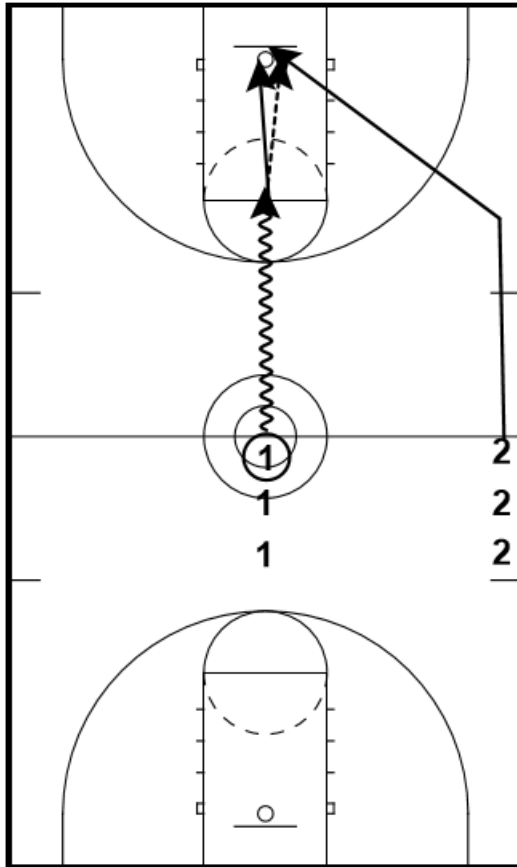


# Lay-Ups

## Iowa State Lay-Ups

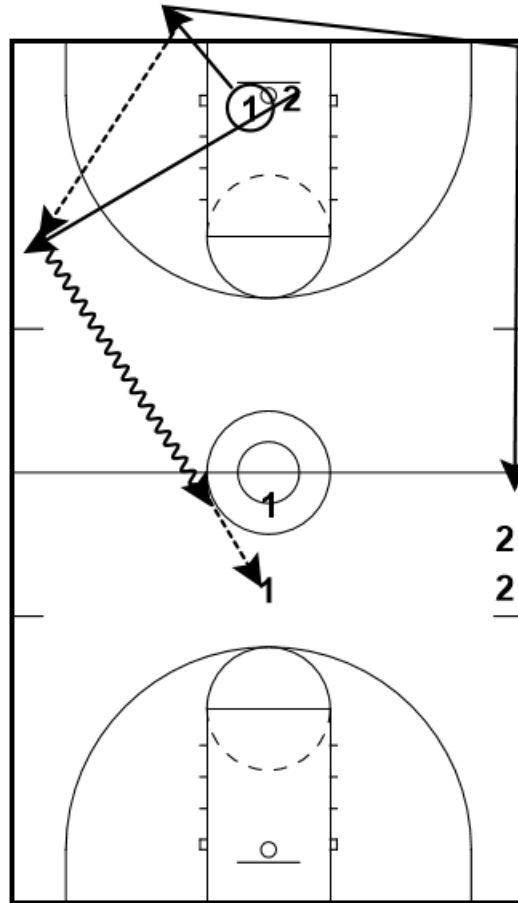
All Grades (0:05 – 3:13)

Iowa State Lay-Ups  
Lay-Ups



1 takes 2-3 RH dribbles and jump stops at the nail  
2 times it up so he is going full speed for lay-up  
1 makes bounce pass to 2 for lay-up  
1 gets rebound

Iowa State Lay-Ups  
Lay-Ups



1 takes ball out of bounds  
2 sprints to FT extended and calls for outlet with butt to the sideline  
1 makes 2-hand overhead pass to 2  
2 does break out dribble with left hand as if starting the break  
1 goes to the end of the other line

# Half Court 3 Man Weave

Grades 7<sup>th</sup>- 8<sup>th</sup> (3:14 – 4:54)

- All 3 players get a lay-up
- Touch 3 pt. line after lay-up
- Get rebound out of net
- USE BACKBOARD on all lay-ups

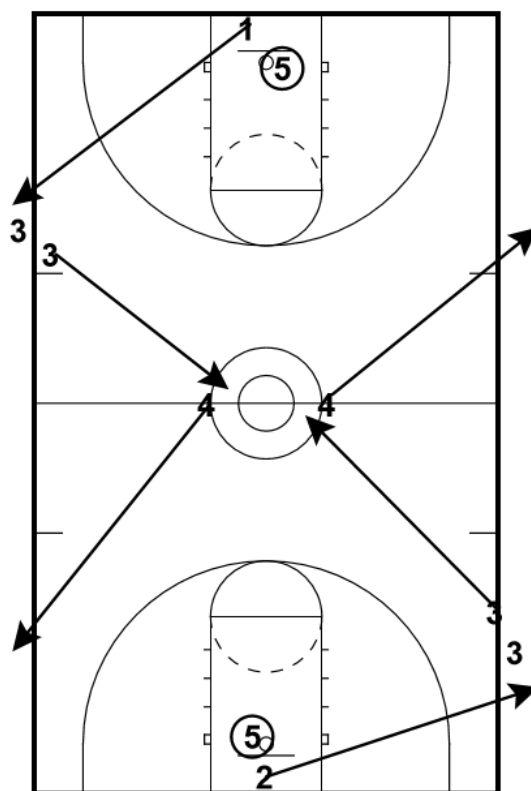
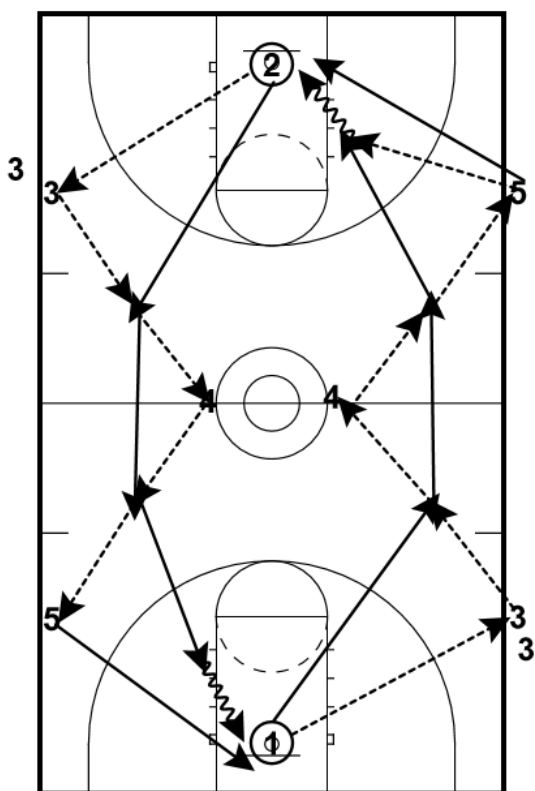
# Full Court Lay-Ups

Grades 6<sup>th</sup> – 8<sup>th</sup>

\*Need at least 10 players to do this drill

Full Court Lay-Ups  
Lay-Ups

Full Court Lay-Ups  
Lay-Ups



- \*1 and 2 go at the same time
- 1 to 3
  - 3 to 1
  - 1 to 4
  - 4 to 1
  - 1 to 5
  - 5 to 1 for lay-up
  - 5 gets rebound after lay-up

Players follow their pass to the next spot  
Guys who shoot lay-up go to the end of the first line

