

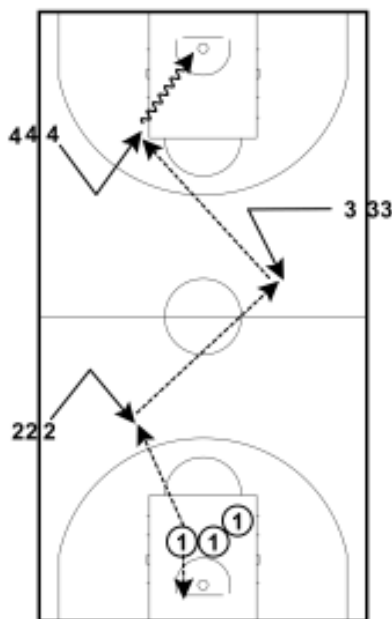


DRILL OF THE WEEK

“FULL COURT V-CUT LAY-UP DRILL”

DRILL PURPOSE

This drill is a good warm up drill gets the players out and moving, running the floor and develops footwork to get open.



INSTRUCTIONS

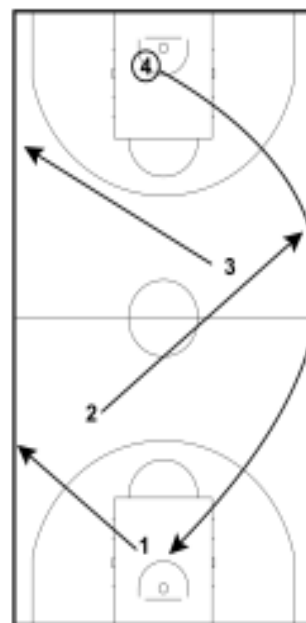
1. Put three players at each of the four positions on the floor as marked. (Can be performed with less)
2. On the whistle, player 1 throws themselves the ball off the backboard and rebounds strongly, chinning the ball and turning outside to the sideline
3. Player 2 makes a V-Cut, being sure to take three steps into the V, and gets open and receives the outlet pass from Player 1
4. As soon as Player 2 receives the ball, Player 3 begins performing their V-Cut to get open just over half court
5. When Player 3 receives the pass, Player 4 leads three steps to the ball before back cutting
6. Player 3 makes a bounce pass to player 4 for the lay-up

7. The rotations are simple. Always follow your pass and join the back of the line to which you passed the ball to
8. Player 4 after making the lay-up will dribble the length of the floor and become the rebounder at the other end

POINTS OF EMPHASIS

Continually tell your players to...

1. Perform quality rebounding and outlet techniques
2. Take three steps into your V-Cut
3. Time your cuts. Don't be caught going early.



VARIATIONS

1. Put a minute on the clock and a target for lay-up's
2. Be sure to run this drill both sides of the floor
3. If numbers permit and spacing permits, you can put a dribbling gauntlet drill on the way back after a lay-up
4. Make sure the pass to the Player 4 is a bounce pass