

## SHOOTING LAY-UPS

The lay-up shot is one of the most used techniques in basketball. This techniques is not as easy as it looks, and a lot of young players getting confused with the footwork and shooting off with the correct foot. The overall objective is to drive towards the basket and score gently off the backboard.

Players should be able to shoot lay-ups effectively with both the right and left hand. Make sure that whatever side of the basket you are driving towards you use that hand to shoot the lay-up. This will ensure that your body will be in between you and your defender and it's likely that you will draw a foul if your defender tries to block your shot. See the two lay-up shooting options below.

### **THE UNDER HAND LAY-UP**

The underhand lay-up is more of a finesse and popular shot and leaves the shooter's hand more quickly than the power lay-up. Use this in an open setting you're your defenders are not real close.

#### **Coaching Under Hand Lay-ups**

1. Dribbling from either side of the court.
2. Hold the ball with both hands when you are two steps away from the rim.
3. If you are approaching from the right and right handed, launch yourself firmly off your forward leg (left), and thrust your arms upwards towards the net to prepare for the shoot.
4. At the top of your leap, roll the ball with your shooting hand gently off the backboard by hitting the top corner of the rectangle closest to you.
5. The ball should be released when the shooting arm and hands are at full stretch.
6. Learn to use either hand with approaching the basket from different side.

### **THE POWER LAY-UP**

When traffic is heavy around the basket or when the shooter must protect the ball as he takes off toward the basket, he may elect to shoot a power lay-up. Normally this type of lay-up in not taken at full speed but rather at a slower pace in traffic.

#### **Coaching Power Lay-ups**

1. If you are approaching from either side, launch yourself firmly off both feet simultaneously about 1-2 feet from the basket.
2. Thrust both arms upwards towards the net to prepare for the shoot.
3. The player's shooting hand is behind the ball and his palm faces the backboard as he jumps
4. At the top of your leap, gently shoot the shot off the backboard by hitting the top corner of the rectangle closest to you.
5. The key is a powerful hard jump off both feet and finish with a soft shot

#### **COACHING TIPS UNDER HAND LAY-UPS:**

- Take BIG strides when you are approaching the basket for a lay-up.
- Glance at the hoop while you are carrying the ball towards the basketball hoop.
- If you are driving full speed, convert the horizontal momentum to vertical by jumping higher before release.
- Sometimes, changing your pace when taking the steps or power-hopping works well.
- Place the upper arm of your non-dominant hand on the side to resist defender's pressure.
- Remember it is a lay-up not a throw up, gentle off the backboard.

Learning lay-ups at first can be very difficult but once mastered it can be your best weapon!

The 2 step approach, with no dribble, works best when first learning. From right side hold ball in shot pocket in right hand with left hand as a guide. Step right foot (1st step) and jump off left (2nd step) up towards basket to learn the feel of a lay-up.



We start working on lay-ups at first grade level.