

Basketball Drill

Drill Number: 12 **Name:** Full Court Lay-ups
Type: Transition

Description:

Players form three lines at baseline.

A cone or chair is placed on court at opposite end on three-point line at free-throw line extended.

On way down court, player 1 sprints the lane and goes outside the cone and cuts to the basket, timing run for pass from other two players who are passing the ball down the court whilst running in their lanes (see diagram A). Player 1 scores with a lay-up.

Middle lane (player 2) rebounds the ball while outside players exchange lanes. Player 3 runs outside the cone, and runs the outside lane looking for pass from the other two players (see diagram B). Player 3 scores with a lay-up.

Players join end of a different line and drill continues.

Variations:

1. Create traffic and heads-up play by starting second and subsequent groups when previous group scores.
2. Time players (how many scores in set time period e.g. two minutes) - have a team record that you constantly try and beat each time.

Points of Emphasis:

1. Teamwork - timing, communication, effort.
2. Transition - sprint the drill.
3. Pass in front of a moving player.
4. Ball does not hit the floor for entire drill.

