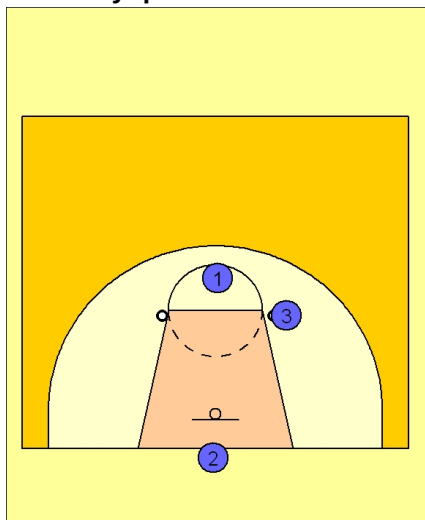


3 man layups



This is a structured drill that can be used when teaching the basic footwork of a running lay-up.

Balls are placed at the elbows with one player rebounding the ball after each shot and passing to a third who replaces the ball back on the elbow (corner of the key at the FT line).

Players do as many lay-ups as possible in an allotted time (eg: 1 min). When they approach the ball, they must stop and straddle above the ball and squat to pick it up (forces them into an athletic stance). They will perform continuous lay-ups as fast as possible with good footwork.

Footwork: Players can face the key or the sideline to start (it is good to make them try both as the footwork is different). Players should get to the hoop in three steps and using only 1 dribble. On the left hand side of the floor, players must use a Right-Left-Right step. Jumping off the right foot, and shooting with

the left hand, driving the left knee up fast to get as high as possible.

On the right side the steps are the opposite. Left-Right-Left footwork jumping off the left foot, shooting with the right hand and driving the right knee up in the air. Players must dribble before lifting their initial pivot foot and continue to basket in one smooth motion.

See how many they can make and set goals to see improvements.

Distance from the rim may be adjusted depending on the physical abilities of the athletes. Once they get the better footwork, make sure to start them farther out to force them to length their stride.