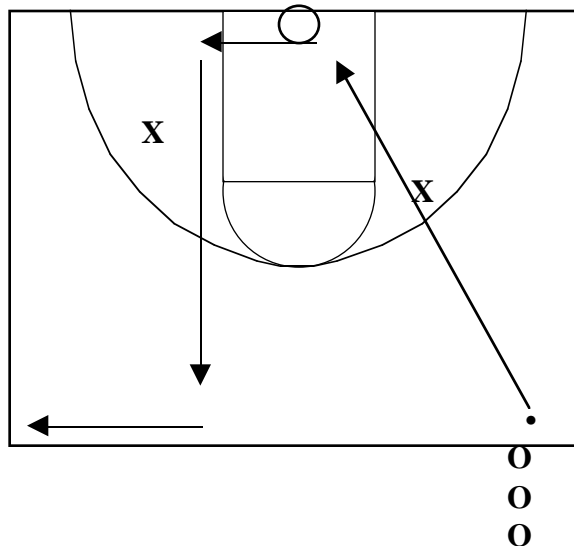


HOOPS 101 DRILLS FOR SKILLS

HOOPS 101 DRILLS FOR LAY-UPS

HOOPS 101 DRIBBLE SERIES

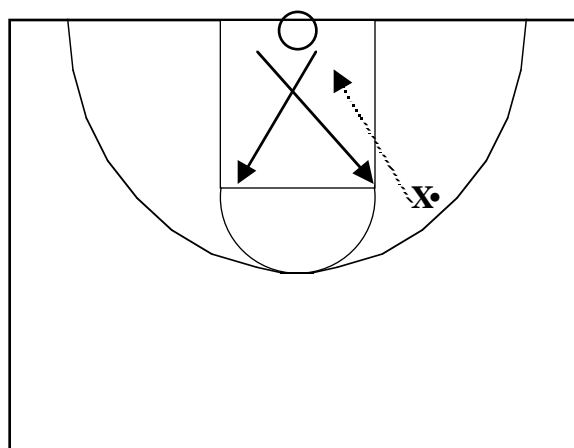
1. Players start behind the half court line, dribbling FULL SPEED at a chair at the wing. Players use the prescribed move and go in for a full speed layup.
 - **Crossover**
 - **Inside Out**
 - **Stutter**
 - **Behind The Back**
 - **Between the legs**
2. After making the basket, players rebound the ball and move outside the lane.
3. Dribble hard toward mid-court and make a move at foul-line extended.
4. At midcourt, crossover and finish at the left sideline.
5. Repeat using left hand.
6. A set includes all five dribble moves both left and right for a total of 10 layups.
7. Shoot a total of 5 sets. Shoot 2 free throws in between each set to rest.



- **GOAL: Build up to 5 sets without missing a shot.**

HOOPS 101 X-OUT LAY-UPS

1. Begin at the right elbow facing the basket.
2. Speed dribble with right hand and shoot a right hand lay-up.
3. Grab the ball out of the net and speed dribble to the left elbow.
4. Speed dribble with left hand and shoot a left hand lay-up.
5. Grab the ball and dribble to the right elbow and repeat the process.



- **GOAL: Make 10 layups in a row at full speed and then you can shoot two foul shots.**
- **You can also compete for time by doing the drill for a minute and recording how many lay-ups you make in that time. If you make 7, you're not in bad company.**