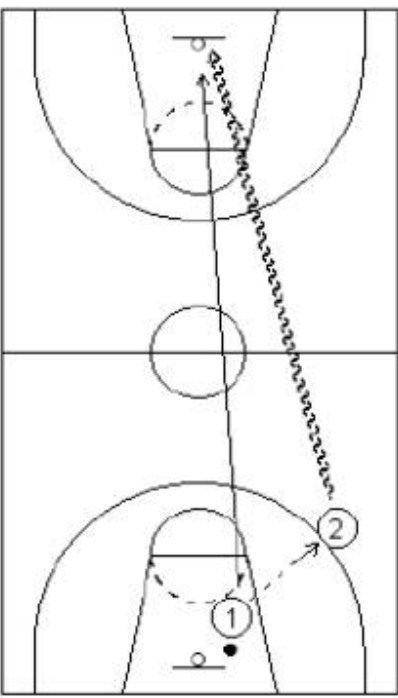
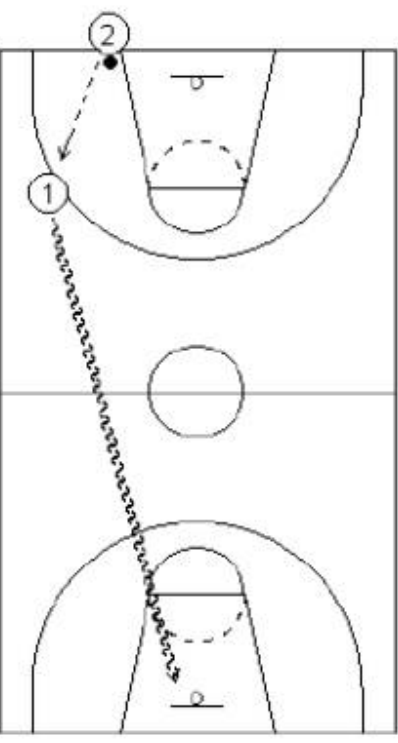
	Drill	Skill
	11 – Chase (full court lay-ups with chaser)	<ul style="list-style-type: none"> ● Transition ● Lay-ups

Description	 
<ul style="list-style-type: none"> ● Players make two lines (one under basket, one at right corner of court). ● Players in centre line have ball each. ● Steps... <ol style="list-style-type: none"> 1 Player 1 (centre line) throws ball at backboard and rebounds. 2 Player 2 (corner line) assumes outlet position. 3 Player 1 passes to player 2 who speed dribbles for a lay-up. Player 1 chases in attempt to distract or block the lay-up. 4 At other end players swap roles and come back on the other side of the court. 	
Variations	
<ol style="list-style-type: none"> a) See how few dribbles any pair can make for two baskets. b) How many baskets can team make in certain time. 	
Points of emphasis	
<ol style="list-style-type: none"> 1 Speed dribble - push the ball out in front. 2 Sprint 3 Correct lay-up form. 4 Don't rush the lay-up. 5 Outlet player in "knife" position – back to sideline see whole court. 	