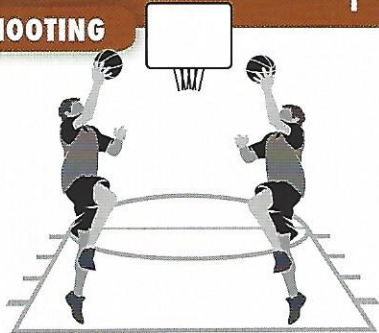


# X-OUT LAY-UP

Right and left-handed lay-ups

1

## SHOOTING



● **Where they go:** Player starts on right foul line elbow.

● Dribble in and shoot right-handed lay-up.

Rebound ball, dribble to opposite elbow, touch with foot and change hands. Dribble in with left hand and shoot left-handed lay-up.

● **Key Point:** Should push off with left foot when shooting right-handed lay-up and vice versa. (Illustration)

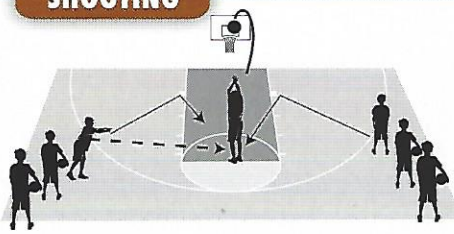
● **Make it a game:** See how many made in one minute.

# V-CUT JUMPERS

Jump shots off a V-cut

G/T

## SHOOTING



● **Where they go:** Two lines of players at 3-point line, foul line extended area. All players have ball except first player in one line.

● Player without ball (shooter) sprints to block, then makes V-cut to foul line and receives pass from first player in opposite line.

● Shooter follows shot, gets rebound, goes to end of opposite line. Passer then makes V-cut, becomes new shooter, receives pass from other line, and drill continues.

● **Key point:** Emphasis on squaring up and pivoting into shot.

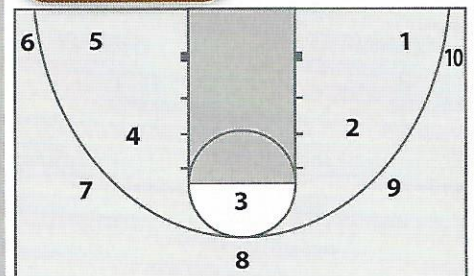
● **Make it a game:** Everyone shoots from both sides. Tally total shots made for team.

# SPOT SHOOTING

Shooting from all locations on the court

G

## SHOOTING



● **Where they go:** Group of 4 or more players lined up at Position 1 (Diagram). Group has two balls.

● First player shoots and follows shot for rebound. Next player goes. After passing to next-in-line, shooters go to end of same line.

● Players keep shooting from that spot for 1 minute. Shoot from all ten spots.

● **Key point:** Younger players can do 10 spots, but from closer range.

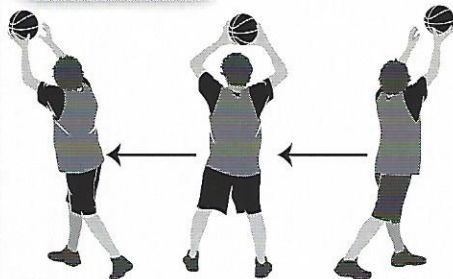
● **Make it a game:** Run drill with 2 different groups. See which group makes most total shots.

# RIGHT-LEFT LAY-UP

Crossover lay-ups

1

## SHOOTING



● **Where they go:** Player starts under basket, facing baseline.

● Step left foot over right foot (crossover) and shoot right-handed lay-up.

● Rebound ball, and step through right foot over left and shoot left-handed lay-up on opposite side of rim.

● **Key Point:** Keep ball up at shoulder height after rebound.

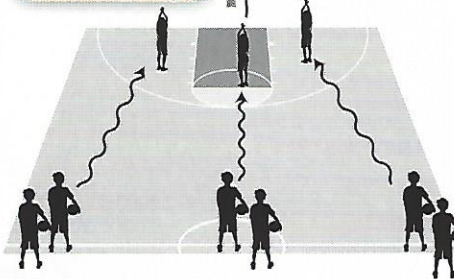
● **Make it a game:** See how many made in 30 seconds.

# PULL-UP JUMPERS

Making pull-up jump shots

G/T

## SHOOTING



● **Where they go:** Three lines of players at mid-court.

● Players dribble to 12-15 feet, pull up, and take jump shot. Rebound own shot and rotate lines.

● **Variation:** Older players may shoot 3-pointers.

● **Key point:** Pull up on balance, square to basket, use proper shooting form.

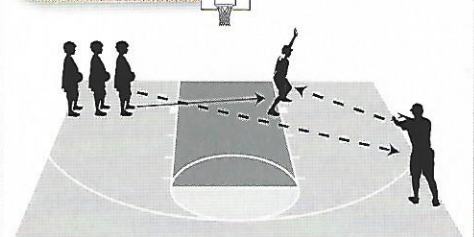
● **Make it a game:** Determine a number of shots team must make in given time frame. Make that number to avoid running sprints.

# POST MOVES

Various post moves

1/G/T

## SHOOTING



● **Where they go:** Players form line on left side block. Coach or player on right side of court at 3-point line.

● Pass to coach and cut to right side block. Coach passes to player on block outside of lane. Player with back to basket. Players work on following post moves:

- Drop step baseline for power lay-up
- Drop step to middle for jump or hook shot
- Square-up jump shot (baseline and middle)
- Square-up shot fake (middle and baseline lay-up)

● **Key point:** Work both sides. Later, can add defender.