

How the Drill Works:

A line of players at half court and on the wing, and a single player on the free-throw line. The player at half court passes to the player at the free throw line who then passes to the cutting wing player for a layup.

Purpose:

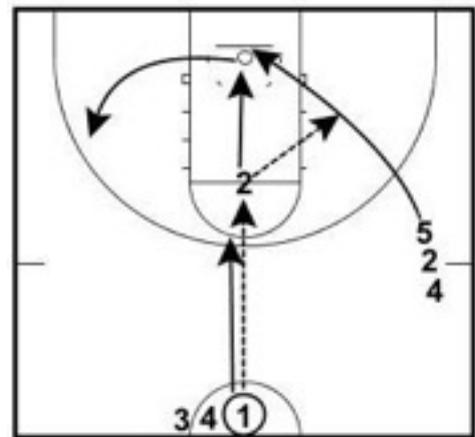
This is a great warm-up drill for young players that works on layups and passing skills. Also great for concentration as we emphasize that the ball should never hit the floor.

Setup:

- A line of players in the middle of half court, a line of players on the wing, and a single player on the free throw line.
- You will need one or two basketballs all starting with the half court group.

Instructions:

1. The first person with a basketball in the half court line passes it to the player on the free throw line and then immediately runs to the free throw line to replace them.
2. The player that receives the first pass at the free throw line passes to the wing player who should be cutting hard to the ring. The wing player should receive the ball and do a layup without dribbling the ball.
3. After the wing player performs a layup, they keep running through to be used as an outlet pass.
4. The person that passes from the free throw line to the wing player rebounds the ball, outlets to the same player that did the layup, and then runs to the layup line.
5. The player that receives the outlet pass passes it to the half court line and then joins the end of it.



Scoring System:

- Usually used as a warm up drill so score isn't kept.
- Can choose a certain number of layups they must make from each side.

Variations:

Other Side of the Floor - If you started the drill on the right hand side (players finishing with their right hand), then switch the wing line to the other side of the floor so the players must finish with their left hand.

Jump Shots - Instead of layups players can pull up for a jump shot. Shots from the block are fine, but problems start if you shoot much further out because the drill relies on the shooter being the outlet pass on the other side of the floor.

Coaching Points

- The ball should never hit the floor. Make sure your players are focused and paying attention.
- Make sure the pass from the free-throw line to the cutter has the right timing. Too early and the player will need to dribble the ball or travel. We want the pass to lead directly to a two-step layup.
- The basketball should never hit the floor.
- Make sure players are always calling for the basketball.
- Passes must be hard and flat. Stress that players are always passing the ball on time and on target.