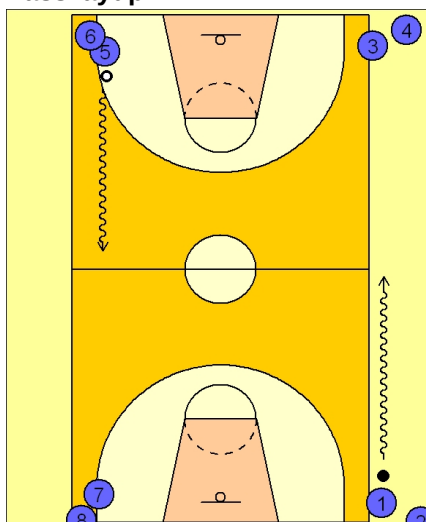
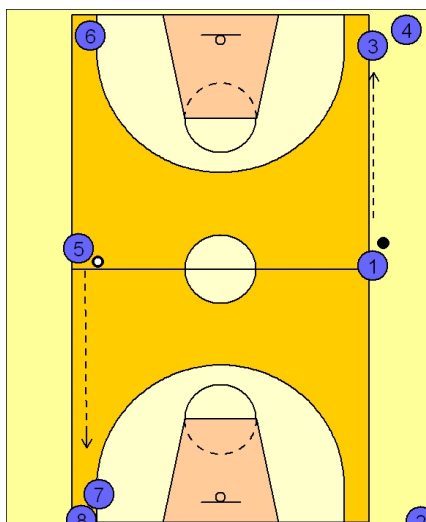


Pass layup



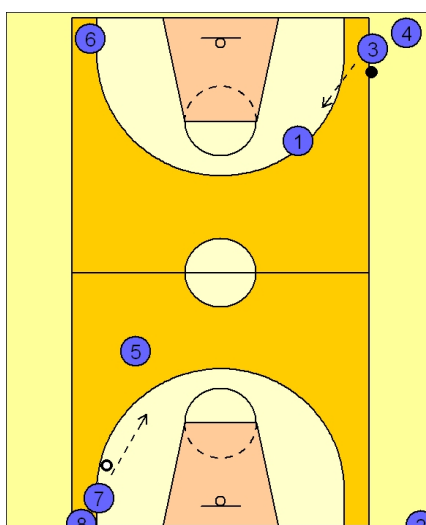
For this drill 8 or more players and 2 or more balls are needed.

This drill start with a dribble to the middle line by player 1 and 5.



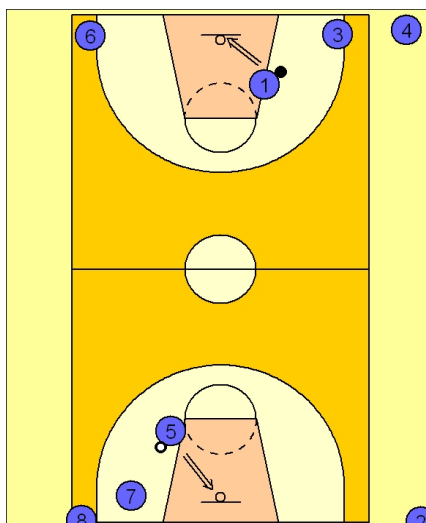
When the players are at the middle line they pass to the corner and start cutting to the basket.

The pass can be given out of the dribble or after a jump stop on the middle line.



Player 3 and 7 pass the ball back to player 1 and 5 who will make a lay-up.

Player 3 and 7 will follow the ball for the rebound.



Player 3 and 7 will make the rebound and pass out to players 6 and 2 and follow to that corner.
Player 1 and 5 go to the corner of 4 and 8.

To speed up the drill use more balls.

Options:

This drill can be run with left and right handed lay-ups.

Instead of the lay-up a jump shot can be taken outside the bucket area.