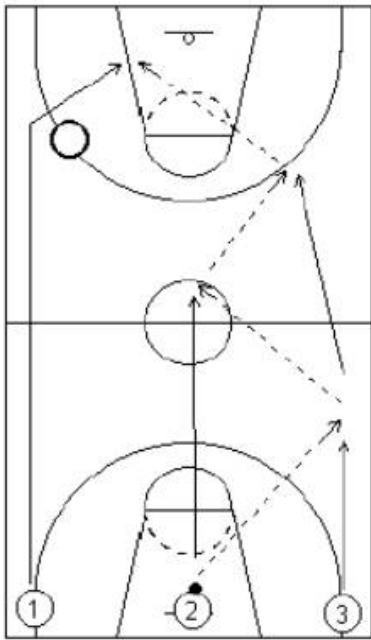
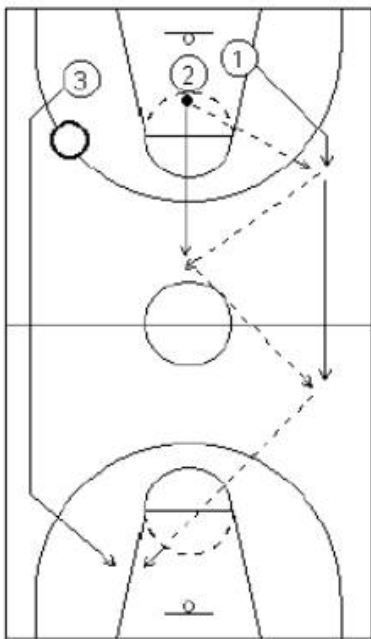


	Drill	Skill
	12 – Full court lay-ups	<ul style="list-style-type: none"> Transition

Description	<div data-bbox="925 459 965 504">A</div>  <div data-bbox="941 1881 981 1926">B</div> 
<ul style="list-style-type: none"> Players form three lines at baseline. A cone or chair is placed on court at opposite end on three-point line at free-throw line extended. Steps... <ol style="list-style-type: none"> On way down court, player 1 sprints the lane and goes outside the cone and cuts to the basket, timing run for pass from other two players who are passing the ball down the court whilst running in their lanes (see <i>Diagram A</i>). Player 1 scores with a lay-up. Middle lane (player 2) rebounds the ball while outside players exchange lanes. Player 3 runs outside the cone, and runs the outside lane looking for pass from the other two players (see <i>Diagram B</i>). Player 3 scores with a lay-up. Players join end of a different line and drill continues. 	Variations
	Points of emphasis
<ol style="list-style-type: none"> Teamwork - timing, communication, effort. Transition - sprint the drill. Pass in front of a moving player. Ball does not hit the floor for entire drill. 	