall Passing: Stand 6 feet from wall, rapid fire chest passes against it for 30 seconds. 3 sets.
Moving Target: One player jogs, other follows passing, switch after 10 successful passes.
Partner Chest Pass: Face partner, practice chest passes focusing on form and accuracy. 20 reps each.
Triangle Passing: 3 players form triangle, pass clockwise then counter-clockwise. 2 minutes each direction.
Bounce Pass Relay: Teams line up, pass down line with bounce passes, last player dribbles to front. 5 rounds.
Partner No-Look Pass: Practice no-look passes with partner, focusing on deception. 15 reps each.