# Chase Down Layups - Shooting Drill



## How the Drill Works:

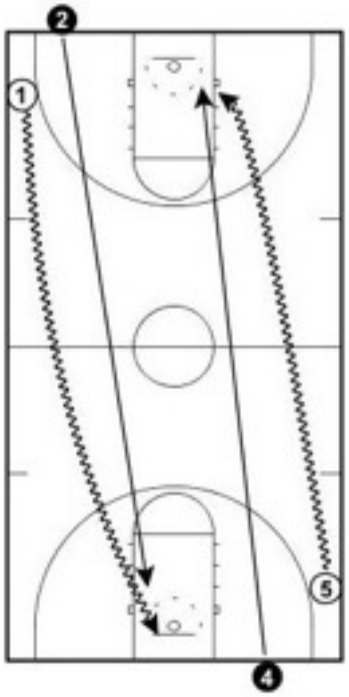
Two lines of players on the baseline at each end of the court. The offensive player starts with an advantage and sprints the court and must lay the ball up while under pressure from the defensive player.

## Purpose:

To teach players layups at full speed while under pressure from a defender. Also works on chase-down defense.

## Setup:

- Two lines of players on the baseline at each end of the court.
- Offensive line all have a basketball.
- A coach at each end of the court to start the drill.




## Instructions:

1. Coach starts by bringing the offensive player out a few steps depending on how fast they are compared to the defense to give them the fast break advantage.

2. On the coach's call, the offensive and defensive player sprint the floor.

3. The offensive player's goal is to make the layup and the defensive player's goal is to challenge the layup without fouling.

4. After the make or miss, both players join the end of the lines at their current end of the floor.

## Scoring System:

We usually don't keep score in this drill but if you want to you can create a competitive scoring environment, you can by playing until a player makes a certain amount of layups.

## Variations:

**Opposite Side of the Floor -** Perform the drill from the other side of the floor so that the players have to dribble and make a layup with their left hand.

## Coaching Points:

- Offensive player should be taking long steps on the layup to be under control and balance, and then jumping high on the second step before laying the ball in.
- Offensive player must drive in at the correct angle and not be fading away because they're scared of contact or getting blocked.
- All teams must be practicing this drill on both sides of the floor so that your players are working on their opposite hand.
- Defensive player shouldn't be flying out of bounds. If they challenge and offense misses the layup, they should be there for the rebound.