

## FDBA Domestic Coaches Drill Book: Shooting

**Name:** Change of Direction Lay-ups

**Drill No:** C8

**Description:**

Players dribble at 3pt line with inside hand, change direction and hands on the 3pt line then continue on to lay ball up at hoop with correct hand.

**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.**

