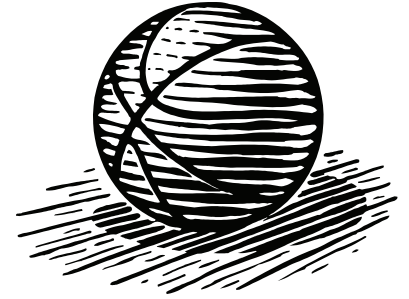


Name _____

FUNDAMENTALS

“ Lay-Ups”



**Principles: Hand behind ball
Jump off inside foot, Chin ball
on outside shoulder, hold follow
thru with parachute, high & soft
2 handed pick-up**

**Jump Off Inside foot
High five**

***Not at basket**

***Without ball
Walk thru, off inside foot,
jump, hold follow thru
“right-left” RH lay up
“left-right” LH lay up**

***With Ball
same as above
Left Hand, Right hand**

***Dribble with pick up
think “right-left” RH lay up
“left-right” LH lay up**

**AT BASKET with ball
One step lay up**

**Run and shoot
Lay up
L / R**

**Dribble and shoot
L / R**

**Off of Pass
L / R**

**Back Door
L / R**

**Direct Drive
L / R**

**Crossover Direct Drive
L / R**

**5 in a Row
L / R**

**Power Lay Up
Jump stop, power up
strong
L / R**

**Dribble Drive
Full court
with chase defense**