

## 1-on-0 Moves/Lay-Ups

### *Purpose*

- This gives our players the ability to score with both hands at different angles and spots while attacking the hoop.
- This is a build up to our offense.

### *Instructions*

- Each player lines up with a ball at half-court facing both baskets
- 2<sup>nd</sup> person doesn't go until players before him shoots a lay-up (helps to avoid collisions)
- The following is our order of 1-on-0 moves into Lay-ups (right side examples-all moves taking place at the right elbow)
  - Crossover left to right - In for a right handed lay-up
  - Between the legs crossover left to right
  - Fake crossover right hand
  - Behind the back dribble – left to right
  - Crossover right to left – Finish with a left-handed layup
  - Between the legs crossover right to left
  - Fake crossover left hand
  - Behind the back dribble – right to left
- After going through the right-hand 1-on-0 move series, switch lines to the left side

### *Players*

- All
- Split up into 2 even groups on both sides to move quicker

### *Tips*

- Expect players to go at game speed
- Emphasize change of pace when they approach the elbow to make their 1-on-0 move.
- Also work on pull-up jump shots from the middle of the lane after the 1-on-0 move.