



THE OFFICIAL HOME OF

GENEVA FEEDER BASKETBALL

VIKINGS

## Layup Drill

This drill is best run using the short end of the course and running it with 5 players on each side.

1. Place a chair or large obstacle at the places marked by the X on the court. These will represent opponents.
2. Players dribble down the court. As they approach the obstacle, they either dribble between the legs, behind the back, spin or cross over to get around the obstacle.
3. When they pass the second obstacle they should make it to the basket with a single large step dribble and go in hard for the shot.
- 4.

