



	Drill	Skill
	16 – Lay-ups & rebound lines	<ul style="list-style-type: none"> ● Lay-ups ● Rebounding ● Passing

Description	 
<ul style="list-style-type: none"> ● Players make two lines. ● The lay-up line is well outside the three point line towards the sideline at centre court. ● The rebound line is on the opposite side of the court at about the three point line. ● The first person in the lay-up line has a ball. ● Players in lay-up line make hard drives to the basket for a lay-up. ● Rebounder moves to basket anticipating rebound and takes strong rebound. ● Player who took lay-up moves to end of rebound line. ● Rebounder takes two strong dribbles out, make a good pass to next player in lay-up line and then move to the end of the lay-up line. 	
Variations	
<ol style="list-style-type: none"> Swap sides of court. Increase number of balls (up to as many as number of players will allow). Vary type of lay-up (e.g. reverse, two-foot stop into power lay-up etc.). 	 
Points of emphasis	
<ol style="list-style-type: none"> 1 Correct lay-up form. 2 Make it a hard drive to basket (game speed). 3 Ball does not hit floor on the rebound. 4 Strong rebound, protect ball, strong dribble, hard pass. 5 Receiver to receive the ball running to the basket, not standing still. 	