

FDBA Domestic Coaches Drill Book: Shooting

Name: X-Out Lay-ups

Drill No: C7

Description:

Players starts with ball at elbow and takes one dribble to make a left hand lay-up.

After making the lay-up the player dribbles out to opposite elbow, turns around then takes one dribble to make a lay-up on the right side.

How many lay-ups in 30 seconds.

Variations:

1. Change distance to 3pt line (older kids)
2. Reverse lay-ups

Points of Emphasis:

1. Shoot with right hand on right side and left hand on left side.
2. Jump off one foot. (Left foot on right side and vice versa)
3. Eyes on the hoop, not watching ball.

Diagram A.

