

20. Dribble/Layup Drag Race

Purpose:

Players practice dribbling speed and layup efficiency.

Setup:

- * Coaches divide players into 2 teams.

- * Team 1 stands in a line on one baseline and Team 2 stands in a line on the opposite baseline.

- * Place as many basketballs as you have on the half court line.

Execution:

- * On the whistle, the first player in each line sprints to pick up a basketball at half court.

- * Once that player gets a basketball, they dribble and shoot a layup.

- * If the player misses, they must dribble back to half court to place the basketball back on the line. If a player makes the shot, a coach will take the ball and place it at half court.

- * Once a missed shot is placed back at half court or a layup is made, the next player in line may go.

- * Coaches will keep time (5 minutes is a good starting point) and see which team makes the most baskets when time is up.

Coaching Points:

- * Emphasize the following points: head up, eyes forward, dribble at or below the waist, dribble with fingertips, control.