



# LESSON #5

**FUNDAMENTAL SKILL:** Lay-Ups

**LIFE SKILL:** Attitude

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

## Warm Up Activity:

### Numbers

- All player have a ball and dribble all over the court
- Coach blows whistle and screams 'groups of 5'
- Players have to get into a group of 5 as quickly as possible
- The last group to form or players that do not make a group are eliminated and stand on the perimeter of the court dribbling a ball
- Players continue dribbling the ball all over the court and the coach blows the whistle and asks players to get into 'groups of \_\_\_' (coach can pick any number)
- Repeat until there is a winner

## Lesson #5 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss what it means to have a good attitude and a positive attitude
- **Fundamental Skill:** Lay-Up
- **Goal:** Proper right and left hand lay-ups

## Teaching Progression: Lay-ups

### Proper Lay-Up Technique

- Basic steps: outside, inside, up
- 45° angle approach the hoop
- Step with outside foot, full step with inside foot, push off inside foot
- As right hand goes up, right knee should elevate
- Push ball to the hoop by extending the elbow and pushing ball off fingertips
- Aim for the top corner of the square on the backboard

## Activity:

### Lay-Up Steps

- Players spread out on court
- Practice lay-up steps (outside, inside, up) with no ball
- Have players say "outside, inside, up" as they take the lay-up steps
- Be sure to practice the lay-up steps for a right and left lay-up
- >> **Load:**
- Each player practices the lay-up steps with a ball, using shooting hand to push ball and off hand to guide the ball



*Basic Lay-Ups*

- Players line up with a ball on the right block
- Players practice proper lay-up step with no dribble
- Repeat on left side

*2-Line Lay-Ups*

- Divide players into 2 groups at 2 baskets
- Form 2 lines at the blocks (lay-up line on the right side and rebound line on the left side)
- First player shoots a lay-up (no dribble) and runs to the end of the rebounding line
- First player in the rebounding line rebounds the ball and dribbles to the end of the lay-up line
- Repeat drill on left side to practice left-hand lay-ups

>> **Load:**

- Repeat, starting from the block again but introduce a dribble with the lay-up,
- Practice right and left lay-ups
- Repeat, start lay-ups from elbow with players dribbling the ball twice as they execute a lay-up

**Introduce and Play Modified Game:**

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

**Wrap Up:**

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

**Post Lesson Tasks:**

- Coaches debrief