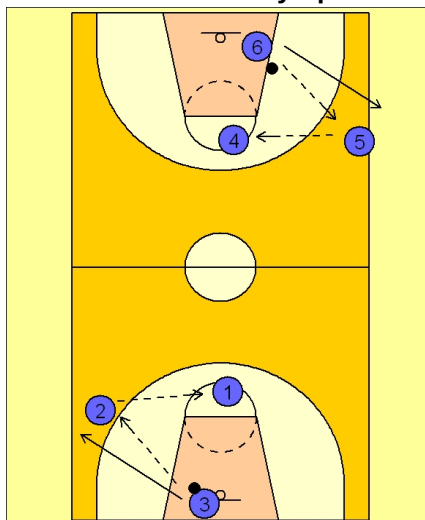


Passes dribble and lay-up



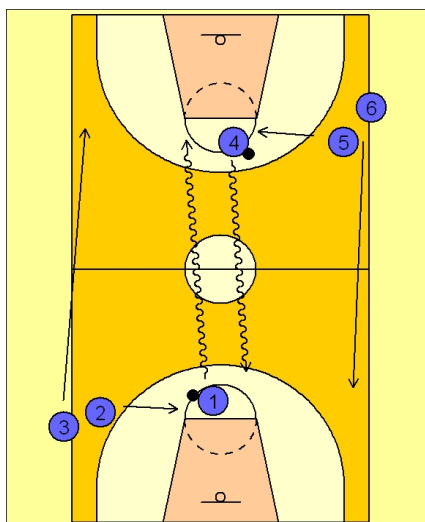
6 or more players 2 balls.

This is a full court warming up drill, with six players it can be intensive, you might want to use it after the warming up.

Player 3 gives an outlet pass to player 2. (Overhead or push bounce depending on defense, height of the player etc.)

Player 3 goes around player 2 to the other side of the court.

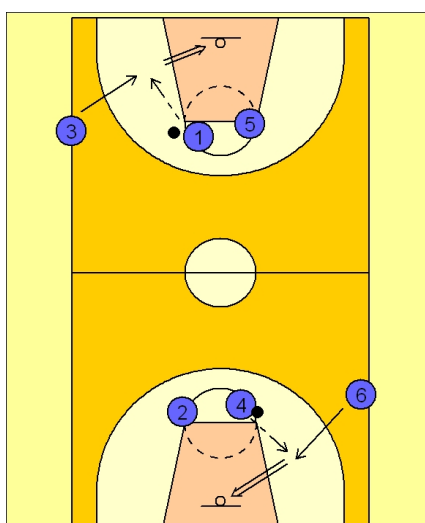
Meanwhile player 2 passes the ball to guard 1.



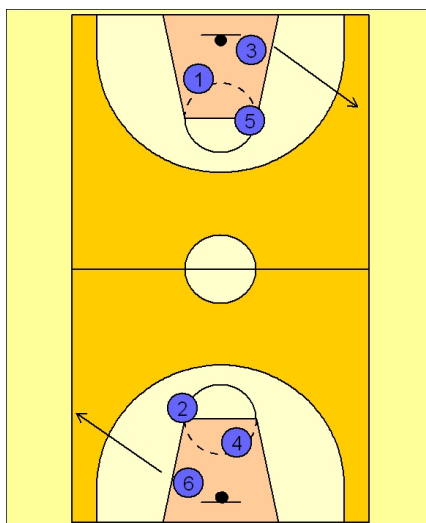
Player 1 starts to dribble to the other side of the court and makes a jump stop at the top of the bucket. (shot, shot fake)

Player 3 also runs to the other side.

While player 2 takes the place of player 1.



Player 1 passes to player 3 who makes a lay- up.



Player 1 takes the rebound and player 3 goes to the outlet position.

This are the starting positions and the drill can start again.

Variations:

Right handed lay up,

Jump shot form the corner.