

# 14. Right and Left Handed Layups

## **Purpose:**

Players practice the fundamentals of shooting a layup.

## **Setup:**

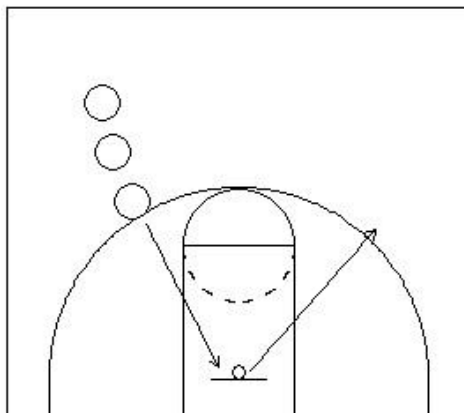
\* Players line up on the right wing. Each player has a ball.

## **Execution:**

\* Player dribbles in and shoots a layup. Then gets his own rebound and goes to the left wing.

\* When all players have gone from the right, first player on left dribbles in and shoots a layup. Then gets his own rebound and goes back to the right wing.

\* Drill continues until coach says “stop” or blows whistle.



## **Coaching Tips:**

\* Most layups should be shot with the hand behind the ball – like a waiter holding a tray.

\* Players should plant with inside foot and really try to push up high toward the rim.