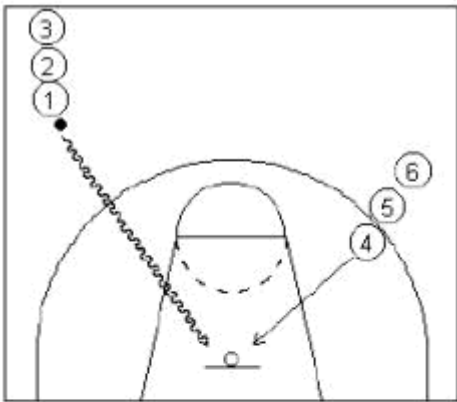

	Drill	Skill
	68 – Quick timed lay-ups	<ul style="list-style-type: none"> ● Shooting – lay-ups ● Rebounding ● Passing

Description	
<ul style="list-style-type: none"> ● Stop watch needed. ● 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. ● To set number of lay-up to be made in three minutes, you should have your team do this drill for three minutes and count the number of lay-ups made. Based on this data set the standard you wish your team to reach. ● Challenge your team to beat the standard you set. For example, with one ball, ask team to make more than 40 baskets in 3 minutes. Note: 40 is just used as an example. Use a number appropriate to your teams capabilities. ● 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 the lay-up line and then move to the end of the lay-up line. ● Either you count made lay-ups or have team yell them numbers out as they make the basket. Periodically in the three minutes give them a verbal time check. 	<p data-bbox="933 504 965 548">A</p>   <p data-bbox="933 1422 965 1467">B</p>
Variations	
<ol style="list-style-type: none"> Swap sides of court. Add a second ball. 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 Make it a hard drive to basket (game speed). Work to score more than number specified for time period used. 2 Correct lay-up form. 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. 	