

HOOPS 101 DRILLS FOR SKILLS

FUNDAMENTALS OF THE LAY-UP

The lay-up is the easiest shot in basketball and it is also one of the most important. As with all shots, to master it requires lots of practice. Beginners must master the fundamentals listed below. More advanced players must work to achieve versatility with many different ways of scoring including reverse lay-ups, and learning to use english and backspin with both hands to make the ball go in.

COACHING POINTS: THE LAY-UP

1. Keep your eyes on the target. Focus your attention on the spot where you are going to place the ball.
2. Jump off the foot opposite of the shooting hand.
3. Jump as high as possible, extending your arm and releasing the ball at the height your jump. Always use the backboard!
4. Lay the ball up softly.
5. Learn to shoot the lay-up with either hand.

LEARNING TO SHOOT LAY-UPS WITH YOUR WEAK HAND.

1. Begin by standing one step away from the basket.
2. Step with your strong side foot and lay the ball upon the backboard with your weak hand. Repeat until it begins to feel natural.
3. Now take two steps back. Step first with your weak side foot while dribbling one time with your weak hand, jump off your strong side leg and lay the ball up on the backboard. Repeat, as above.
4. Finally, move away from the basket 15 or 20 feet and begin working on putting two or three dribbles together. If you work hard, it won't be long before your weak hand lay-up is as tough as your strong hand lay-up.

POWER LAY-UPS

Power lay-ups are shot when you have the ball under the basket. You may have gotten an offensive rebound or picked up a loose ball. Because you are so close to the basket, the defense is under a lot of pressure.

COACHING POINTS: POWER LAY-UPS

1. Be strong with the ball. Keep your knees bent so you will not be knocked off balance. Keep the ball under your chin, with both hands on the ball, so it will not be stolen. Point feet at the baseline with shoulders parallel to the baseline.
2. Jump off two feet with power, but remember to shoot the ball softly off the backboard. Be ready for contact and look for the three point play.
3. If playing against a shot blocker, give a quick, hard shot fake to make him leave his feet. As he leaves his feet, jump up and through the contact and score the goal.