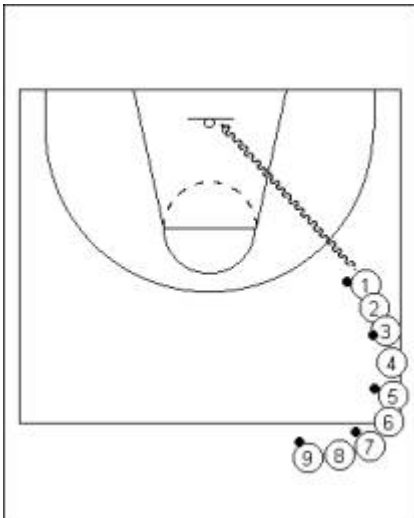
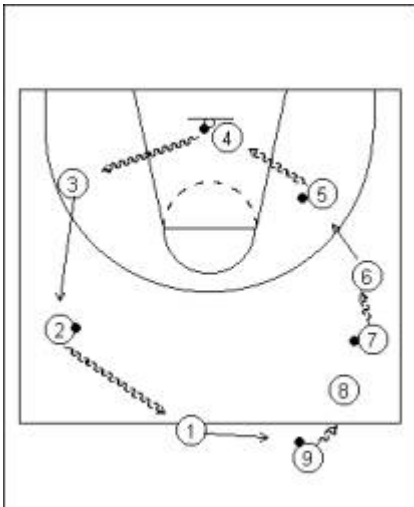
	Drill	Skill
	54 – Circle lay-ups	<ul style="list-style-type: none"> Shooting

Description	<p>A</p> 
<ul style="list-style-type: none"> Players form a line on the right side of the court. (See <i>Diagram A</i>) Every other player has a ball starting with player one in the line. Line must be an odd number of players to make the drill work. Line moves together spacing out as players with ball shoot. Lead player who shoots first trots around in a circle eventually joining the end of the line which now becomes a circle. (See <i>Diagram B</i>) Player following shooter rebounds ball and dribbles round in circle to become the shooter. 	
Variations	<p>B</p> 
<p>a) Have players circle to the left doing left handed lay-ups.</p> <p>b) Give all players a ball and have them do power lay-ups rebounding their own ball as they continue dribbling around in a circle.</p>	
Points of emphasis	
<p>1 Spread out in circle so players don't crawl up each other's backs.</p> <p>2 Stress beauty and symmetry of drill when lay-ups are made.</p>	