

Name: Lay-up And Rebounding Lines

Type: Lay-ups, rebounding, passing

Description:

Players make two lines. The lay-up line is well outside the three-point line towards the sideline. The rebound line is on the opposite side of the court at about the three-point line. The first person in the lay-up line has a ball.

Players in lay-up line make hard drives to the basket for a lay-up.

Rebounder moves to basket anticipating rebound and takes strong rebound.

Player who took lay-up moves to end of rebound line.

Rebounder takes two strong dribbles out, make a good pass to next player in lay-up line and then move to the end of the lay-up line.

Variations:

1. Swap sides of court.
2. Increase number of balls (up to as many as number of players will allow).
3. Vary type of lay-up (e.g. reverse, two-foot stop into power lay-up etc.)

Points of Emphasis:

1. Correct lay-up form.
2. Make it a hard drive to basket (game speed).
3. Ball does not hit floor on the rebound.
4. Strong rebound, protect ball, strong dribble, hard pass.
5. Receiver to receive the ball running to the basket, not standing still.

