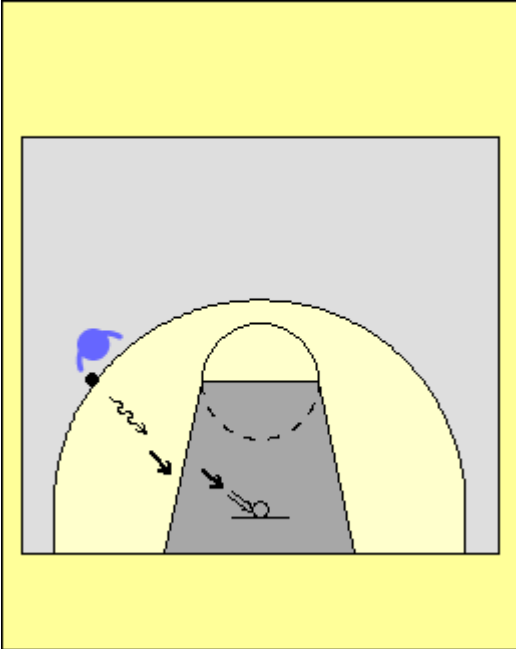




Lay ups

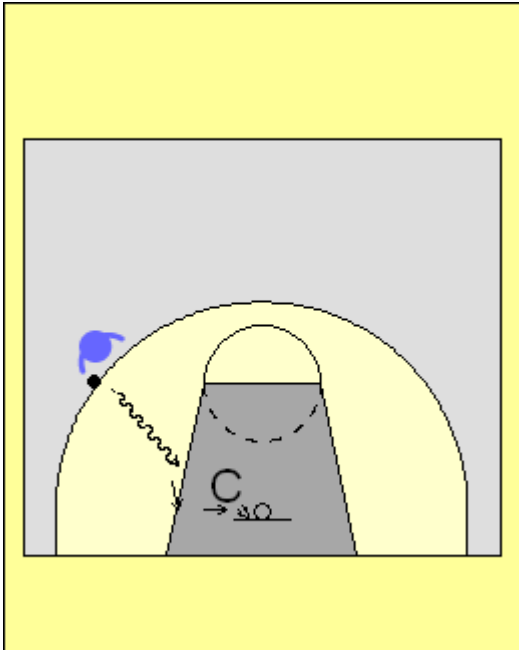
Creative lay ups



1) Traditional lay up

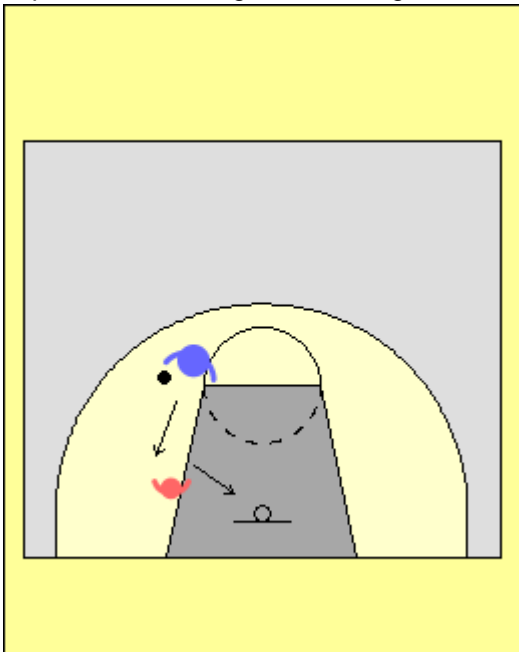
When we teach lay ups we all tend to start with the player on the perfect 45° angle. This is very good for the beginning player to gain confidence. The problem is that it is a situation that rarely presents itself in a game.

We need to develop more players who can score creatively around the rim. The purpose of this article is to give coaches some simple ways to help athletes develop more creative finishes.



2) Take away the perfect angle

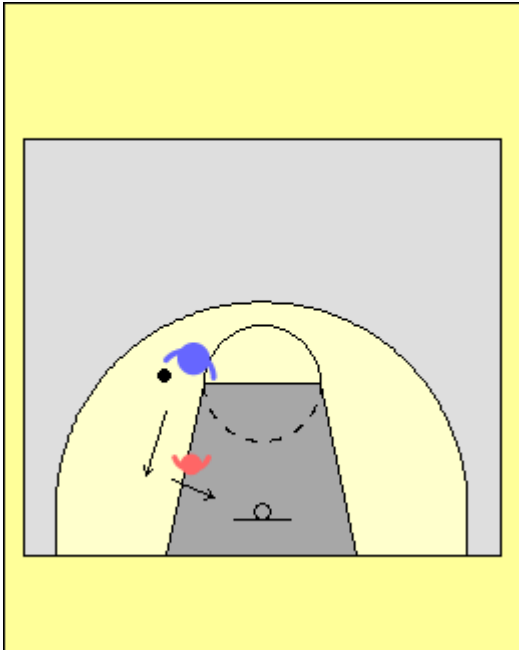
One simple way is to have the coach stand in the drive line of the athlete. This forces the players to explore different angles for driving and scoring.



3) Zig zag lay ups

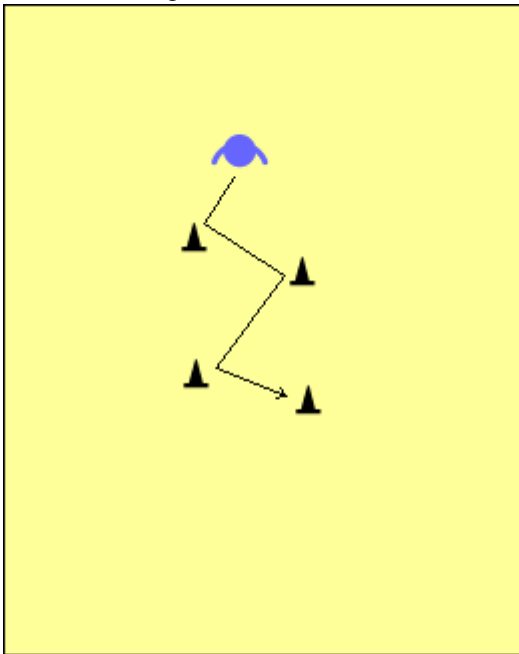
Many players have developed the skill to change the direction on their steps on the way to the hoop. It is a skill that permits the players to avoid the help defender.

In this example the player changes direction and goes in front of the defender.



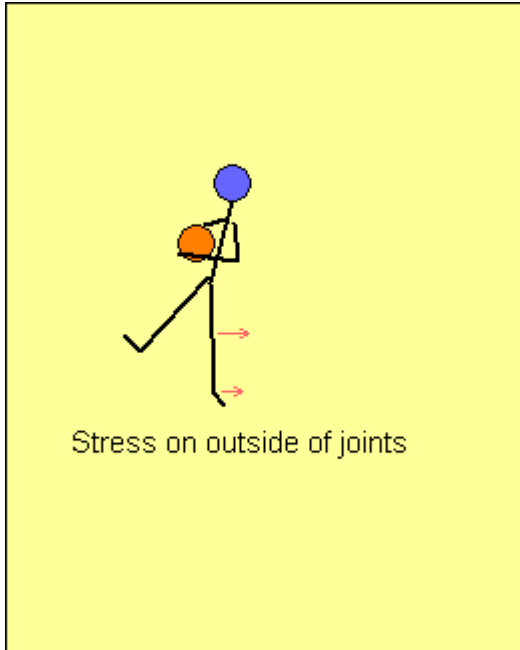
4) Go behind the defense

You can also go behind.



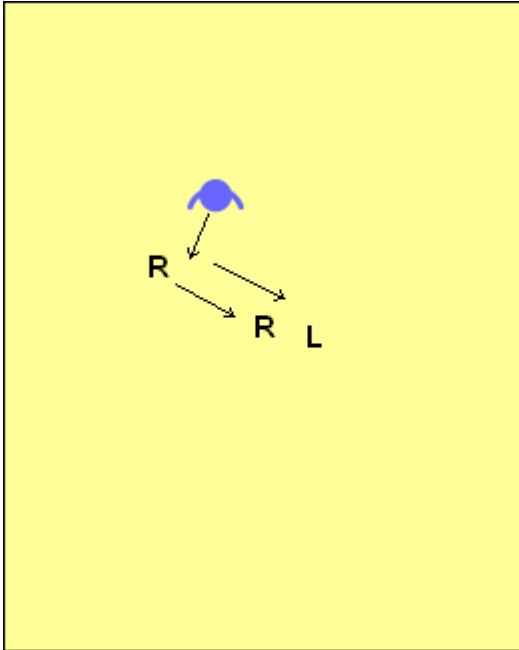
5) Teaching the zig zag

Players need to develop the ability to bound in a zig zag pattern. Many injuries occur from players who try to do this skill, but have not developed the ability to decelerate on the landing and then explode back to score.



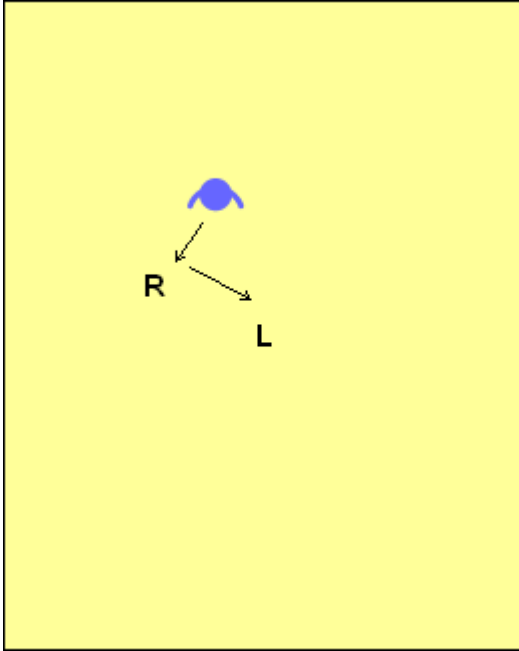
6) Players with poor core / leg strength

Many injuries have occurred because players have tried these avoidance type movements without the proper core or leg strength. We as coaches must equip our players with the necessary movement skills and strength to perform these higher level skills.



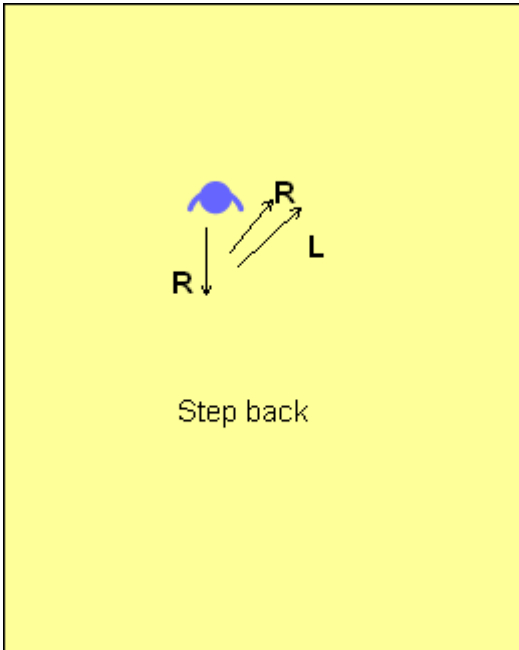
7) Outside foot to 1-2 stop

The safest way for players to use a zig zag move is to bound on the outside foot and then hop to a 1 - 2 stop. The pick up must occur on the bound to avoid the travel. The must then be able to move after landing by jumping to shoot.



8) Outside to one foot landing

The second technique is to bound on the outside foot and then bound to the inside foot. Players usually use this to shoot a floater/ runner or a scoop shot. The key is to stay low and not allow upper body sway to put undue force on the joints.



9) Step backs

Players also need to develop step back moves. They can step back to two feet or one. There are many creative options from this move.

Note: It is very difficult to step straight back in the direction of the first step. The second step, in this example the left foot, should move to the side and behind. It takes tremendous strength to go forward with and speed and then go straight back efficiently. If the players steps just to the side they will only

create space laterally from the defender.

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