Layups: Beehive Layups

OBJECTIVE: To score layups while receiving a pass on the move, and to practice passing, rebounding and communication.

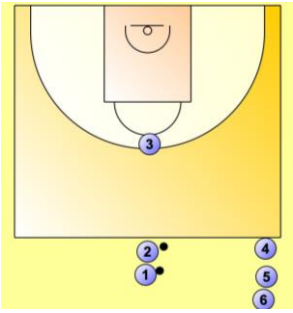

FIGURE 1

Setup: A line of players at center court with a ball, a post at the top of the key and a line of layup shooters on the right side. (Figure 1)

Instructions:

1. Centre line player passes to post, as layup shooter starts to sprint towards hoop. (Figure 2)
2. Post then passes to the layup shooter on the fly, then follows up to get rebound. (Figure 3)
3. Centre line player who passed follows the ball and becomes the next post.
4. When the layup is rebounded by the passer, pass to the shooter who has moved to the outlet position.
5. Rebounder then sprints out behind the outlet. (Figure 4)
6. As ball is rebounding, the centre line can pass, and next layup shooter goes.
7. Outlet dribbles to be a centre line passer and the rebounder sprints around to be a layup shooter.

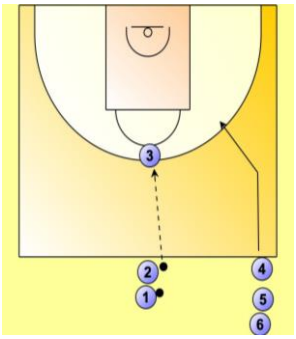

FIGURE 2

Activity Rules / Games Approach:

- Passes must be in the air and crisp, unless otherwise noted (e.g. hook pass mandated).
- Can set a target to reach (e.g. 10 baskets), then switch to the left side, then down the middle.

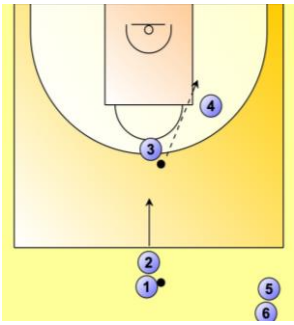

FIGURE 3

Coaches Key Points:

- Communication while passing - shot, Ball, outlet, player's name etc.
- Passes should be in the air and should lead the layup shooter at full speed.
- Outlet pass should be a quick pass.

Variations/Loading:

- Can be played using more or less players.
- Start the centre line with one less ball, and then outlet can pass to a centre line player who doesn't have a ball.
- Add a bronze defender to make the passes more difficult.
- Add a 60-degree angle to work on scoop layups.
- Extend the area used to full court and move the lines and the passer to the back court.
- Can vary the activity by having a group at each end, and change ends each repetition.

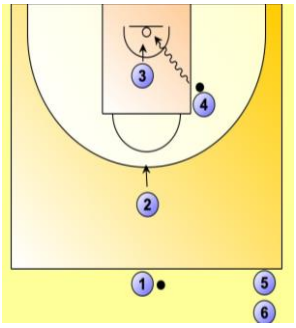

FIGURE 4

Mental:

- Communication is key to the energy of the activity.
- Between layups, players should do a shadow shot and say their focus cue word.