

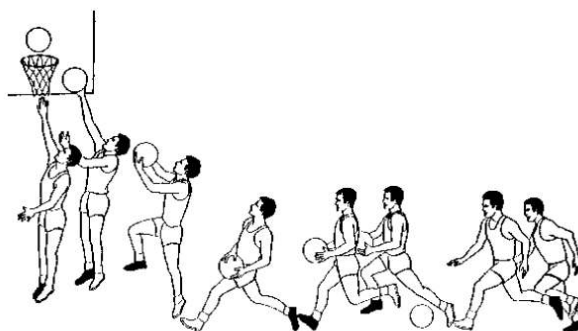
Basketball – Lay-Up

Keywords

Attack	Accuracy
Balance	Movement
Possession	Receive
Control	Two Steps
Speed	Shoot
Backboard	Triple Threat

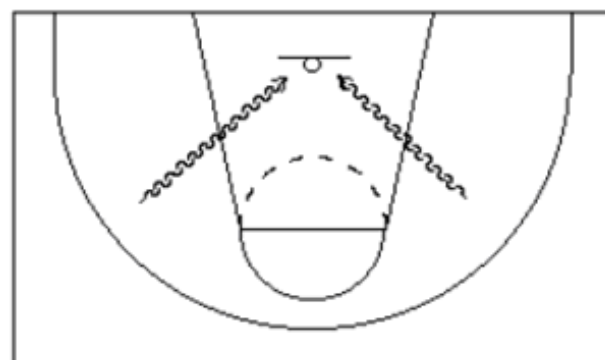
Can you think of anymore?

**What level
are you?**



1. You are allowed to take two steps. Jump up, not forward.
2. As you take your steps and jump, bring the ball up with two hands to the shooting position.
3. Shoot with the outside hand, using the inside arm to protect the shot.
4. At the height of the jump, shoot the ball softly off the backboard.

The Lay-Up is one flowing movement, not 'Stop & shoot'



Ideally, approach the basket at an angle of 45 degrees



Making and Applying Decisions	Can you select the correct shot?
	Can you dribble with both hands?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you cross over dribble?
	Can you control the game?
Accurate Replication	Can you copy the set shot?
	Can you perform the layup?
	Can you dribble with control?
	Can you keep your body between ball and marker?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

NOTE YOUR LEVEL IN YOUR PLANNER