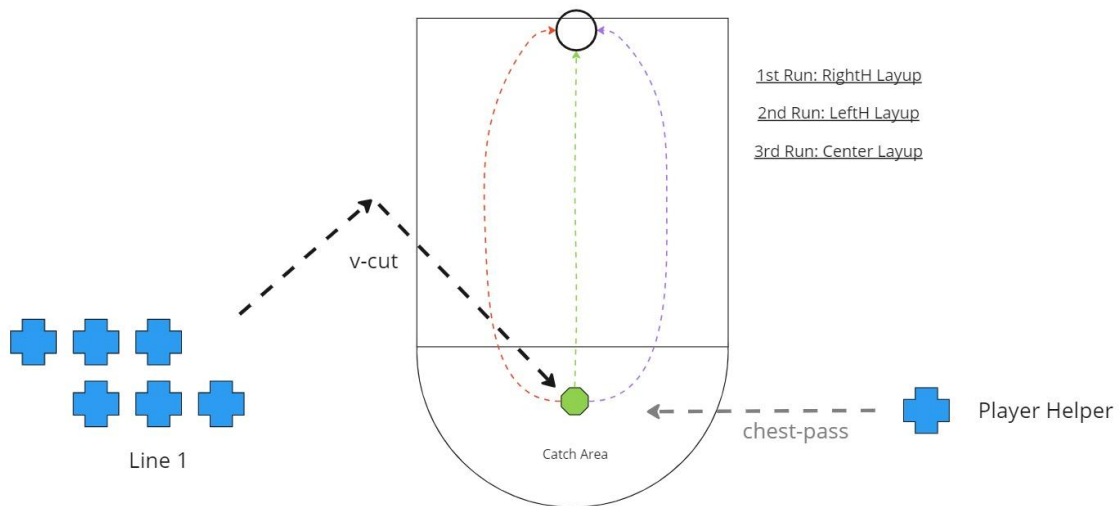


Layups Evaluation Drill

Layout: Quarter gym



Drill: Shooting & Layups

1. Player Helper starts with the ball. Line 1 does not have a ball
2. Player 1 makes a v-cut to catch area & receives pass from Player Helper
3. Once caught, player 1 performs a Right Handed Layup - perform three times with same player
4. Reset - run with next and remaining players
5. Reset - run Left Handed Layup with Player 1 - perform three times with same player
6. Reset - run with next player and remaining players
7. Reset - run Center Layup with Player 1 - perform three times with same player
8. Reset - run with next player and remaining players

Looking for

1. Jump Catch ability
2. Proper technique for Right Hand and Left Hand layups. Center layup should not be off backboard