



## LAY UPS

### LAY UP CONCEPTS

The layup is a shot that is taken close to the basket. Lay ups should be worked on from both the right- and left-hand sides. The layup is taken on the move, usually off the dribble or a pass. The name is derived from the action of shooting—that is, laying the ball off the backboard.

When practicing lay ups, emphasize the following:

- By using the right hand on the right side and the left hand on the left side, players can use their body to protect the ball from the defender.
- To attain maximum height on the jump, players should jump off the foot on the side opposite the shooting hand
- Players should convert forward movement into upward momentum by leaning back slightly, dropping the hips, and shortening the last two or three strides
- To set up the take-off foot, players usually take stutter steps during the last few dribbles or just before receiving a pass
- Players should concentrate on learning to pick up the ball with both hands.

### LAY UP DRILLS

#### WALL SHOOTING

Player should have a basic level proficiency with the one-handed set shot before starting to learn the lay up, especially when learning with their weak hand. Player can develop proficiency with the weak hand by shooting one-handed set shots against a wall.

#### THE ONE-STEP LAY UP

The player starts from just in front of the basket in the following stance:

- The feet are parallel and shoulder-width apart
- The knees are bent
- The player is holding the ball; the shooting hand is behind the ball, and the off-hand is on the side of the ball
- The player concentrates on a point on the backboard

The player then takes a step with the inside foot (for example, the left foot on the right side) and shoots a layup.

**Emphasise** the following points:

- Step with the correct foot
- Simultaneously jump and drive the opposite knee upward
- Shoot with the correct hand using the correct arm motion

### **THE TWO-STEP LAY UP**

To shoot a two-step layup, players back up one full step from the starting position for the one-step layup, and assume the triple threat position. They then take two steps and jump off the correct foot for shooting a layup.

**Emphasise** the teaching points for the one-step layup and the following:

- To prepare for the jump, make the second step shorter than the first
- Keep the ball in front—do not move it from side to side

### **THE THREE-STEP LAY UP**

To shoot a three-step lay up, players position themselves three running steps from the basket (choosing a reference mark on the floor often ensures consistency). They then assume the starting position for the two-step lay up and shoot a lay up using three steps and no dribble. Shooting in this way is actually travelling, but it helps develop a running rhythm.

### **THE ONE-DRIBBLE LAY UP**

This part of the teaching progression is identical to the three-step lay up except that the player adds a dribble that coincides with the first step. The key points of this sequence are as follows:

- Dribble the ball with the outside hand (i.e., the left hand when doing a left-handed lay up)
- The ball and the first step should hit the floor at the same time
- Pick up the ball by letting it bounce up into the dribbling hand. Trap the ball with the off hand, thus forming a good shooting grip with the hands

### **COMPLETE LAY UP OFF THE DRIBBLE**

To perform the lay up off the dribble, players need to be able to take stutter steps to make it possible to arrive on the correct foot for shooting.

Concentrate on jumping off the correct foot using the following progression:

- Dribble on the spot, then shoot a one-dribble lay up
- Start at about 20 feet from hoop, and dribble toward the basket at half to three-quarter speed to shoot the lay up

### **BALL TOSS LAY UPS**

Have player toss the ball to themselves, catch with a jump stop. The player then pivots, still in a triple threat stance facing the basket, and dribbles in for the lay up.

### **POWER LAY UPS (two-foot jump stop)**

Power lay ups provide increased strength, protection, and control of the basketball when there is defensive pressure. A player makes a dribble move to the goal and about 2-3 feet from the basket, performs a jump stop. The player's shooting hand is behind the basketball when the shot is performed. The lay up is taken when both feet jump simultaneously.