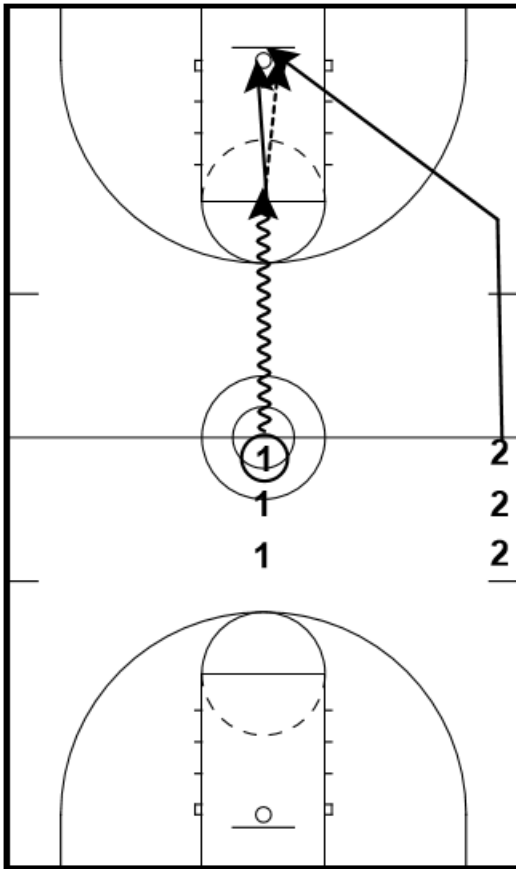


Lay-Ups

Princeton Lay-Ups

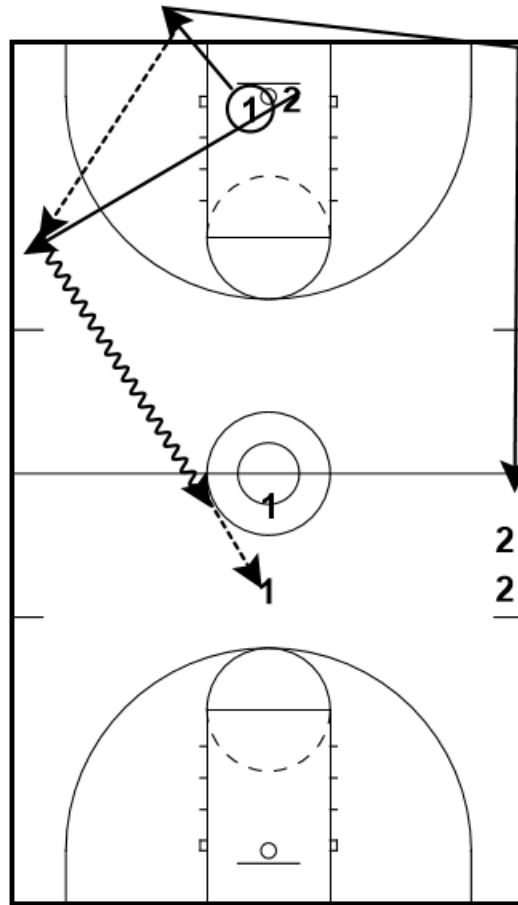
All grades

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

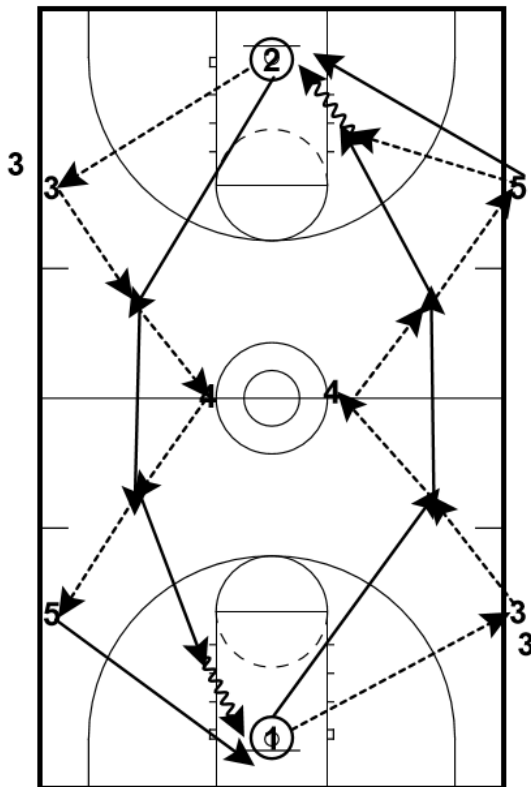
Half Court 3 Man Weave

6th-8th Grades

- 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

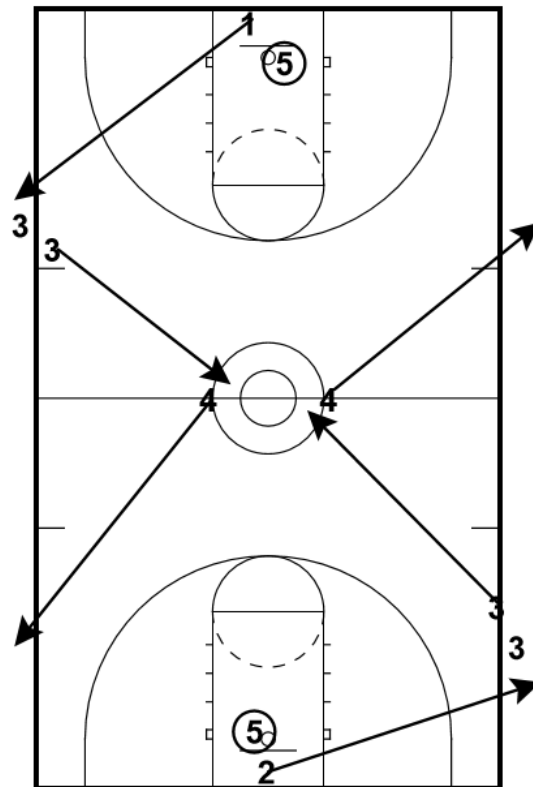
“NIACC Lay-Ups” 7th and 8th Grades

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

Full Court Lay-Ups
Lay-Ups



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