

Lay-Up

PURPOSE

This develops skills for the lay-up shot.

SKILL CUES

Lay-Up

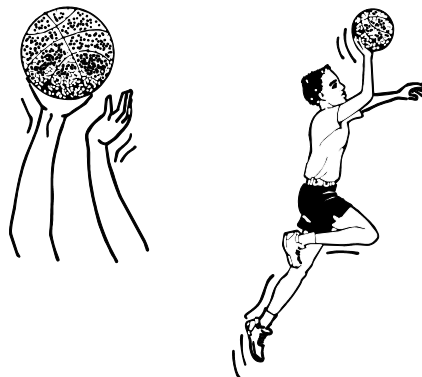
1. Approach the basket at an angle.
 2. Carry the ball with the left hand in front and under the ball.
 3. Place the right hand on top and slightly behind the ball.
 4. Carry the ball to shoulder and head height as the left (inside) foot pushes off the floor.
 5. Lift the body with the right (outside) knee.
 6. Place the ball rather than throwing it against the backboard.
 7. Follow through with the palm of the right (outside) hand high in the direction of the intended flight.
- Reverse hands for left-handed players.

Lay-Up Shot (right side)

1. Approach the basket at a 45-degree angle.
 2. Carry the ball with the left hand in front and under the ball.
 3. Place the right hand on top and slightly behind the ball.
 4. Carry the ball to shoulder and head height as the left (inside) foot pushes off the floor.
 5. Lift the body with the right (outside) knee.
 6. Direct the ball to the backboard with the right (outside) hand.
 7. Follow through with the palm of the right (outside) hand high in the direction of the backboard.
- Left-handed players reverse hand directions.

ACTIVITIES (30-40 MINUTES)

1. Present the lay-up shot emphasizing the seven skill cues. (2-4 minutes)
2. Have students go with their partners to a baskets and practice the lay-up shot by standing close to the basket on the right side (left side for left-handed players), holding the ball properly, lifting the right leg and shooting the ball on the backboard. (5-6 minutes)
3. Require one partner to approach the basket at a slow jog from a distance of 5 to 8 feet, carrying the ball. Students should stride left and leap off the left foot, bringing the right knee up while pushing the ball with the right hand toward the spot on the backboard for banking the shot into the basket. The partner rebounds the shot. After students complete three attempts, have them switch roles. (6-7 minutes)
4. Using the same group arrangement, have one partner dribble half-speed to the basket from 15 to 20 feet away, concentrating on the components of the lay-up and the target spot on the backboard. Repeat five times, then have students switch partners. Next add a passive defender and require the dribbler to shoot lay-ups from both the left and right sides. Reverse the position of the feet for left-handed players. (6-8 minutes)



Lay-up