

# 7. Speed Layups

## **Purpose:**

Improves speed in which players shoot.

## **Setup:**

- \* Player sets up on the right block with a basketball.

## **Execution:**

- \* Player has 60 seconds to make as many layups as possible.
- \* On whistle, player shoots one layup from the right block, gets the rebound whether the shot is made or missed, then shoots one layup from the left block.
- \* Player goes back and forth as quickly and efficiently as possible shooting right and left layups from the blocks.
- \* When time is up, next player on the team goes. If there are multiple baskets, split players up into groups but keep track of everyone's score. The player with the most made layups wins.

## **Coaching Tips:**

- \* Stress using the backboard.
- \* Older players need to use their right hand to shoot the right layup and their left hand to shoot the left layup. Younger players can use their dominant hand for both layups.