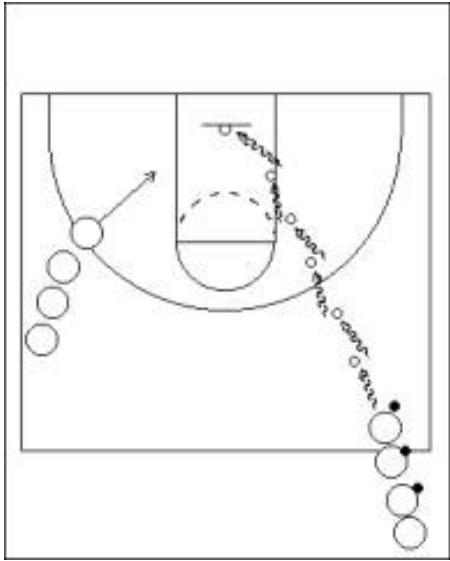
	Drill	Skill
	<b>58 – In &amp; out the window</b>	<ul style="list-style-type: none"> <li>● Crossover dribbling</li> <li>● Shooting</li> </ul>

Description	
<ul style="list-style-type: none"> <li>● Set cones up as in diagram, on 45° angle to basket.</li> <li>● Establish lay-up shooting line with balls and rebound line.</li> <li>● Players dribble to cone, execute crossover dribble, hence reversing dribbling hand, dribble to next cone and crossover again, finally driving to the basket for a lay-up.</li> <li>● Rebounder shags ball and dribbles to end of shooting line.</li> </ul>	
Variations	
<ol style="list-style-type: none"> <li>Move cones onto centre line down court, or to left side.</li> <li>Have execute between legs dribble, or behind the back dribble to shift ball from one hand to other.</li> <li>Change lay-up from normal stride type to power lay-up.</li> <li>Count number of lay-ups made in row, indicating you'll move cones after 20, 25 in a row.</li> <li>Use whole length of court. Set five cones down the centre line of court.</li> </ol>	
Points of emphasis	
<ol style="list-style-type: none"> <li>1 Dribbling low to ground,</li> <li>2 Increasing speed with experience,</li> <li>3 Shooting accurately and under control,</li> </ol>	