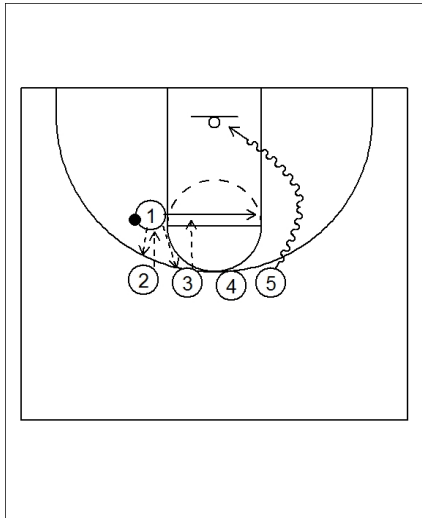




Line passing & layup



PASSING & CATCHING: LINE PASSING & LAYUP

Skills Covered

- *Passing
- *Catching
- *Layups (or jump shots)
- *Communication

Alignment

- *1 starts with the basketball facing the line of four players.
- *2, 3, 4, and 5 line up facing the baseline. They are about 10 feet from 1.
- *Put a group at as many baskets as possible.

Running the Drill

- *1 begins by using a two-handed chest pass (or whatever pass is being worked on) going right to left down the line.

*The last person on the line (5) goes in for a layup or pulls up for a jump shot, depending on what the coach wants, after receiving their pass.

*1 now takes the place of 2, 2 takes the place of 3, 3 takes the place of 4, and 4 takes the place of 5. Everybody rotated one spot to the right.

*5 gets their own rebound and now performs the drill like 1 just did.

*The rotation continues.

*IMPORTANT: Make sure to do the drill going the other way so players are getting reps shooting left-handed layups or jumpshots off a left-handed dribble.

Drill Variations

*Time the drill. Give the team one minute. The team that makes the most layups or jump shots, wins.